



# Hopkins County Extension

*Family and Consumer Sciences*

# SEPTEMBER






**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.  
**HOPKINS COUNTY  
COOPERATIVE  
EXTENSION SERVICES**  
75 CORNWALL DRIVE  
MADISONVILLE, KY  
42431-8780  
(270)821-3650  
WWW.CA.UKY.EDU/CES



## EASY WORK-LIFE BALANCE TIPS FOR PEOPLE AND PARENTS

The term “work-life balance” seems simple. However, for some people, especially parents, we have a challenging time figuring out the “balance” part. We are all trying to find that right balance to prepare for the busy week, allocate the necessary time to manage multiple tasks and manage the stress of work and life. But there’s hope for all of us, including parents.

### HERE ARE SOME SIMPLE TIPS ON HOW TO MAKE THE MOST OF YOUR BUSY LIVES:

-  Reduce morning rush. Reduce morning anxiety by preparing the night before (i.e., laying out clothes, making meals and gathering work materials).
-  Organize your week in advance. Use one day each week to plan the rest of the week (meals, chores, groceries, kids’ sports, date nights, family time, homework time, etc.).
-  Be honest with your manager. If spending more time with your family is what you want, your employer may have benefits you have not explored. Many organizations are investing in more wellness opportunities for their employees.

CONTINUES TO PAGE 2

## WHAT'S IN THIS ISSUE

**Work-Life Balance Tips**

**Homemaker Group Dates**

**Upcoming Programs**

**Upcoming Dates**

**MoneyWi\$e  
Building an Emergency Kit  
On A Budget**

**Health Bulletin  
Step into Nature, Hiking  
For Health**



Following us online is an easy way to keep up with **Hopkins County Extension Family and Consumer Science**

*Amanda Dame*

AMANDA DAME

County Extension Agent for Family and Consumer Sciences

### Cooperative Extension Service

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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability 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, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

- Stay connected. Even if you travel a lot for work, you can still see and talk to each other. Make the time to stay connected (facetime, emails, texting, writing letters, having conversations, etc.).
- Don't waste time staring at your screen. It can be addicting with today's technology, so consider limiting your screen time. You will be amazed at the amount of time you will save and can now reinvest it for more meaningful moments.
- Schedule time with your partner. Do something together that brings you closer (date night, cooking night, evening walk or exercise, conversations about kids, etc.).

The University of Kentucky Martin-Gatin College of Agriculture, Food and Environment news and communications team provides monthly Extension Exclusives in the categories of Horticulture and Natural Resources, 4-H and Family & Consumer Sciences. To see more exclusives, visit <https://exclusives.ca.uky.edu>

REMINDER

As of January 1, 2025, no more meetings will be held at the Extension Office as we prepare for the move to the New Extension Office!

# UPCOMING DATES

ALL MEETINGS ARE LOCATED AT THE HOPKINS COUNTY EXTENSION OFFICE UNLESS SPECIFIED OTHERWISE.

**CROCHET CLUB**  
September 3rd at 5:30 PM  
September 17th at 5:30 PM

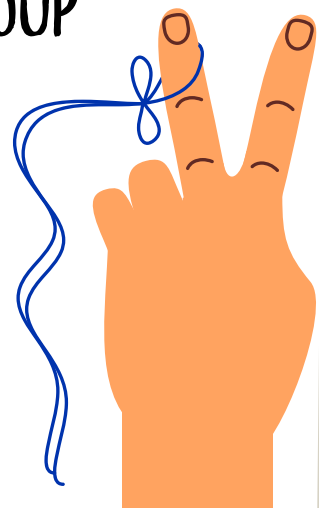
**HOMEMAKER LEADER LESSON**  
**ROBERTS RULES REFRESH**  
August 27th at 10:00 AM

