



October 2023 FCS Newsletter

VOL. 2023-10

Cooperative Extension Service

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“October is crisp days and cool nights, a time to curl up around the dancing flames and sink into a good book.” ~ John Sinor

Cooperative Extension Service

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Disabilities accommodated with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison,
EFNEP Assistant

(Expanded Food and Nutrition Education Program)

Taken from
October 2013
Food and
Nutrition
Calendar

PARMESAN FISH BAKE

GROCERY LIST

- 1 onion
- Milk
- Carrots
- Parmesan cheese (need ½ cup, shredded)
- Lemon juice (need 6 to 8 tablespoons)
- Fish fillets (need 1 pound)

MAKE IT A MEAL

- **Parmesan Fish Bake**
- Hot cooked rice or pasta
- Steamed green beans
- Pears
- Low-fat milk

TIPS

1. Fresh-caught fish can be used in this recipe.
2. Cook fish to 145°F. or until the flesh is opaque and separates easily with a fork.



- ¼ cup chopped onion
- 1 tablespoon vegetable oil
- 2 tablespoons all-purpose flour
- ¼ teaspoon salt
- ¾ cup skim milk
- ¾ cup shredded carrots
- ½ cup (2 ounces) shredded Parmesan cheese
- 6 to 8 tablespoons lemon juice
- 1 pound fish fillets

1. Preheat oven to 350° F.
2. Sauté the onion and oil in a skillet until the onions are translucent.
3. Stir in the flour and salt.
4. Add the milk. Cook and stir until thickened.
5. Add carrots, cheese and lemon juice.
6. Place the fish in a 7 x 11-inch baking dish.
7. Pour the sauce over the fish.

8. Bake for 25 minutes or to an internal temperature of 145°F on a meat thermometer.

MAKES 4 SERVINGS

Serving Size: ¼ of recipe

Cost Per Recipe: \$5.77

Cost Per Serving: \$1.44

SOURCE: Living Well™ More Than a Cookbook, National Extension Association of Family and Consumer Sciences, 2010

NUTRITION FACTS PER SERVING:

279 calories; 13 g total fat; 3.5 g saturated fat; 0 g trans fat; 80 mg cholesterol; 392 mg sodium; 11 g carbohydrate; 1 g fiber; 4 g sugars, 28 g protein; 70% Daily Value of vitamin A; 15% Daily Value of vitamin C; 20% Daily Value of calcium; 4% Daily Value of iron

Sharon, I tried this one.
It's good!

Italian One Pot Pasta and Beans



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 1 tablespoon oil
- 1 medium yellow or white onion, diced
- 1 large carrot, diced
- 1 stalk celery, diced
- 2 minced garlic cloves, or 2 tablespoons garlic powder
- 1 tablespoon Italian seasoning
- 4 cups low-sodium vegetable broth or water
- 1 can (15 ounces) no-salt-added diced tomatoes
- 1 can (15 ounces) no-salt-added tomato sauce
- 1 1/2 cups dry elbow macaroni or ditalini pasta
- 2 cans (15 ounces) white beans such as cannellini, undrained
- 1 teaspoon salt
- Parmesan cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool running water and scrub clean with vegetable brush.

3. Over medium heat, add oil to a large pot. Sauté onion, carrots, and celery until soft.
4. Add garlic and Italian seasoning and stir for 1 minute.
5. Add broth, diced tomatoes, and tomato sauce and bring mixture to a boil.
6. Stir in uncooked pasta. Simmer, stirring from time to time for 7 to 9 minutes until pasta is almost cooked.
7. Stir in beans and salt. Simmer another 5 minutes.
8. Ladle into bowls and top with parmesan cheese, if desired.
9. Store leftovers in the refrigerator within 2 hours.

Makes 12 servings

Serving size: 1 cup

Cost per recipe: \$6.38

Cost per serving: \$0.53

This recipe is adapted from a Pasta Fagioli recipe that came from Italy. In Italian, pasta fagioli means pasta and beans. Most likely ditalini pasta was used in the original recipe. Any white bean can be used in this recipe.

