

Hopkins County Extension

Family and Consumer Sciences

HOPKINS COUNTY
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HELLO AUGUST!

Greetings,
 I hope everyone is having a great summer! There have been a lot of fun programs and activities going on this summer. The fun 3-day food preservation workshop has just wrapped up for the summer. Be sure to check out the flyer in the newsletter about the upcoming Sustainable Kentucky Series coming up! This new program will be offered during the day and at night. The first 10 participants to sign up will receive incentives at each class! Also, coming this fall I will be offering the FitBlue program. This program will help those of you who are wanting to become more physically active and are looking for ways to improve your overall health. If you have any questions, please feel free to contact me at the Extension Office. There will be a lot of great programs coming up in the fall at the Extension Office, I hope to see you there!

AD



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

What's in this issue:

Practice Safe Canning Practices this Summer

Upcoming Events & Classes

Homemaker Happenings

Piecemakers

August 13th from 8:00-3:00

August 23rd from 2:00-8:00

Needles & Yarn

August 10th from 12:00-2:00

Happy Homemakers

August 17th at 1:00

Money Wise

Investing Basics: Making Your Money Work For You

Health Bulletin

Vaccines Aren't Just for Kids



Amanda Dame

AMANDA DAME

County Extension Agent for
 Family and Consumer Sciences



PRACTICE SAFE CANNING PRACTICES THIS SUMMER

Gardens are beginning to bear the fruits of your labor. Soon, it will be time to start thinking about preserving some of that excess produce for winter months. Safety is of utmost importance for those of us preserving food, because improperly home-canned food can lead to foodborne illness.

Bacteria, yeasts and molds can grow quickly on fresh fruits and vegetables. Oxygen and enzymes that can cause food to spoil are found all over and inside produce. Safe home canning methods help prevent the growth of these harmful bacteria, yeast and molds; remove excess oxygen from the food; destroy spoilage enzymes; and allow for year-round enjoyment of the foods from your garden.

Despite what you may find on the Internet or social media, there are only two acceptable methods for home canning safe, quality products--the boiling water canner method and the pressure canner method. The type of food you are preserving will dictate which method to use. You should use boiling water canners to preserve foods that are naturally high in acid, like most fruits. Pressure canners must be used for all fresh vegetables, meat and poultry. Both methods, when used properly, can prevent botulism, a deadly form of food poisoning associated with canned food. You can safely process foods that are naturally high in acid or foods that have been acidified with lemon juice or vinegar (like pickles, salsa and relishes) in a boiling water bath canner. The acid prevents the growth of harmful bacteria in these foods. However, vegetables, meats and poultry do not contain enough acid to prevent bacterial growth. For these foods temperatures between 240 and 250 degrees Fahrenheit are necessary to prevent the growth of bacteria. You can only reach these temperatures using a pressure canner. Therefore, you must process all vegetables and other low acid foods in a pressure canner.

Be sure to use up-to-date equipment that's in proper working condition. It's never a good idea to purchase a pressure canner at a yard sale or flea market as replacement parts and manufacturer's instructions may not be available. Pressure canners made after 1997 are designed with more safety features and weigh much less than older canners. You should test the gauge on dial-gauge pressure canners each year. Your local extension office can do this for you. It is also important to use only Mason-type canning jars and self-sealing, two-piece lids. Never reuse jars that once contained mayonnaise or other food products as they will crack and break during processing. Always use research-based recipes to preserve foods. These recipes are available in UK Cooperative Extension Service home canning publications, the Ball Blue Book Guide to Preserving or the National Center for Home Food Preservation's website <https://nchfp.uga.edu/>.

Follow each recipe exactly as written. Do not make additions or changes unless the recipe provides information on these options. Not following the recipe precisely or using a recipe that is not research-based, may result in sickness.

For more information on safe food canning and research-based recipes, contact your Hopkins Cooperative Extension Service.

