

Have the News Delivered to You

Keep up to date with the latest posts from FFI



We all have busy lives with very little time. Web surfing is fun but can take hours going to visit every single website and blog you enjoy. Wouldn't it be fabulous if you could just get all the headlines of the most current stories from all your favorite websites and blogs in one place?

We have a number of ways that you can subscribe to this site and receive updates. The main one that our readers use is our RSS feed. But what is RSS?

What is RSS?

RSS is a technology that is being used by millions of web users around the world to keep track of their favorite websites.

In the 'old days' of the web to keep track of updates on a website you had to 'bookmark' websites in your browser and manually return to them on a regular basis to see what had been added.

The problems with bookmarking

- You as the web surfer had to do all the work
- It can get complicated when you are trying to track many websites at once
- You miss information when you forget to check your bookmarks
- You end up seeing the same information over and over again on sites that don't update very often

RSS Changes Everything

What if you could tell a website to let you know every time that they update? In a sense, this is what RSS does for you.

RSS flips things around a little and is a technology that provides you with a method of getting relevant and up to date information sent to you for you to read in your own time. It saves you time and helps you to get the information you want quickly after it was published.

RSS stands for 'Really Simple Syndication'. Many people describe it as a 'news feed' that you subscribe to. In Oprah speak, RSS stands for: I'm "Ready for Some Stories".

It's like subscribing to a magazine that is delivered to you periodically but instead of it coming in your physical mail box each month when the magazine is published it is de-

livered to your 'RSS Reader' every time your favorite website updates.

How RSS actually technically works is probably a lesson for another day but the key today is for you to understand why it's good and how to use it.

How to Use RSS

Get an RSS Reader – The first thing you'll want to do if you're getting into reading sites via RSS is to hook yourself up with an RSS Feed Reader.

There are many feed readers going around with a variety of approaches and features – however a good place to start is with a couple of free and easy to use web based ones like Google Reader or NetworkedBlogs. Some email programs (like Outlook) can also accept RSS feeds. There are many others to choose from.

Feed readers work a little like email. As you subscribe to feeds you'll see that unread entries from the sites you're tracking will be marked as bold. As you click on them you'll see the latest update and can read it right there in the feed reader. You are given the option to click through to the actual site or move onto the next unread item – marking the last one as 'read'.

The best way to learn how to use the reader is to simply subscribe to some feeds and give it a go.

From	Subject	Received	Size
Date: Yesterday			
Teresa	It's all agriculture	Thu 1/3/2013 12:...	5 KB
Teresa	Food & Fitness on School Websites	Thu 1/3/2013 10...	5 KB
Date: Monday			
Kayla	Learning to like SWEET Potatoes!	Mon 12/31/2012...	5 KB
Date: Last Week			
Teresa	The Great Blog Migration	Sat 12/29/2012 1...	5 KB
Kayla	Roots, Stems, and Leaves and FLOWERS!	Thu 12/27/2012 ...	5 KB
Date: Three Weeks Ago			
Melanie	Taste the Rainbow	Wed 12/12/2012 ...	5 KB
Date: Last Month			
Teresa	It's time to work together	Thu 12/6/2012 1:...	5 KB
Katie	West Central Youth Team Reps Get to W...	Sun 12/2/2012 1...	5 KB
Katie	Starmont STARS Enjoy Homemade Apples...	Sat 12/1/2012 12...	5 KB
Date: Older			
Kayla	On the Podium... with the Healthiest Sch...	Fri 11/30/2012 5:...	6 KB
Kayla	Just try it!	Fri 11/30/2012 5:...	5 KB
Katie	NF High Schoolers Race for Wellness	Fri 11/30/2012 4:...	5 KB

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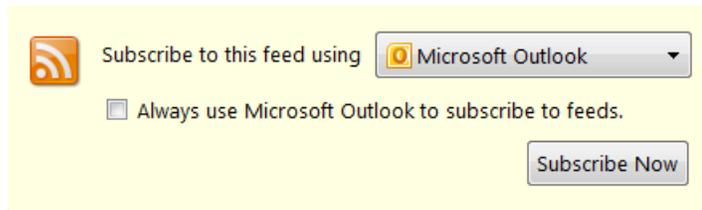
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On Site Subscription

Over the last few years you may have noticed a lot of little buttons and widgets appearing on your favorite sites and blogs. Little orange buttons, 'counters' with how many 'readers a blog has, links called RSS, XML, ATOM and many more.



They come in all shapes and sizes. Any time you see any of these buttons or anything like them it means that the site you are viewing almost certainly has a feed that you can subscribe to. In most cases it's as simple as either copying and pasting the link associated with the button into your RSS Reader or clicking the button and following the instructions to subscribe using the feed reader of your choice.



Once you've done this and have subscribed to a few feeds you'll begin to see unread items in your Feed Reader and you can start reading.

Try it! Copy and paste these links into your browser.

FFI Blog:

<http://iowafoodandfitness.org/wegrow/feed/>

FFI Newsfeed:

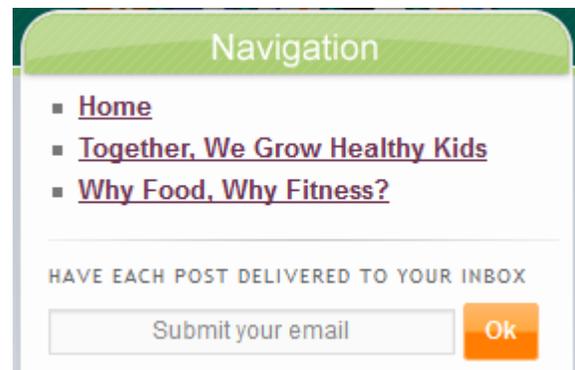
<http://www.iowafoodandfitness.org/rss/news.xml>

Don't want to Use an RSS Reader? Email is an Option

If the above explanation all just seems a little too complicated for you then please don't worry. Many sites also enable you to subscribe to RSS feeds via a more familiar medium – Email.

Here at FFI we know that not everyone is into the RSS thing so at the top of our right hand sidebar there is a field where you can enter your email address and get a daily email with a summary of our latest posts. You can unsubscribe at any time and your email will be kept private and not used for any other purposes than to send these daily updates.

Visit www.iowafoodandfitness.org/wegrow and look for this box.



(Adapted from: <http://www.probloger.net/what-is-rss/>)

