

Second Eco-Nomic Living Expo

Don't miss the 2nd Eco-Nomic Living Expo on Saturday, Feb. 27, 9am-3pm at the Fairgrounds in Fort Walton Beach, 1958 Lewis Turner Blvd. This fun event for the whole family is brought to you by the UF/IFAS Okaloosa County Extension Office.

The Eco-Nomic Living Expo theme is Smart Choices - Money, Home, Health. The Expo will feature national speakers, seminars, exhibits and workshops on sustainable living, gardening, money management, healthy living and more. There will be special activities for teens and children.

A few of the seminar/workshop topics include: Identity Theft; Green and Healthy Home; Eat What You Grow; Save Water, Save Money; Hydroponics; Poisonous Plants: The Good, Bad and Seriously Ugly; etc. I will provide a seminar titled "How to Grow a Florida Lawn" with emphasis on how to grow a green lawn while keeping some "green" in your pocketbook.

There is no cost to attend the Expo and all seminars/workshops are free except for the rain barrel workshop. This workshop costs \$30 with participants taking home the rain barrel they make. Because of limits on space and materials, please preregister for the "Make-n-Take Rain Barrel" and the teens "On My Own" workshops by calling 689-5855.

The Expo includes activities for children ages 5-12 and teens 13-18. Activities include: "Vermiculture" where children will learn how cool it is to compost with worms. "It's a Habit Sammy Rabbit" involves teaching children to develop good habits in managing money. "Kids Can Make a Difference too" is a system to reclaim water powered by solar panels to water plants. This system was developed by the Eglin Youth Program. "On My Own" will be a real life simulation for teens as if they are suddenly 25 years old. After being assigned an occupation and monthly gross income, participants make routine deductions to manage household bills, car payments, bank accounts, child care, charitable contributions, etc. These can be important life lessons.

Sponsors for this event include Okaloosa Saves, Okaloosa County, University of Florida Extension, Eglin Federal Credit Union, Northwest Florida Daily News, WFGX-TV 35, WEAR-TV 3, Okaloosa County Master Gardeners, Gulf Power, First National Bank of Crestview, Waste Management, Cumulus Radio, Okaloosa Home & Community Education Council, The Florida Area Health Education Center Network, Okaloosa Gas, Workforce Development Board, Lamar Advertising, Okaloosa County Teachers Federal Credit Union and BG Products.

The Expo will include great prizes, awesome workshops for kids and interactive/hands on educational programs for everyone.

For complete schedule and more information, visit <http://okaloosasaves.org>.

Larry Williams, UF/IFAS Extension Agent, Okaloosa County, February 16, 2010