

Please Join the MAINE-LY NUTRITION

Listserv!

Your Direct Connection



An exciting new resource for Maine-ly Nutrition teachers!

What is a Listserv?

A *Listserv* is an email database that allows you to send to or receive information from everyone that subscribes to the list.

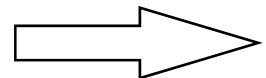
Why would I use a Listserv?

- Ask for resources and ideas.
- Get technical assistance from the Maine-ly Nutrition staff.
- Share information with others about your work with nutrition in the classroom.

Who will be on the Maine-ly Nutrition Listserv?

- The Maine-ly Nutrition staff
- Other Maine-ly Nutrition teachers who subscribe to the list
- Other educators and school personnel who are involved with the Maine-ly Nutrition program. (School nurses, Cooperative Extension, etc.)

To learn how to sign on, see instructions on back!



**For questions or comments about the
Maine-ly Nutrition Listserv, contact:**

Mary Ann Bennett: Phone: 626-5044
Email: mbennett@usm.maine.edu



How do I sign on to the Maine-ly Nutrition Listserv?

- 1) Go to <http://mailman.usm.maine.edu> using your internet browser (Netscape, Explorer, etc.) and click on:

Mailing list subscription management services.

- 2) Locate the box titled 'To subscribe to a list...' and enter 'Maine-ly-Nutrition' in the box next to 'Enter the name of the list here,' then click proceed. (see Figure 1)

(Figure 1)

To subscribe to a list...	
Enter the name of the list here...	<input type="text" value="Maine-ly-Nutrition"/>
... then click the 'Proceed...' button.	<input type="button" value="Proceed..."/>

- 3) Fill in all the information for your subscription using an email you check frequently. For more information on this, see the subscription help on that page.

- 4) You will receive an email to request a confirmation. You must reply to this email to activate your subscription. You do not need to type anything in the subject line, but you must type 'OK' at the top of the body of the email. (see Figure 2)

(Figure 2)

To...	Maiser@mailman.usm.maine.edu
Cc...	
Subject:	

OK

Maine Nutrition Network
Muskie School
295 Water St.
Augusta, ME 04330

Important notes to remember:

**To post a message to others, you simply send an email to:

Maine-ly-Nutrition@mailman.usm.maine.edu

Periodically you will receive an email from the listserv manager to determine if your email address is currently active. **Do not reply to this email, just delete it.