### FAMILY & CONSUMER SCIENCES

# HOMEMAKER HAPPENINGS

January 2024



#### **Cooperative Extension Service**



Meade County 1041 Old Ekron Road Brandenburg KY 40108 (270) 422-4958

FAX: (270) 422-3773 meade.ca.ukv.edu



## Be Ready for An Emergency

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

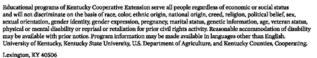
Even with the best alert systems in place, there is often little to no warning when severe weather or natural disasters strike. The best time to prepare is now. Plan ahead for wind, rain, ice, or snow in case you need to survive on your own for a few days.

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	

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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







## 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,

Extension Agent for Family and Consumer Sciences Education - Meade County



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



Martin-Gatton College of Agriculture, Food and Environment

# 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

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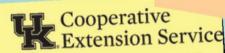
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2ND FRIDAY OF THE MONTH

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.





HELD IN PARTNERSHIP

Cooperative

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT











# 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 stiches.

#### 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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may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperatin Lexington, KY 40506







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
- ½ 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

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#### **RETURN SERVICE REQUESTED**



The following class will take place at the Meade County Extension Office on JANUARY 30, 1:00 p.m. or 6:00 pm.

When calling to register, specify time of attendance

Winter is the perfect season to warm up your kitchen and body with a delicious soup. Find out how to add variety to your meals by learning about different types of soups and stews. Recipes will be provided.





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#### January Lesson Leader Training

January 4, 10:30 a.m., E.T., Meade County Extension Office

Topic: Organizing Tips for Increased

**Productivity** 

## Meade County Extension Homemaker Council Meeting

January 5, 9:30 a.m. E.T., Meade County Extension Office

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