Nutrition facts

per serving:

150 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 420mg sodium; 27g total carbohydrate; 7g dietary fiber; 5g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source:

Cathy Fellows,
Boone County
SNAP-Ed Program
Assistant

Taken from: October 2023 Food and Nutrition Recipe Calendar



Extension Homemaker Club Meetings

- Sunnybrook** - October 5th @ 6:30 p.m. - Downstairs Meeting Room
- Country Charmers** - October 9th @ 6:00 p.m. - Downstairs Meeting Room
- Pots & Pans** - October 9th @ 6:00 p.m. - Upstairs Meeting Room
- Charity** - October 10th @ 5:00 p.m. - New Charity Baptist Church
- Crafter's Anonymous** - October 11th @ 1:30 p.m. - Upstairs Meeting Room**
- Odds 'N Ends** - October 12th @ 12 noon - Downstairs Meeting Room
- Creative Characters** - October 17th @ 12:30 p.m. - Downstairs Meeting Room
- Happy Chippers** - October 19th @ 12:30 p.m. - Downstairs Meeting Room
- Mudslingers** - October 23rd Assigned Appointments Only-Contact Seth Hart
- Mudslingers** - October 24th @ 12:30 p.m. - Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!

****Meeting Room change for Crafter's Anonymous for October only.**



**Roll Call and
Thought of the Day
for KEHA Monthly
Club Meetings
October 2023**



Thought for the Day: "Authenticity is the daily practice of letting go of who we think we are supposed to be and embracing who we are." - Brené Brown
Roll Call: In October we celebrate Halloween. What was your favorite costume ever?

Blood Drive!

Tuesday, October 10, 2023
Aspire Center

Creative Characters/Mudslingers 11:45 a.m.-3:00 p.m.
Country Charmers 3:00 p.m.-6:15 p.m.

SAVE A LIFE



How can Extension better serve Kentucky? We hope you'll take our 10-minute survey to help us develop programs addressing needs in our community. We want to hear from all Kentucky citizens ages 18 and up. Every voice matters. Scan the QR code or visit go.uky.edu/serveKY. Paper copies of the survey are also available at the Wayne County Extension Office.



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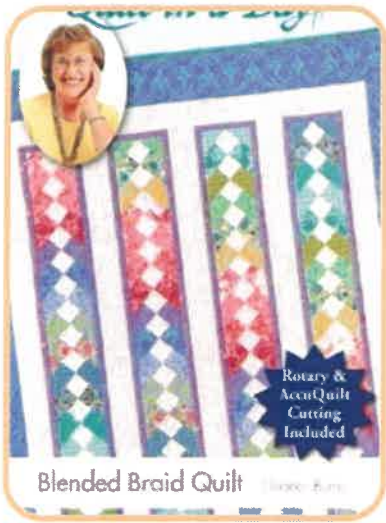
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Disabilities accommodated with prior notification.

Contact your local Extension Office for a paper copy of the survey.



In-Stitches Quilt Class

Blended Braid (Part 2)

Wednesday, October 18, 2023 @ 10:00 a.m.

Downstairs Meeting Room

We will also be featuring plan and information on our November project: "Northern Star"

November In-Stitches dates:

Wednesday, November 1st - Part 1 of Northern Star

Friday, November 10th - Sit & Sew & Binding Class

Wednesday, November 29th - Part 2 of Northern Star

December - No meeting!



Beginner's Crochet Class

Wayne County Extension Office

Small Upstairs Meeting Room

Tuesday, October 24, 2023 @ 3:00 p.m.

The Crafter's Anonymous Homemaker Club is hosting a beginner's crochet class. The class is being taught by Karen Helton, Peggy Bertram, and Connie Gaulzetti. There is no charge for the class, but you will need to bring a skein of cotton yarn and a H crochet hook. Make sure the yarn is cotton. Snacks and drinks will be provided. Please call the Extension Office to register.

The 8th Annual Scarecrow Trail judging was held on October 5th. We would like to say **"thank you"** to all the individuals, businesses, and organizations who participated in decorating for the Scarecrow Trail. There were so many wonderful autumn displays highlighting a "Bountiful Hometown Harvest" that it was hard to choose winners. Thank you to the homemaker volunteers who assisted with the judging. We look forward to next year's Scarecrow Trail.

