

# HOMEMAKER HAPPENINGS

## January 2024



Meade County  
1041 Old Ekron Road  
Brandenburg KY 40108  
(270) 422-4958  
FAX: (270) 422-3773  
meade.ca.uky.edu

### ***Be Ready for An Emergency***

Source: Annhall Norris, Extension Specialist, Food Preservation and Safety  
Reference: Centers for Disease Control and Prevention

Even with the best alert systems in place, there is often little to no warning when severe weather or natural disasters strike. The best time to prepare is now. Plan ahead for wind, rain, ice, or snow in case you need to survive on your own for a few days.

Every household should have an emergency supply kit on hand. The kit should include basic items you and your family may need in the event of an emergency. It should be made ahead of time, stored in a protected area, and easy to move. A basic emergency supply kit should include the recommended items below.

|                                                                      |                                          |                                          |
|----------------------------------------------------------------------|------------------------------------------|------------------------------------------|
| Water- one gallon of water per person (and pet) for at least 3 days. | Food - shelf-stable, for at least 3 days | Canned meats, fish and beans             |
| Canned fruits and vegetables                                         | Peanut butter or other nut butters       | Dried foods, jerky, trail mix or granola |
| Manual can opener                                                    | Waterproof matches                       | First aid kit                            |
| Flashlight or reliable light source                                  | Batteries in a variety of sizes          | Toilet paper                             |
| Unscented bleach and measuring spoon                                 | Disposable plates and utensils           | Hand sanitizer                           |
| Disinfecting wipes                                                   | Plastic zip top bags                     |                                          |



# ***Be Ready for An Emergency.....***

In addition to the recommended items above you may want to include a battery-powered or hand-crank radio and blankets. The foods to include will depend on your family's taste and any special dietary needs. Including a few treats like hard candy, chocolate, or coffee will help keep spirits up. You may also want to include a few activities or toys like a deck of cards or books if you have kids.



Check your emergency kit every six months and replace the water. Check use by dates on the food and batteries as well. Replace and restock items as needed. For more information on preparing for an emergency, visit <https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html>

## **Mark Your Calendar!**

Plan to attend the **Disaster Preparedness Event** at the Extension Office on **March 14, 5pm-8pm**

Sincerely,

A handwritten signature in black ink that reads "Jennifer Budge".

Extension Agent for Family and Consumer Sciences Education - Meade County



**The Extension Office will be closed December 25 until January 2 for the holidays.**



# 2024 PIGGY BANK DESIGN CONTEST

**Contest ends on January 18, 2024**

## Category Grades

K-3

4-6

7-9

10-12

- Entries are due to the Extension Office no later than January 18, 2024 at 4:00 p.m.
- Submit:
  - \*Piggy Bank and Entry Form
- \$100 goes to each category winner
- Additional \$100 to Overall Winner

**Must be a Meade County resident.**



Contest sponsored by:



**MEADE COUNTY BANK**

**Any questions call 270-422-4958**

### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# LAUGH & LEARN 2024

 Cooperative Extension Service



MARK YOUR CALENDARS

1/12

2/9

3/8

4/12

5/10

6/14

7/12


8/9

9/13

10/11

11/8

12/13

 Cooperative Extension Service

**2ND FRIDAY OF THE MONTH**

**10:00 - 11:30AM**

**MEADE COUNTY EXTENSION SERVICE**

1041 OLD EKRON RD.,  
BRANDENBURG - 270-422-4958

COME PLAYDATE WITH US!

A **Laugh & Learn** playdate is for you and your child(ren) to engage in playful activities that are designed to prepare them for kindergarten. **Laugh & Learn** is for ages 2-5 (not yet in school) and their caregiver.

*Join us!*



HELD IN PARTNERSHIP WITH MEADE COUNTY FAMILY RESOURCE YOUTH SERVICE CENTERS

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40506





# LOVE THOSE SLIPPERS

The following class will take place at the Meade County Extension Office on  
**JANUARY 16 AND 23, 6PM-8PM.**

**INSTRUCTOR: ANGELA DODGE**

*Have you ever wanted to make your own slippers? This class will teach you how to make either a ballet flat slipper or scuff slipper using readily available materials.*

**Must have knowledge of how to use sewing machine  
and able to sew basic stitches.**

## **SUPPLIES TO BRING TO CLASS:**

- 1/2 yard cotton print or solid material
- 1/2 yard cotton quilting batting
- 1/2 yard contrasting cotton material
- 1/2 yard 1/4" elastic
- Matching thread
- Scissors, straight pins, hand needles, tape measure
- Sewing machine (if you have your own)



**Class is limited to 10 participants.  
Contact the Extension Office to register.  
270-422-4958**

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Disabilities  
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# Beginning Sewing

The following beginning sewing SERIES will take place at the Meade County Extension Office on **January 29, February 5, 12, 19, 26 and March 4, 6:00p.m. - 8:30p.m.**

**INSTRUCTOR: ANGELA DODGE**

*This series is a comprehensive introduction to sewing and weekly attendance will be required to complete the series.*

## Participants will:

- Learn the basics of using a sewing machine
- How to choose fabrics
- Learn to read a pattern
- How to select a pattern, notions, etc.



**Participants will make several small projects and finish the class making a pair of pants. Pants pattern and fabric requirements will be given at week 3 class.**

**Class is limited to 6 participants.  
Contact the Extension Office to register.  
270-422-4958**

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# APPLE GRILLED CHEESE

## SERVINGS:2

### Ingredients:

- 2 teaspoons butter
- 4 slices whole wheat bread
- 2 slices American or cheddar cheese
- ½ cup spinach
- 1 teaspoon honey
- 1 apple, cored and thinly sliced

### Directions:

Place a medium skillet over medium heat. Butter one side of each slice of bread. Place one slice of bread in skillet, butter side down. Top with two slices of cheese and 3-4 pieces of spinach. Drizzle with honey. Place 2-3 apple slices on sandwich. Top sandwich with other slice of bread, butter side up. Cook for 2-3 minutes, or until golden brown and flip. Repeat for next sandwich or if your skillet is large enough, you can do two at a time.



Source: KYNEP 2020 Food and Nutrition Calendar: Katie Shoultz, Extension Specialist, University of Kentucky Cooperative Extension Service

# 10-MINUTE BEAN SOUP

## SERVINGS:4

### Ingredients:

- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- ¼ cup onion, finely chopped
- 2 (15.8 ounce) cans of great northern beans, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes with basil, garlic and oregano
- 1 (14 ounce) can low-sodium vegetable or chicken broth
- 4 cups kale, torn into small pieces
- 1 tablespoon lemon juice
- ½ cup grated Parmesan cheese

### Directions:

In a medium saucepan, heat oil over medium heat and sauté garlic and onion for 3 minutes or until onion is tender. Add beans, tomatoes and broth to saucepan. Stir and simmer for 5 minutes. Add kale and cook until tender, for about 2 minutes. Mix in lemon juice and Parmesan cheese just before serving. Optional, garnish with finely chopped fresh basil or dried basil.



Source: Caroline Durr, Area Nutrition Agent for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

