




FAMILY & CONSUMER SCIENCES SEPTEMBER NEWSLETTER

Hello, everyone!

Some programming dates to keep in mind:

- September 1st: Labor Day-Office will be Closed
- September 4th: Veterans Day of Honor & Valor
- September 10th: Lunch & Learn: Time Well Spent Organizing
- September 25th: Cooking Through the Calendar

I hope you enjoy this newsletter!



Alex Sallie

County Extension Agent for
Family & Consumer Sciences

Waiting for you inside!

- **Homemaker News**
- **Calendar of Events**
- **Flyers**
- **Money Wise**

**Bath County
Cooperative Extension
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Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

BATH COUNTY HOMEMAKERS

Important Dates to put on your calendar

Council Meeting: September 17th @ 5:30 PM

Cultural Arts: If you won a blue ribbon at the county cultural arts this year and would like for them to go to Area for judging, please have those to my office by **October 4th.**

Licking River Area Annual Meeting:
October 15 at Mason County Extension Office.
Bath County Responsibility: Pledge.









Salt Lick Homemakers Donated a Bench to the Salt Lick Fire Department

Family and Consumer Sciences Extension Calendar

September

All meetings/programs are hosted at the Bath Co. Ag Center unless noted otherwise. These programs are for all community members to attend.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day: Office Closed	3 Project Linus @ 10 AM  	4 Veterans Day Event @ 11 	5	6	7
8	9 Sew Day @ 9:30 	10 Lunch & Learn: Organizing @ 12 PM 	11	12	13	14
15	16	17 Homemaker Council Meeting @ 5:30	18	19	20	21
22	23	24	25 Cooking through the Calendar @ 3:30 PM 	26	27	28
29	30					

Sew Day

Second Monday of every month

Time: 9:30 AM

Location: Bath Co. Ag Center



Come be join our two Master Clothing Volunteers for Sew Day!

Help is needed in making:

- Little Girl dresses that will be sent in Christmas boxes to Africa.
- Hats and Port Pillows that will be donated to local cancer patients.
- Pocket Pillow Cases that will be donated.

Volunteers needed for:

- Cutting patterns
- Iron fabric
- Stuffing Port Pillows
- & Sewing -- if you would like to learn, we can teach you!





COOPERATIVE EXTENSION



WE SALUTE YOU WITH PRIDE
HAPPY

VETERANS' DAY OF VALOR AND HONOR

HONORING ALL WHO SERVED



4th of September 2024 from 11 a.m. to 3 p.m.

Bath County Extension Office

2914 E Hwy 60 (I 64-exit 123) under the green hoop

★ **Service Officers** ★

★ **VET Center** ★

★ **Community Partners** ★

★ **Claims** ★

★ **PACT Act Information** ★

★ **Other Resources** ★

For Veterans and Families

Free Food & Door Prizes

For more information contact

Sassia 859-294-7490 Your Insurance Lady, LLC

Phyllis 859-806-4297 Lady Veterans Connect

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Organizing your time and workspace not only improves productivity, but it can enhance your overall well-being while decreasing stress levels.

Join us for a lunch and learn about organization tips for productivity.

**When: September 10th
Time: 12 PM**

**Registration is required.
Call 606-674-6121 to register!**

Cooking Through The Calendar



. The 4th Wednesday of every month.

Time: 3:30 PM

Location: Bath County AG Center

Join us as we prepare and taste test the featured recipe!

Registration is required.

Call our office at 606-674-6121 to sign up!





ROBINSON CENTER FIELD DAY

FREE FARM TOURS, DEMONSTRATIONS & WORKSHOPS
MAKE YOUR OWN CUTTING BOARD TO TAKE HOME!

THURSDAY, OCTOBER 3, 2024

4 PM-7:00 PM EST.

AT THE ROBINSON CENTER

130 ROBINSON RD, JACKSON, KY

FREE EVENT FOR ALL AGES | MEAL PROVIDED

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: BUILDING AN EMERGENCY KIT ON A BUDGET

Building an emergency kit doesn't have to cause a disaster for your finances. Build it slowly, starting with essential food and water, and then buy other items as your budget allows. Add an extra item to your shopping lists once or twice a month that you can put in the kit to spread out the costs over time.

EMERGENCY KIT BASICS

There are basic items every kit should have in addition to food and water. Download a comprehensive list at <https://ukfcs.net/DisasterKit>. Tailor the list to meet the needs of your family. Start by checking at home for items you may have on-hand. You may have a manual can opener, flashlight, extra phone chargers, batteries, and matches in the back of kitchen drawers. You can also make your own first-aid kit with items you already have like bandages, antiseptic wipes, medications, tweezers, ointment, etc.

SHOP SALES

Make a list of items you don't have and watch for sales. If you're an online shopper, put pricier items (like a multitool or fireproof document bag) in your online cart to be notified when the price drops. Also, stock up during common sales like Back to School, Black Friday, or other annual holidays. Check



with friends or neighbors to see if they have an interest in building a kit. You may be able to combine lists and buy some items in bulk, lowering the cost for everyone.

A weather radio may also be helpful during inclement weather or power outages. Don't let price be the reason to go without. A weather radio doesn't have to be a top-of-the-line model; one that includes the basics will do. Weather radios can be battery operated or powered by a hand crank or solar panels. Check online for reviews and pricing options before buying.

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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STOCK UP ON NONPERISHABLE FOOD AND CANNED GOODS WHEN YOUR LOCAL GROCERY STORE IS HAVING A SALE



GRAB DOLLAR DEALS

Stock up on nonperishable food and canned goods when your local grocery store is having a sale. Check weekly ads for deals like “10 for \$10,” or shop the day after a holiday when certain items are marked down or put on clearance. Be mindful when buying canned goods and don’t buy leaking, swollen, or deeply dented cans. Also, it is important to buy things that you and your family enjoy. Don’t buy pinto beans because they are on sale if no one in your family will eat them. Consider buying generic or store brand items for your kit, but don’t skimp on nutrition. Buy nutrient-dense foods that are high in protein. Find examples at <https://ukfcs.net/DisasterMenuIdeas>.

WATER IS ESSENTIAL

Water is a necessity. You should have 1 gallon of water per person per day. If buying bottled water is too expensive, you can bottle your own. Use a food-grade container like a 2-liter

soda bottle. Don’t use containers that once held milk or juice, as these containers have residues that are difficult to remove and could provide an environment for bacterial growth. Wash the bottle and cap thoroughly using detergent and warm water. Rinse and sanitize with a solution made from 1 teaspoon unscented liquid bleach and 1 quart water. Shake the sanitizer solution all around the bottle and rinse well. Fill with clean water and add the date to the outside of the bottle. Replace this water every 6 months.

Once your kit is complete, consider making a “grab and go bag” or filling a backpack with essentials in case you must leave your home quickly. Don’t let budget constraints keep you from building an emergency kit. Start today and protect your family and your finances!

RESOURCE:

<https://www.ready.gov/low-and-no-cost>

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