The Extension Homemakers fall yard sale and bake sale was very successful.

Thanks to everyone who donated items and baked goods for the sale.

Thanks to the Extension Homemakers who helped set up the sale and worked during the sale. Your time and help was very much appreciated!

Project Helping Hands

Please mark your calendars!

Items needed for our Head Start LEAP Christmas program.

We are asking for donations of the following items:

- Preschool age books
- Boxes of jumbo size Crayola crayons (Please only Crayola)
- Boxes of Crayola fat size markers
- Decorative pencils
- “Treasures” (matchbox cars, hairbows/ties, etc.) gloves, mittens

Please keep in mind age appropriate and choking hazards for this age group (3 & 4 year olds). Things if you were a little kiddo you'd get excited about. We will be preparing 50 bags. We will need the items brought to the Extension Office by December 12th.

GIANT THANK YOU!!

We will be hosting a Head Start LEAP Christmas program at the Extension Office December 14th. If you have your Extension Volunteer Background Check, we would appreciate some help that day from 9:00 a.m. until 10:30 a.m. Please let us know if you have any questions and would like to lend a helping hand! **Thank you....Debbie & Joy**

Participation in these community service projects can count as volunteer service hours.

Creating a Disaster Preparedness Kit

Deciding what to pack in an emergency kit can be a big task. Depending on the needs of your family and the natural disasters you could encounter, there are several things to keep in mind as you plan. Preparing items beforehand can help keep you and your family safe until you can get assistance. Enclosed in this newsletter, you will find a “Family Emergency Supply Kit” information sheet. If you would like more detailed information, please contact the Extension Office.





Wayne County Extension Homemakers! Dates to Book in Your Calendar

- October 24th – 26th – Extension Master Clothing Volunteer Training – Cave City
October 24th – Transferring Cherished Possessions: Estate Planning for Non-Titled Property -
5:30 p.m. - Downstairs Meeting Room
October 27th – LCA Holiday Event – Adair Co. - 9:00 a.m. CST - Registration Fee \$10
October 31st – LCA Extension Homemaker Council Mtg. 10:30 am EST Adair Co.
November 1st - In-Stitches Class - 10:00 a.m. - Downstairs Meeting Room
***November 2nd - Christmas Village Planning Committee Meeting-5:00 p.m.- Board Room**
November 10th - Sit & Sew & Binding Class - Downstairs Meeting Room
November 16th - Christmas Village Prep
November 17th - Christmas Village Set-up
November 18th - Christmas Village - Wayne County Extension Office
November 23rd & 24th - Extension Office closed for Thanksgiving Holiday
November 28th – Holiday Make & Take - 5:30 p.m. - Downstairs Meeting Room
November 29th - In-Stitches Class - 10:00 a.m. - Downstairs Meeting Room
December – Club Choice - Leader Lesson
January 23rd – Make Your Heart Happy -Valentine’s Hearts & Other Lovey Things!
February 27th – Cultural Arts Lesson
March 26th – Spring Cleaning Your Home & Finances
April 23rd – Entertaining Little Ones
May 28th – Healthy Food Choices
***DATE CHANGE**



**The Wayne County Extension Office
will be closed on
Thursday, November 23rd &
Friday, November 24th
for the Thanksgiving Holiday.**



Seth Hart,
Program Assistant
for Community Arts

Barn Quilt “Extension for All Seasons, for All Ages”



Our barn quilt, entitled "Extension for All Seasons, for All Ages" has been remounted at the Extension Office. It was designed and painted in 2016 by Gaye Hutchison (EFNEP Assistant) and Seth Hart (Community Arts Assistant), and was temporarily removed when the building was under construction. With help from volunteers, it has also been restored and is now visible on the lower level.



