

September 2024

Family & Consumer Sciences Martin County



Welcome to the September 2024 edition of our Family and Consumer Science Newsletter! As we transition into fall, we're excited to bring you fresh insights and practical tips to enhance your daily life.



Asya Jarrell

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**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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Lexington, KY 40506



Disabilities
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LAUGH & LEARN PLAYDATE

FRIDAY, SEPTEMBER
20TH



Time: 11:00 AM

Location: Martin County Extension Office

9 Holy Street, Inez, Ky41224

Limited Spots Available!

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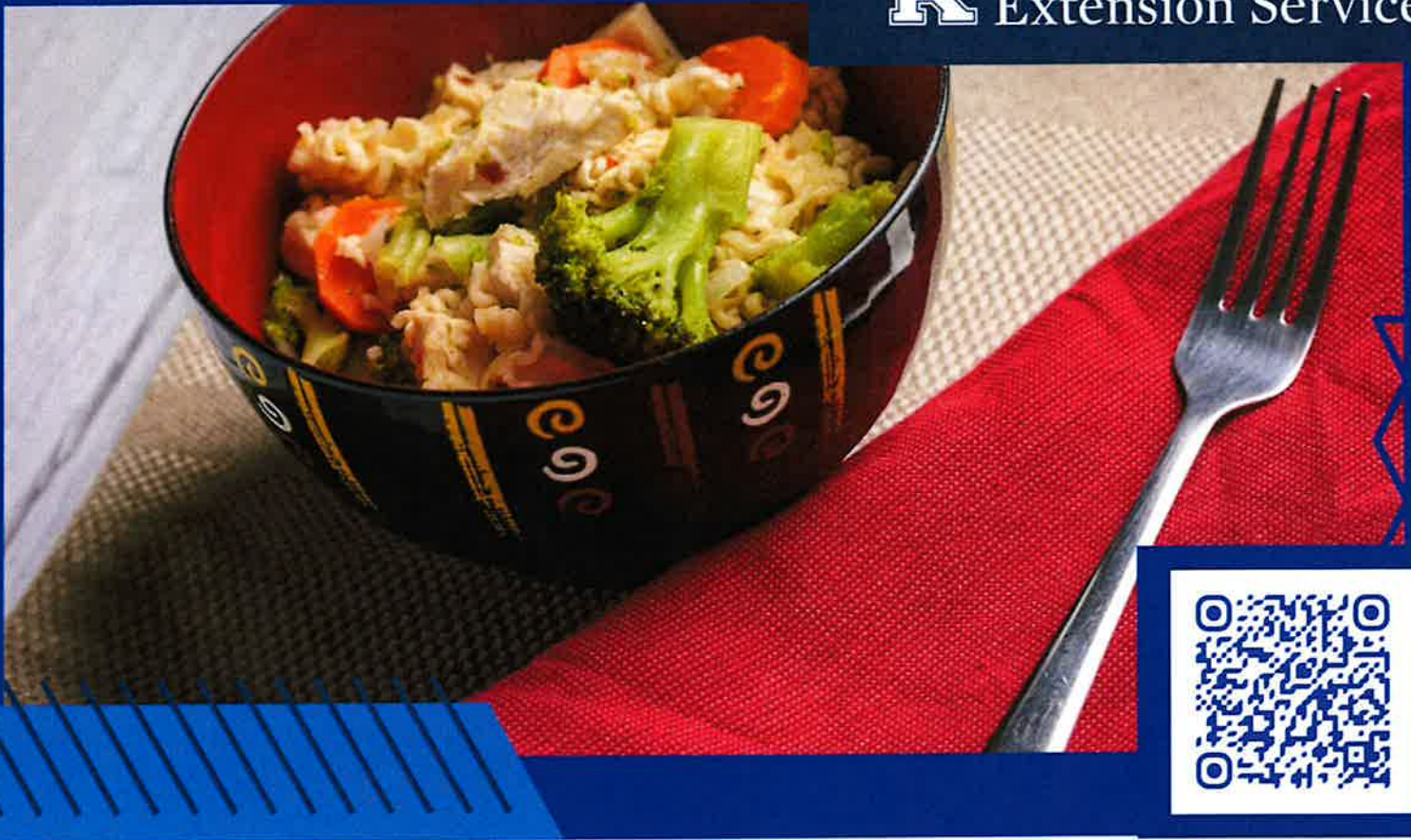
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Cooking Through the Calendar

Monday, Sep 30th at 11:00am 9 Holy St. Inez, KY 41224

Recipe:

Ramen Skillet Dinner

Limited Spots Available!

Register via QR Code or
Call (606) 298-7742

Highlights:

- Food Demonstration
- Recipe Card
- Free Sample

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September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 OFFICE CLOSED LABOR DAY	3 IES AFTERSCHOOL Piecelul Stitchers 5 pm	4 Homemaker Monthly Meeting 10-30	5 MCMs Afterschool	6 Grandparents Day Event @ MCMs	7
8	9	10 EOB @ 12 IES AFTERSCHOOL Piecelul Stitchers 5 pm	11 MCMs Afterschool	12 FRYSC GAP	13 4-H Pet Show	14 Harvest Fest Parade
15	16	17 IES AFTERSCHOOL Piecelul Stitchers 5 pm	18	19 AG Dev. Council Meeting @ 12 EES SCHOOL ENRICHMENT MCMs Afterschool	20 Laugh and Learn Playdate	21
22	23	24 IES AFTERSCHOOL Piecelul Stitchers 5 pm	25	26 EES SCHOOL ENRICHMENT MCMs Afterschool	27 IES Heritage Day	28
29	30 COOKING THROUGH THE CALENDAR @ 11					

This is our community Extension calendar of events for September.

