

FAMILY & CONSUMER SCIENCES

Fulton County Newsletter

**Cooperative
Extension Service**
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January 2011

Calendar of Events

- Jan 17 - Office Closed-MLK Holiday
- Jan 26 - Couponing 101 Lesson 10:00 am
- Feb 3 - Cloth Candy Dish Workshop 2:00 pm
- Feb 15 - Quilt Work Day 9:30 am - **Lesson Ballots Due**
- Mar 1 - KEHA Contest Entries Due
- Mar 10 - Birdhouse Workshop 10:00
- Mar 16 - Quilt Work Day 9:30 am – date may change

*****Watch for Rush Creek Club to be featured on Ky Life*****

Ways YOU Can Make a Difference.....

Quilt Work Days for Center for Courageous Kids (Camp Courageous) – Bring a sack lunch each day

There will be a yard sale on Friday, May 6 and Saturday, May 7 – Location TBA - As you do your spring cleaning, please considering donating items to this event.

Serve as Fulton County Homemakers President – This position will be open this fall, contact the office if you are interested.

Serve on the KEHA Board - The following positions will be open for nominations:

- | | |
|---------------------------------|----------------------------|
| 1 st Vice President | Treasurer |
| Energy, Housing and Environment | Food, Nutrition and Health |

Kentucky Master Farm Homemakers Guild – The Purchase Area can nominate someone this year

Couponing 101

Couponing 101 is a program that explains how to use meal planning, store sales and coupons cooperatively to save money in grocery shopping. In learning how to plan and save together, participants will gain knowledge to maximize savings in their shopping and reduce stress surrounding family meal planning and budget issues. This lesson will be taught on January 26 at 10:00 am.



New Year's Resolution: Keeping a Healthy Home

It's that time of the year when renewal, rejuvenation, and resolutions are in order. In addition to your personal New Year's Resolution, add one more that will not only benefit you, but everyone in your home: keeping a healthy home. Even though we consider our homes to be the safest places, we face considerable and significant health threats at home. Having a healthy home is extremely important. Consider this — we spend 90 percent of our time indoors. Researchers have found that there is a connection between health outcomes and substandard housing.

A healthy home supports the physical, psychological, and social health of those who live in the home. According to the U.S. Department of Housing and Urban Development, healthy homes is a concept that promotes safe, decent, and sanitary housing as a means for preventing disease and injury. HUD has outlined seven over-arching healthy home principles to follow to make a home healthy. The principles are to keep your home:

- (1) dry,
- (2) clean,
- (3) pest-free,
- (4) safe,
- (5) contaminant-free,
- (6) well-ventilated, and
- (7) well-maintained.

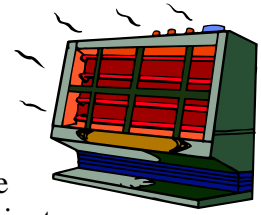


Use the following checklist to keep and maintain a healthy home in the New Year!

- Keep a working light bulb in overhead lights in the hall and stairs
- Lock prescription and over-the-counter medications away from children and use child proof locks
- Lock up products used for cleaning, car maintenance, gardening, and pest control
- Place safety covers on electrical outlets
- Use a range hood fan or kitchen exhaust fan that vents outside
- Keep the trash can covered with a lid
- Test for radon
- Fix holes, cracks, and leaks on the exterior of the house
- Set hot water at 120° F to prevent burns
- Install handrails on stairs, smoke alarms on every floor, and carbon monoxide detectors near bathrooms
- Keep floors clear of electrical cords and clutter
- Use mats with nonslip rubber backs on bathroom floors
- Seal gaps around roofing and attic openings to keep rodents and insects out
- Maintain gutters, downspouts, and roof to prevent moisture from entering the home
- Be ready in case of a disaster: have a kit for shelter in place and plan escape routes.

References: Center for Disease Control. *Healthy homes checklist*. Retrieved September 20, 2010 from www.cdc.gov/healthyhomes US Department of HUD. *Making homes healthier for families*. Retrieved September 20, 2010 from www.hud.gov

Source: Thessalenuere Hinnant-Bernard, Extension Specialist for Family and Consumer Sciences, University of Kentucky, College of Agriculture



Space Heater Safety Tips

Each winter, heating is a leading cause of residential structure fires. When the temperature drops, many families turn to alternative sources of heat, such as space heaters, to help warm their homes. Portable electric space heaters can be a convenient source of supplemental heat for your home in cold weather. However, they can also increase the risk of fire and electrical shock if not used properly.