Source: Annhall Norris, Extension Specialist



join us for our
UPCOMING EVENTS

COOKING

through the Calendar
WITH MELISSA WEBB

DATES

August 24
September 28
October 26
November 30
December 14



Join us on Facebook Live at

**HOPKINS COUNTY NUTRITION
EDUCATION PROGRAM**



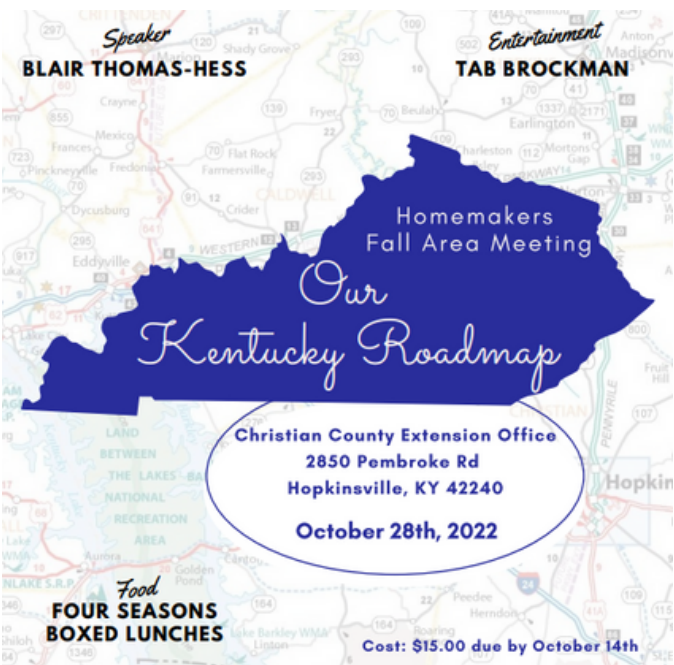
on Wednesday at 12:00 P.M. CT

September Leader Lesson Charcuterie Boards 101

Learn all about the latest culinary trend, the charcuterie board. From design to safety, this hands-on class will provide you with the tools to impress when entertaining friends, family, and neighbors. The class will be taught by Cecelia Hostilo. The class will be held on August 31st at 10:00 at the Muhlenberg County Extension Office. If you are interested in attending and would like to ride in the office van to the Muhlenberg County office, please call the Extension Office to sign up. The class will also be taught by zoom on August 30 at 10:00 am, zoom link will be coming soon!

CALLING OUR HOMEMAKERS

Club and County Officers, mark your calendar for the Nacho Average Officer and Chairmen training on August 22 at 10:00! We will go over activities for the year, learn about the State theme for the 2022-2023 year, and enjoy a make-your-own Nacho Bar!



FOOD PRESERVATION SERIES

Thank you to those who came out to the Food Preservation Class. Here are some pictures from our class that just came to an end. In this class they were taught how to pressure can green beans, boil water bath salsa, and freeze corn and dry apples.





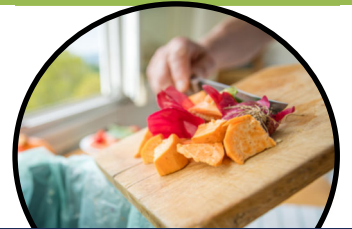
COOPERATIVE EXTENSION



Sustainable Kentucky

Shopping, Preparing and Eating Foods for Environmental *and* Human Health

Receive recipes and explore food habits for your health and the environment in this 5-part program. We'll explore sustainable foods from production through consumption.



Healthy and sustainable food habits are:

| Protective and respectful of biodiversity and ecosystems | Culturally acceptable | Accessible
| Economically fair and affordable | Nutritionally adequate | Safe and healthy |

Hopkins County Extension Office
75 Cornwall Drive, Madisonville, KY 42431

- Tuesday, August 2, 2022, 10:00a.m.** — *A Win-Win for Our Health and the Environment*
- Thursday, August 4, 2022, 5:30p.m.** — *A Win-Win for Our Health and the Environment*
- Tuesday, August 9, 2022, 10:00a.m.** — *Feed People, Not Landfills*
- Thursday, August 11, 2022, 5:30p.m.** — *Feed People, Not Landfills*
- Wednesday, August 17, 2022, 10:00a.m.** — *Your Community, Your Food*
- Thursday, August 18, 2022, 5:30p.m.** — *Your Community, Your Food*
- Tuesday, August 23, 2022, 10:00a.m.** — *Mindful MyPlate*
- Thursday, August 25, 2022, 5:30p.m.** — *Mindful MyPlate*
- Tuesday, August 30, 2022, 10:00a.m.** — *Be a Savvy Sustainable Shopper*
- Thursday, September 1, 2022, 5:30p.m.** — *Be a Savvy Sustainable Shopper*

Hopkins County Cooperative Extension
Call 270-821-3650 to register
Please plan to attend all sessions.

