

FCS NEWS & NOTES

Cooperative Extension Service
Muhlenberg County
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UPCOMING EVENTS

August 7—Bean Supper

Planning Meeting at 10 AM at the Extension Office.

August 8—Identity Theft Class led by Nancy Sandlin at 6 PM at the Extension Office.

August 9—Honeysuckle and Pepper Club at 10 AM.

August 10—Block of the Month at 9 AM at the Extension Office.

August 11—Game Night at 5:30 PM at the Extension Office.

August 15—Imitation Club at 11 AM at the Extension Office.

August 16—Cooking Through the Calendar at 11:30 AM at the Extension Office.

August 17—Homemaker Council Meeting at 9:30 AM at the Extension Office. **Material Girls Club** at 5:30 PM at the Extension Office.

August 21—Senior Day at the State Fair in Louisville.

August 23—Forever Young Club at 11 AM at the Extension Office.

August 28—Library Group at 11 AM.

August 31—Leader Training: Recognizing & Coping with Trauma after a Natural Disaster Lesson at 10 AM at the Extension Office. Please RSVP to the Muhlenberg County Extension Office by August 28 to let us know if you plan to attend the in-person class. If you would like to watch by Zoom, it will be taught at 5 PM that evening. Contact us for the link.

September 4—Office closed for Labor Day.

September 23—Make plans to join us for our Extension Extravaganza. There will be free food, games, door prizes, information booths on all Extension has to offer, and more. More details to come!



We have some exciting volunteer opportunities and classes in the works. More details to come soon!

Thought for the Day

“Make your home lovely, by being loving. Make your home peaceful, by being at peace.”

-Mary Salas

Mailbox Members: Enclosed you will find an enrollment form for the 2023-2024 Homemaker year. Please complete it and return it to the Extension Office **with your \$10 dues** (checks made payable to Muhlenberg County Homemakers) **no later than November 13, 2023.**



Power Outage Food Safety

The change in seasons can bring strong storms that can cause power outages. It is always important to know how long food is safe to eat out of a fridge or freezer if you have lost power. During a power outage a full freezer will keep for about 2 days. A half full freezer will keep for about one day, as long as you keep the lid closed. A refrigerator will tend to keep food cold for 4-6 hours. When the power returns and you see ice crystals on frozen food it can be refrozen it just may not have the best taste. If freezer food is completely thawed, but still cold, it must be cooked within 24 hours. Any food that is room temperature for more than 2 hours must be thrown away.

If in doubt, throw it out!

Source: Sandra Bastin, PhD, RD, LD, Extension Food and Nutrition Specialist Annhall Norris, BS, Extension Associate

Contact Us

 (270) 338-3124

 Facebook Pages:

Muhlenberg
County
Cooperative
Extension

Muhlenberg
County
Homemakers

**Don't forget to
contact the
Extension Office
to sign up for
upcoming events!**



Alex Kelly
County Extension Agent
Family and Consumer Sciences Education

A Note from our FCS Agent

Hello! I am now 2 months in to my role here as the FCS Agent and I am loving it. A big thank YOU to everyone who has made me feel so welcomed and helped me find my way in this new position and town. I am very appreciative of each of you.

I am in the works of getting some fun events planned for the upcoming month, so be on the lookout for those. I also have a very exciting volunteer opportunity for us that will start in September that I am eager to share with you all and look forward to working alongside you all.

Please feel free to reach out if you need anything!

Have a fantastic day!

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 14 • ISSUE 8

THIS MONTH'S TOPIC: WAYS TO SAVE ON BACK-TO-SCHOOL

Sales ads and store shelves are now displaying backpacks, pens, sneakers, and tech. It's the time of year kids start asking for new gear for school. The costs of most goods and services have risen in recent years, and school supplies are no exception. The Consumer Price Index for the Southern Region shows that generally prices peaked last summer, but overall, the cost of goods is still high.

Back-to-school shoppers plan to stretch their dollars spent on supplies, clothes, shoes, and electronics in several ways, according to a recent National Retail Federation survey. Some will compare prices online before buying (45%). Others will shop sales (45%), buy generic or store brand products (39%), or use coupons (27%). The following tips provide more cost-saving suggestions.

BEFORE YOU SHOP

After you've received a list of the school supplies your child will need this year, take an inventory of the supplies you already have before heading out to buy new items. You might be able to use some of last year's supplies, such as backpacks, calculators, rulers, folders, and more.

Look through your child's clothing and shoes to see what fits and what you need to replace. Be sure to check the school's dress code to make sure your



clothing choices match the school's policies. If your children have outgrown anything, consider selling gently used clothing to a consignment store for cash or store credit.

If your household budget is tight, contact your school's Family Resource or Youth Services Center to see if there are local school supply drives planned in your community. Or consider having a clothing or "supply swap" with other families you know with similarly aged children.

Once you have inventoried your needs, make a shopping list. Put the most critical items at the top of the list. Talk to your kids about the difference between wants and needs. Sometimes we can't have both, and needs must come first.

Cooperative Extension Service

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4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

TRY TO SHOP RETAILERS WHO OFFER DISCOUNTS, ACCEPT COUPONS, OR HAVE CUSTOMER LOYALTY PROGRAMS.



AT THE STORE

In preparing to shop, consider your budget. Back-to-school expenses are probably not part of your regular monthly budget. Where might this occasional expense fit into your plans? You might not have to buy some items right away, such as winter coats or clothes. You can work those into a later month's budget if needed.

Compare prices online before shopping, especially for more expensive items such as technology. Try to shop retailers who offer discounts, accept coupons, or have customer loyalty programs. Also, hang on to your receipts in case your children don't use the supplies and you can return them.

STICK TO YOUR LIST

Colorful displays and marketing can be enticing, but it is better to stay within budget and stick to your list. Start with what your child needs most.

If they shop with you, perhaps set aside a designated amount that they can spend on a special item of their choice. For smaller items, it can be cheaper to buy in bulk, especially if you can split the cost with another family or if they are staple items you can put aside for next year, such as paper, pencils, or other goods. If your child's school requires a reading list, consider using the local library. Or talk with students from the grade ahead, who might be willing to lend or sell the books they read last year.

REFERENCES:

National Retail Federation. (2023). <https://nrf.com/insights/holiday-and-seasonal-trends/back-to-school>

U.S. Bureau of Labor Statistics. (2023). https://www.bls.gov/regions/southeast/news-release/consumerpriceindex_south.htm

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