The National Fire Protection Association (NFPA) estimates that the risk of fire from space heaters is 3 to 4 times higher than from central heating equipment. Fire and electrical hazards can be caused by space heaters without adequate safety features, space heaters placed near combustibles, or space heaters that are improperly plugged in.

Safety should always be a top consideration when using space heaters. Here are some tips for keeping your home safe and warm when it's cold outside:

- Make sure your space heater has the label showing that it is listed by a recognized testing laboratory.
- Before using any space heater, read the manufacturer's instructions and warning labels carefully.
- Inspect heaters for cracked or broken plugs or loose connections before each use. If frayed, worn or damaged, do not use the heater.
- Never leave a space heater unattended. Turn it off when you're leaving a room or going to sleep, and don't let pets or children play too close to a space heater.
- Space heaters are only meant to provide supplemental heat and should never be used to warm bedding, cook food, dry clothing or thaw pipes.
- Install smoke alarms on every floor of your home and outside all sleeping areas and test them once a month.
- Proper placement of space heaters is critical. Heaters must be kept at least three feet away from anything that can burn, including papers, clothing and rugs.
- Locate space heaters out of high traffic areas and doorways where they may pose a tripping hazard.
- Plug space heaters directly into a wall outlet. Do not use an extension cord or power strip, which could overheat and result in a fire. Do not plug any other electrical devices into the same outlet as the heater.
- Place space heaters on level, flat surfaces. Never place heaters on cabinets, tables, furniture, or carpet, which can overheat and start a fire.
- Always unplug and safely store the heater when it is not in use.

Source: Electrical Safety Foundation International

Starting the Year off Right



This year is the year! Many people decide to start the New Year off with a new exercise plan. Here are a few tips to help get started with a new workout program:

- Set realistic goals – plan to start slowly, for example 20 minutes of walking, 3 days a week. Gradually build up to 30 minutes, 5 days a week.
- Use reminders – plan a time to exercise; write it down or put it on a calendar just like any other appointment.
- Set up a (non-food) reward system – when goals are met, have a small treat.

- Get a good pair of walking/workout shoes - your feet should feel good when going out to walk or exercise.
- Find a buddy or a class – another person will encourage and help keep you going.
- Start slowly – do not try too much too fast, even 10 minutes of walking 2 times a day, is helpful.
- Just walk – wearing a pedometer can help in setting and reaching goals.
- Use whatever gets you going – if you like music get a small handheld radio or a portable music device to listen to.

Starting can be difficult, but try a few of these suggestions to keep you going.

Source: Nicole Peritore, Coordinator Get Moving Kentucky, University of Kentucky College of Agriculture

Clean Ideas: Rx for Winter Wear

- Take inventory: Do you really need all those scarves and gloves? Are there orphan mittens that need to be separated from the pack? Set them aside and if their mates don't show up by the end of the season, toss them away. Hint: if you have children, visit lost-and-found box at their school. You may be astounded at what you will find!
- Get a peg up: Getting kids to hang their coats in the closet can be a losing battle. Plus, you don't want wet coats crammed in next to the dry ones. Pegs are easy for everyone to use and provide space for garments to air out and thoroughly dry. Be sure some of the pegs are installed at child friendly heights.
- Divide and conquer: Do all the winter accessories get all jumbled together? How about some canvas bags, one for each family member and clearly labeled with his/her name? Hang the bags on pegs. If wet, hats and scarves can hang on the peg until dry; then it's into their owner's bag. Mittens and gloves, too!
- Bin there: Bins are another way to store gloves, scarves, and hats. People are more likely to use them if there is no lid to open and close. Clear plastic bins or wire baskets let you easily see what's inside, particularly useful when you have to grab and go!
- Clean up: Hats, mittens, and scarves should be washed frequently during the season. Read and follow manufacturer's instructions on the care labels. If the care labels have disappeared (as frequently happens on mittens), machine wash in cold water on the gentle cycle and line dry.
- Coat Check: For coats and jackets, a mid-season cleaning is a good idea, even if you can't see the dirt. Read and follow the manufacturer's instructions on the care labels. Dry clean only garments go the drycleaners. For washable garments, check the pockets, zip the zippers, and close the hook-and-loop fasteners so they don't snag other fabrics or catch bits of lint and thread during laundering.
- Boot camp: A boot scraper by the door prevents dirt and grime from being tracked inside. A boot tray is a good way to give wet boots a place to dry without having water puddle up the floor.



Reference: Kay Kennedy, Washington County Extension Agent for FCS, February 2008 County Newsletter.
Source: Marjorie M. Baker, Extension Associate for Clothing and Textiles, University of Kentucky, College of Agriculture

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