**NEEDLES & YARN**  
September 11th from 12-2:30

**GRIEF SELF HELP SUPPORT GROUP**  
**\*NOW LOCATED AT THE FARM HOUSE\***  
September 9th at 4:00 PM

**HAND N FOOT GAME NIGHT**  
September 5th at 5:00 PM

**FAMILIES IN THE KITCHEN**  
September 9th from 5:30 to 7:30 PM  
September 17th from 5:30 to 7:30 PM



## IMPORTANT!

**ENROLLMENT FORMS & DUES**  
**THIS YEAR THE YEARLY DUES WILL BE \$10.00.**  
**BE SURE TO TURN IN YOUR HOMEMAKER ENROLLMENT FORMS AND PAY YOUR DUES BY NOVEMBER 13, 2024.**

**Cooperative Extension Service**

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

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability 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, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

# BIG BLUE BOOK CLUB

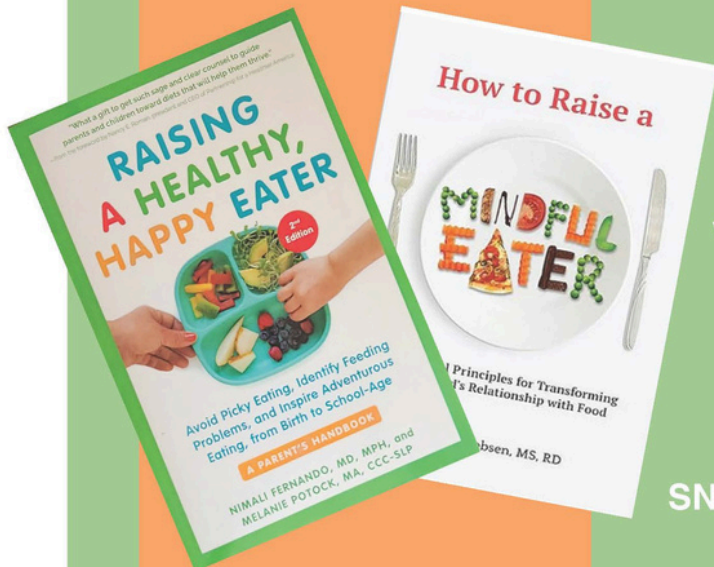
presents **SNACK CLUB**

available  
9/5/24

Do you have **questions** about **feeding children** but little time to **read books** or participate in a **book club**?

**Great news** - we've reviewed the books for you!

You get to decide **when and how** to listen to or watch **bite-sized bits** of information about feeding children of all ages. Short **episodes** can be found on our **Talking FACS** podcast and The **FACS Learning Channel** on YouTube. Register to learn about **episode drops**, to subscribe to our **SNACK Club** newsletter, and to receive **news** about local Extension **events!**



**200 copies of Raising a Healthy, Happy Eater are available for the first registered participants.**

Visit <https://ukfcs.net/BBBCsnack> or scan the QR Code to register today!



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 15 • ISSUE 9

## 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>

Written by: Annhall Norris | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)



**Become a fan of *MONEYWISE* on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)**



**Hopkins County**  
**FARMERS**  
**MARKET**  
**MAY THROUGH OCTOBER**  
**SATURDAYS**

**8 AM - 1 PM**

**55 Mahr Park Drive**  
**Madisonville KY, 42431**

**SEE YOU THERE!**

# FOOD PRESERVATION

## RENTALS \$50 DEPOSIT REQUIRED\*

\*REFUNDED WHEN  
EQUIPMENT IS RETURNED

**Get your chef hat on and  
embark on a flavor-packed  
journey of preserving your  
own food starting today!**



THREE  
DAY  
RENTALS

## Available Equipment

Pressure Canner

Boiling Water Canner

Canning Tools

Dehydrator



270-821-3650



HOPKINS COUNTY COOPERATIVE  
EXTENSION OFFICE

# PARENT

# 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: HIKING FOR HEALTH



**H**iking is a great activity for whole families to do together. It gets kids and adults alike away from screens, enjoying nature, and spending quality time together. Fall is the perfect time to plan a family hike. Mild weather, beautiful scenery, and gentle breezes make an ideal outdoor experience!

