

2025-2026 Homemaker Lesson Ballot | Name +/-or Club: _____

*Please vote and return this form to your agent by **April 4, 2025**. **If voting as a CLUB** – place the number of people voting for each lesson next to the title. **If voting as an INDIVIDUAL** – place an X or check mark on the line next to the title. **Please don't vote twice**. If you vote individually, don't vote in your club, and vice versa. Members may vote on as many different topics as they want*

___ **Laughter is a Must in Life** : Did you know laughter serves as a powerful tool for building and maintaining healthy, happy relationships? This lesson will test your knowledge on laughter, identify the short and long-term benefits of laughter, explore what keeps you from laughing, and share ways to increase laughter in your relationship.

___ **Mental Health Matters**: Mental health is important for overall health at every life stage— from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being.

___ **Indoor Air Quality + Carbon Monoxide**: This lesson seeks to increase knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health, and steps for improvement, as well as how to keep safe from carbon monoxide poisoning.

___ **The Big Freeze**: Freezing is the easiest, most convenient, and least time-consuming method of preserving foods. It is a great way to extend the shelf life of many foods, including leftovers. When done correctly, freezing preserves nutrients and maintains quality. This lesson will help you get the most out of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and save time.

___ **Build a Better Smoothie**: Smoothies are a refreshing meal, snack, or treat that come together in a matter of minutes, are flavorful, and can be packed with important nutrients. This lesson takes you through the basic steps for building a smoothie without a recipe and with ingredients you may have on hand in your home.

___ **Build a Better Bowl**: Often, we think about building a balanced meal on a plate. We have resources to serve as a visual guide for building a balanced plate. But how does that translate when we use a different dish? This serves as a guide for building a balanced meal that fits inside of a bowl – ranging from sweet bowls, with oatmeal or yogurt as a base, to savory dinner ideas using grains, greens, and more as a base.

___ **Making Friends with Food**: Can you think of a time that you labeled foods as “good” or “bad”? Or called someone a member of the “clean plate club” or a “picky eater”? The way we talk about food and eating behaviors can have a lasting imprint, for better or for worse. Small changes might have a big impact on mental and physical health. This lesson discusses the importance of and reframing how we talk about food.

___ **Gardening Safely:** Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. This lesson focuses on the health benefits of gardening, and appropriate tools for the job at hand.

___ **Using Your Air Fryer:** The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and also is popular for reheating leftovers. This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when buying an air fryer.

___ **Ribbons + Regift: Choos from Your Home or Thrift:** In this fun and creative workshop, participants will explore the art of making beautiful ribbons, discovering unique gift-wrapping techniques, and thrifting for one-of-a-kind packaging items. Learn how to transform everyday materials into stunning presentations that add a personal touch to any gift. Whether repurposing items from home or finding treasures at the thrift store, this lesson emphasizes sustainability and creativity. Perfect for anyone looking to save money, reduce waste, and add flair to their holiday gifting. Join us for an inspiring session where wrapping becomes as memorable as the gift itself!

___ **The Power of Engagement: Strengthening Communities:** In this session, we'll dive into the power of civic engagement and discover how to shape a more vibrant, inclusive community. We will also discuss the impact of community involvement on local decision-making and share practical steps for staying engaged. This session is designed to inspire action and provide tools for making a positive difference in your community.

___ **Stretching Your Dollar: What to Do When the Ends Don't Meet:** "Making ends meet" is getting harder in today's economy. This lesson will cover how to make your dollars and resources go farther. The lesson will provide tips for managing your money in financially tough times and offer strategies for saving on groceries, gas, utilities, and other household essentials. We will explore ways to manage fixed and variable household costs with tips on spending wisely, prioritizing, and saving when expenses are tight.

___ **Healthy Outdoor Cooking Resources:** Spending time outdoors is always fun, but it can be even more fun when you include food. This lesson includes food safety information, outdoor activities, and recipes that meet the Dietary Guidelines for Americans. Participants will also learn about "shinrin-yoku," a Japanese method of forest meditation.

___ **Selecting Sheets:** Cooling? Percal? Bamboo? Sateen? Can someone please tell us what that all means? With so many types of sheets available, it's easy to get confused. Let's put these questions to bed and unravel the mystery of thread count, too!

****Return to Extension Office on or before April 4, 2025****