



Cooking for one?

First time renter?

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provides information on these topics and more!

Look for these fact sheets at
www.ext.colostate.edu

- 9.139 Credit: Getting Started and Staying on Track
- 9.351 Meals for One or Two
- 9.154 Finding and Keeping Your First Job
- 9.906 Renting: Location, Selection and Roommates
- 9.316 Updating Food Preparation to Promote Health
- 10.213 Preventing Youth and Adult Suicide
- 9.323 Nutrition and Oral Contraceptives
- 9.363 Weight Loss Programs

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Notes:

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**Choosing a day care?
Making snacks?**

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topics and more!

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- 9.372 Food Safety During
Pregnancy
- 9.367 Serving Children Safe
Foods
- 9.317 Childhood Overweight
- 9.366 Feeding Young Children
- 9.358 Introducing Solid Foods to
Infants
- 10.216 Adolescent Alcohol and
Drug Abuse
- 10.246 Back-to-School
- 10.225 Child Restraint in
Automobiles
- 10.248 Children's Anger and
Tantrums

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**Discover the
importance of fiber**

Learn how to prevent falls

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9.322 Nutrition and Aging

9.351 Meals for One or Two

9.333 Dietary Fiber

9.316 Updating Food
Preparation to
Promote Health

10.242 Preventing Falls in the
Elderly

10.255 Managing Stress
During Tough Times

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**How long to graze?
Which feeds are best?**

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- 1.818 Sugar Content in Feed and Forage Affects Horses Health
- 1.624 Market Lamb Handling
- 1.625 Stretching your Horse's Hay Supply During Drought
- 1.614 High Grain Rations for Cattle
- 1.401 Grades and Lengths of Grease Wool
- 1.615 Feed Composition for Cattle and Sheep
- 1.815 Caring for Livestock During Disasters

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**Caring for a new lawn?
First time decorating?**

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topics and more!

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- 9.937 Buying Your First Home
- 9.533 Stretching Decorating Dollars
- 9.938 Improving Air Quality in Your Home
- 7.202 Lawn Care
- 10.621 Energy Checklist for Homeowners
- 9.939 Preventing Carbon Monoxide Problems
- 7.239 Operating and Maintaining a Home Irrigation System
- 9.953 Radon in the Home
- 9.952 Water Conservation Around the Home

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**Trying to manage
weeds?**

Have grazing animals?

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- 6.108 Grass Growth and Response to Grazing
- 3.105 Range and Pasture Weed Management
- 3.106 Weed Management for Small Rural Acreage
- 3.114 Biology and Management of the Toadflaxes
- 3108 Canada Thistle
- 0.518 Controlling Soil Erosion From Wind
- 6.112 Managing Small Acreage Pastures During and After Drought
- 3.110 Diffuse and Spotted Knapweed

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When to start seeds?

How to manage pests?

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7.220 Gardening for Newcomers

7.409 Growing plants from seed

2.945 Friendly Pesticides

7.404 Selecting and Planting Roses

2.949 Recognizing Tomato Problems

7.229 Xeriscaping Trees and Shrubs

7.225 Fire Resistant Landscaping

7.244 Mountain Gardening Basics

7.202 Lawn Care

7.01 Raspberries

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