Joy McGinnis

FCS Program Assistant



Stay Safe During Tailgating Season

Tailgating has been a sporting tradition for decades. For many fans, football and tailgating go hand in hand. However, poor food handling procedures at your tailgating party could result in a foodborne illness. Take the following precautions to keep you and your visitors safe from foodborne illnesses. Wash your hands or use hand sanitizer. Parking lots don't have access to running water so bring your own hand-wash station. Portable water jugs with a spigot can be found in the drinking water aisle of most grocery stores. Bring along liquid soap, paper towels and a bucket to catch wastewater. Wash your hands before and after preparing food and especially after using the portable restrooms. Always wash your hands before eating and encourage your tailgating friends to wash their hands before eating too. Keep cold foods cold. Perishable food should be kept at temperatures below 40 degrees F. Use insulated coolers and plenty of ice or frozen gel packs to keep meat, poultry, sandwiches, dairy and deli salads cold. If you plan on grilling, keep the raw meat separated from ready to-eat products and drinks. Use two coolers and designate one for raw ingredients and one for ready-to-eat. Keep hot foods hot. Cooked foods should stay above 140 degrees F. Food can be kept hot in disposable pans on the grill. Insulated containers or Sterno heaters can also be used to keep casseroles and other cooked foods hot. If electricity is available, slow cookers are a great option for keeping foods like chili and homemade dips hot. When grilling, use a metal-stemmed thermometer to ensure your meats reach the correct internal temperature before taking them off the grill. All poultry should be cooked to 165 degrees F and ground meats like burgers should be cooked to 160 degrees F. Roasts, steaks and chops of beef, pork, lamb, and veal should be cooked to 145 degrees F. Hot dogs and bratwurst should be cooked to 165 degrees F. Never use color as an indicator of doneness. Eat prepared food within two hours. If the outside temperature is higher than 90 degrees, consume the food within an hour. Once you're finished with the pre-game celebrations, remember to throw away leftovers in trash cans with plastic liners and lids before heading into the stadium. After returning home, clean and sanitize all your food preparation equipment including coolers, thermometers, and utensils. More safety tips are available through the Wayne County Extension office.

Source: Annhall Norris, Food Preservation Extension Specialist



Breast Cancer Awareness



Article Submitted by:
Joy McGinnis
FCS Program Assistant

October is National Breast Cancer Awareness Month. This month is devoted to educating everyone about breast cancer and the importance of early detection and timely, high-quality care. Other than skin cancer, breast cancer is the most common cancer among American women.

Fast facts about breast cancer:

- 1 in 8 women will be diagnosed with breast cancer in her lifetime - that's one person every 12 minutes in the U.S. The two greatest risk factors of breast cancer are **being female** and **getting older**.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.
- Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man

Symptoms of breast cancer:

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.

If you have any of these signs, see your doctor right away. Keep in mind that some people diagnosed with breast cancer have no symptoms.

Know your risks:

Knowing your family history is vital. Talk to your family and share that family health history information with your doctor to see how that history influences your risk of breast cancer. You and your doctor can create a personalized plan to monitor for signs of the disease.

Get screened:

For those at average risk, doctors recommend getting a mammogram every year starting at age 40. If there are any signs of breast cancer, finding it early and treating it early can save your life.

Make healthy lifestyle choices:

Living a healthy lifestyle may lower your risk of breast cancer. Maintain a healthy weight, limit alcohol intake, and exercise regularly.

Know your normal:

It is important to know what is normal for you and your body. If you notice something that does not look or feel right, notify your health-care provider. Early detection and effective treatment are critical to reducing breast cancer deaths.

References:

- <https://www.cdc.gov/cancer/dccp/resources/features/breastcancerawareness>
- <https://www.cancer.org/cancer/breast-cancer/risk-and-prevention.html>

Written by: Dr. Natalie Jones, MPH, DrPH

Adult Health Bulletin October 2022

October is Pumpkin Month. Try some of these delicious pumpkin recipes.



Pumpkin Apple Muffins

1 ¼ cups all-purpose flour	½ teaspoon ground ginger	1 ½ cups fresh pureed pumpkin
1 ¼ cups whole-wheat flour	½ teaspoon ground nutmeg	½ cup canola oil
1 ¼ teaspoons baking soda	1 ¼ cups honey	2 cups Granny Smith apples, finely chopped
½ teaspoon salt	2 large eggs	
1 ½ teaspoons ground cinnamon		

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Fall Spiced Pumpkin Bread

½ cup all-purpose flour	2 teaspoons pumpkin pie spice	½ cup honey
1 ¼ cup whole-wheat flour	½ teaspoon salt	2 cups pumpkin puree
1 ½ teaspoons baking powder	½ cup melted margarine	½ cup olive oil
1 teaspoon baking soda	½ cup sugar	2 eggs
		½ cup chopped walnuts

Heat oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.