Hiking is also a great physical activity. Hiking uses more muscles than a normal walk, both in your legs and core. You might find that you are sore after a hike — that is a good thing! It means you are engaging muscles that don't get as much regular use. Hiking also requires more oxygen, so it makes your heart and lungs work harder. This makes hiking a great way to build endurance. Hiking on uneven surfaces improves balance and coordination for both kids and adults.

Continued on the next page





# *Fall is the perfect time to plan a family hike. Mild weather, beautiful scenery, and gentle breezes make an ideal outdoor experience!*



## ➔ Continued from the previous page

There are also mental benefits to hiking. Many people say that being in nature helps them to feel less stress, improves their mood, and helps them to sleep better at night. All great reasons to get outdoors and go for a hike!

It is easier said than done, however, to take kids on any kind of adventure. To help your hike succeed, there are a few things to consider when taking kids on a hike.

- **Plan hikes to see interesting things.** A summit lookout, interesting rock formations, or waterfalls are great destination hikes to keep kids engaged.
- **Come prepared.** Remember a bag with water, bug spray, snacks (if needed), and a way to navigate.
- **Keep kids in view.** Set boundaries about how far ahead or behind an adult you feel comfortable with them being.
- **Stay on the trail.** Limit exposure to unwanted poisonous plants and animal encounters by staying on marked trails.
- **Take regular breaks.** Kids may wear out faster than adults. A short break to reset may help them last longer.
- **Consider bringing an activity** like a nature journal or scavenger hunt to encourage curiosity and interest.

If you are looking for places to hike close to home or farther away, here are a few resources on hiking opportunities in Kentucky.

- Plan a hike at a Kentucky state park. Their website has information about trail head locations, trail lengths, and other helpful information: <https://parks.ky.gov/things-to-do/trails/hiking>.
- Kentucky has seven national parks as well, many with trails to hike and sights to see: <https://www.nps.gov/state/ky>.
- Kentucky Tourism has also curated a list of destinations with hiking trails and information to plan trips to visit each location: <https://www.kentuckytourism.com/things-to-do/outdoors/outdoor-recreation/hiking>.

#### REFERENCE:

<https://www.health.harvard.edu/staying-healthy/hike-your-way-to-better-health>

---

ADULT  
**HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock





# Between the Rivers



**Pennyriple Area Extension Homemakers Annual Meeting**

**October 18, 2024**

**155 W Cumberland Ave,  
Grand Rivers, Kentucky 42045**

**Registration starts at 10:00 am  
Program starts at 10:30 am**

**Guest Speaker: Bobbie Foust**

**Cost: \$18.00 Due before September  
30th to your County Office.**

**Entertainment: Liberty Boys**



**Cooperative  
Extension Service**

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

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability 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, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

## FAMILIES IN THE KITCHEN

# Cook Together, Eat Together

### WHAT YOU'LL LEARN

MAKING HEALTHY AND AFFORDABLE MEALS

MAKING VEGETABLES TASTE AMAZING

SHOPPING TIPS FOR BUYING HEALTHY FOOD ON A BUDGET

TIPS & TRICKS ON HOW TO MAKE COOKING FAST, FUN, & DELICIOUS

SPECIAL TIPS ON FAMILY MEALS, LEFTOVERS, & LESS MESS

COOKING

**LIMITED**

**SPACE**

**AVAILABLE**

RECEIVE  
KITCHEN TOOLS  
AND RECIPES

GET THE KIDS  
INVOLVED!  
AGES: 4-18

### DATES

September 9th & 17th

October 16th & 29th

November 5th & 19th

5:30-7:30 AT THE

EXTENSION OFFICE

**MUST ATTEND ALL**

**6 SESSIONS**



**NO CHARGE!**



**75 CORNWALL DRIVE  
MADISONVILLE, KY  
42431**

**CONTACT US TO REGISTER TODAY**

**270-821-3650 | [melissa.webb@uky.edu](mailto:melissa.webb@uky.edu)**