The events are located in various locations in our community. Due to various conflicts, dates and times may change.

Please view our website, flyers, social media pages, or call our office for the most up to date information.



3RD ANNUAL

4-H Pet Show



REGISTER HERE



FRIDAY, SEPTEMBER 13 1:30-3:30

AT THE HARVEST FESTIVAL!

CATEGORIES:

DOGS

POCKET PETS

REPTILES, AMPHIBIANS, AQUATICS

LIVESTOCK AND FARM PETS

YOUTH AGE DIVISION:

4-H

AGE 9-18

CLOVERBUD

AGE 5-8

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IES 4-H PROGRAMS

EVERY TUESDAY AFTERSCHOOL 3:30-4:15

IN COLLABORATION WITH THE 21ST CCLC PROGRAM



PROGRAM AREAS:

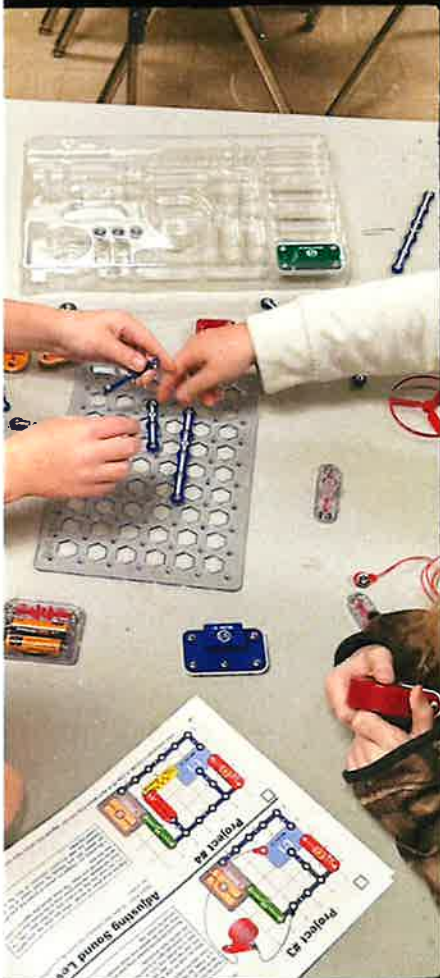
SCIENCE, ENGINEERING, TECHNOLOGY
AGRICULTURE
FAMILY & CONSUMER SCIENCES
NATURAL RESOURCES

HEALTH & WELLBEING
LEADERSHIP
COMMUNICATION
EXPRESSIVE ARTS

MCMS 4-H PROGRAMS

EVERY THURSDAY AFTERSCHOOL 3:30-4:30

IN COLLABORATION WITH THE 21ST CCLC PROGRAM



PROGRAM AREAS:

SCIENCE, ENGINEERING, TECHNOLOGY
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NATURAL RESOURCES

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LEADERSHIP
COMMUNICATION
EXPRESSIVE ARTS

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.



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



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ADULT HEALTH BULLETIN



SEPTEMBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

STEP INTO NATURE: GROUNDING



When you think of going barefoot in the grass, the first thing that comes to mind might be that of a small child. But taking off your shoes and feeling the Earth beneath your feet can be worthwhile for adults, too. Maybe you have heard of the practice of grounding. Grounding is going barefoot outside on the grass or dirt. You might have heard that it is beneficial for your health, or maybe you have wondered if it is true.

People have practiced grounding (sometimes also called earthing) for thousands of years for its positive effects. But the practice became popular again during the coronavirus pandemic as a way to relieve stress. Stress relief is one proven benefit of

Continued on the next page →



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Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air.



→ Continued from the previous page

grounding. There are other scientifically measured benefits as well. Recent studies have shown that in addition to reducing stress levels, grounding also helps improve overall mood, improve sleep and energy levels, improve circulation, reduce symptoms of anxiety and depression, improve immune system function, lessen the severity of chronic illnesses, and reduce pain in the body.

How does grounding work? When you stand directly on the Earth's surface, your body is able to absorb electrical energy from the Earth. Electrons emitted from the Earth act as antioxidants in human bodies that neutralize free radicals. Free radicals are known to tax our body's systemic function, leading to a variety of undesired results. They are also known to cause inflammation and may contribute to chronic disease risk and cancer. While part of combatting the effects of free radicals includes limiting contact with harmful plastics and other highly manufactured foods, products, and environments, counteracting those effects are just as, if not more important. Spending time outside, breathing fresh air, and eating a wide variety of plants are other important parts of our overall well-being.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air. Your yard is a perfect place to practice grounding. Or you could go to a local park or other natural setting.

As you relax your body, direct your attention to your feet. Feel the ground on the soles of your feet and on your toes and enjoy the feeling of your skin making contact directly with the Earth. You may choose to stand still or walk around if the ground is free of debris. Be mindful of sharp sticks, rocks, or trash that could hurt your feet.

As you're grounding your body, focus your attention on healing your mind as well by letting go of stress. Imagine the negative energy of your stress flowing out of your body from the top of your head, and the positive energy of well-being flowing into your body through your feet.

There is no limit to the amount of time you can spend grounding, so enjoy any mild days and sink your feet into the ground as often as you are able. Ideally, fit time for grounding into your daily or weekly routine to get the most from your experience on an ongoing basis.

REFERENCE:

<https://wellbeing.gmu.edu/thriving-together-series-the-well-being-benefits-of-grounding>

**ADULT
HEALTH BULLETIN**

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