Kentucky Winter Squash

SEASON: August through October.

NUTRITION FACTS: Winter squash, which includes acorn squash, butternut squash, pumpkin and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.

SELECTION: Winter squash should be heavy for its size with a hard, tough rind, free of blemishes or soft spots.

STORAGE: Store winter squash in a cool, dry place and use within one month.

PREPARATION:

To Steam: Wash and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on. The rind will remove easily after cooking. Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan tightly and steam the squash 30-40 minutes or until tender.

To Microwave: Wash squash and cut it lengthwise. Place in a baking dish and cover with plastic wrap. Microwave until tender, using these guidelines:

Source: www.fruitsandveggiesmatter.gov

- Acorn squash: ½ squash, 5-8 minutes; 1 squash, 8½-11½ minutes.
- Butternut squash: 2 pieces, 3-4½ minutes.
- Pumpkin: 1 pound piece, 7-8 minutes.

To Bake: Wash squash and cut lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender. Seeds can be toasted at 350 degrees F for 20 minutes.

KENTUCKY WINTER SQUASH

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

September 2013

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COOPERATIVE
EXTENSION
SERVICE



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Debbie Shepherd

**Debbie Shepherd, CEA FCS
Wayne County Extension Agent
for Family & Consumer Sciences
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DS/vm**



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Extension Family and
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FAMILY EMERGENCY SUPPLY KIT

General Preparedness



In an emergency situation, such as a natural disaster, preparing items beforehand can help keep you and your family safe until you can get assistance.

Basic Kit

• Essential items needed for all situations – FOOD – WATER – CLOTHING.

- Canned food: 3-5 days worth – don't forget a non-electric can opener
- Water to last 3-5 days – about 1 gallon of water per person per day
- Any medications needed by family members (e.g., heart or high blood pressure medication, insulin, contact lens supplies)
- A first aid kit and first aid manual.
- Extra clothing

• Other items to bring:

- A battery-powered radio
- Flashlight with extra batteries
- Cell phone with charger
- Mess kits or paper dining products (e.g., cups, plates, napkins)
- Personal hygiene supplies (e.g., soap, toothpaste, toilet paper, garbage bags, etc.)
- Hand sanitizer
- Sleeping bags or extra blankets
- Dust masks
- Duct tape
- Cash or traveler's checks

• Additional items for infants:

- Bottles, formula, drinking water
- Diapers, ointments
- Medications

• Special items for children:

- A favorite toy or blanket
- Colors and paper to help keep them busy while in the shelter

• Don't forget items for pets.

- See 'Pet Emergency Plan and Supply Kit' handout (next page).

• Place your kit in a central location.

- Let all of your family know where it is.
- Check the contents regularly to ensure fresh and complete supplies.

• Gather important family documents:

- Will, insurance policies, contracts, deeds, stocks, bonds
- Passports, social security cards
- Immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods
- Important telephone numbers
- Family records (birth, marriage, death certificates, social security numbers)
- Keep these documents in a waterproof, fireproof, portable container.

Seasonal Items

• Spring/Summer

- Mosquito protection: Insect repellent containing DEET or Picaridin, or long sleeved and long-legged clothing
- Sunscreen, wide brim hat

• Winter

- Extra blankets
- Hats, gloves, scarves
- Shovel, sand or cat litter

Emergency Kit for Your Car

• You may be away from home and in your car during an emergency situation.

• Keep these preparedness items in your car:

- High energy foods (e.g., peanut butter, crackers, granola bars, trail mix) and water
- Flares, booster cables, tools, maps
- First aid kit, blankets
- Flashlight and extra batteries
- Seasonal items: sunscreen, shovels

• Keep your gas tank full, in case of emergency.

For More Information

Ready America: Get a Kit (FEMA)

<http://www.ready.gov/america/getakit/>

Assemble a Disaster Supplies Kit (FEMA)

<http://www.fema.gov/plan/prepare/supplykit.shtm>

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