Note: This series is a pilot test of a new curriculum being developed by University of Kentucky Cooperative Extension. You'll receive incentives for each session attended and be asked to complete evaluations throughout the series.

Puzzle Pieces



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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2022

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THIS MONTH'S TOPIC:

INVESTING BASICS: MAKING YOUR MONEY WORK FOR YOU

Investing your money wisely can help it grow over time. Like compost in a garden, investment products are tools to promote financial growth. Each product has unique value and risk. With higher risk comes the potential for higher reward (or loss). Before investing, be sure you understand the basics of each product.



TYPES OF INVESTMENT PRODUCTS

Your investment portfolio is a collection of the different financial investments you've made at any one time. A portfolio may contain a wide range of assets including real estate, art, or private and public investments. There are several types of investment products, but three common choices are stocks, bonds, and mutual funds.

- **Stocks** represent a fraction of a corporation's ownership. When you own stock, it entitles you to a percentage of the company's profits. Units of stock are called "shares." Stocks offer long-term potential for growth over time. However, stock prices can vary greatly and fluctuate with the market and economy.
- **Bonds** are one-time loans you make to the government or a company for a set period time. In exchange for your money, you receive interest payments. Bonds are generally viewed

as "safer" investments than stocks because they are less volatile, or subject to change. If the bonds are held to maturity, you may earn back the principal (i.e., the initial amount invested), plus any interest earned.

- **Mutual Funds** are professionally managed investment pools where companies invest combined money from investors into a variety of different securities like stocks and bonds. When you invest in a mutual fund, you receive income from its portfolio, or its combined holdings.

INVESTMENT CONSIDERATIONS

As you build an investment portfolio, there are different strategies you can use to generate wealth based on your personal preferences, financial situation, and willingness to take risk. There are four important considerations for investing: time, risk, diversification, and fees. Ask yourself four questions:



DO NOT INVEST MORE THAN YOU CAN AFFORD TO LOSE



- **Time.** *When do I want to invest?* Time is essential in investing. The longer you invest, the more time your money has to grow. Time also allows for fluctuations in the economy and financial market.
- **Risk.** *What amount of risk am I willing to take?* Most investments come with some risk. Consider your current financial situation and select an option that feels comfortable. Do not invest more than you can afford to lose.
- **Diversification.** *Are my investments diversified, or varied?* Diversifying your investments means spreading them out to help minimize risk. In other words, diversification is “not putting all your eggs in one basket.” If one investment doesn’t do as well as you hoped, you still have other investments to fall back on.
- **Fees.** *How much am I paying in investment fees?* Investments have fees, especially if you are paying someone else to manage investments for you. Always read all the fine print before investing and consider how fees affect your bottom dollar.

GETTING STARTED

To begin investing, think about your budget. How much money can you reasonably invest each

month after paying bills, contributing to your savings and retirement funds, etc.? Like savings accounts, investments can start small — especially while you learn to invest wisely. Also, consider how much time you can dedicate to managing your investments. Hiring a licensed professional may be a good option if you lack the knowledge or time to manage investments effectively.

You also can invest through a retirement fund. Whether through your employer or on your own, retirement funds can kickstart an investing journey. Some retirement funds allow you to manage how your money is invested. Others manage the investments for you. For more information on investing through retirement plans, visit <https://www.irs.gov/retirement-plans>.

Finally, when considering investment opportunities, always take time to learn. For a detailed guide on getting started with investing, visit <https://www.sec.gov/investor/pubs/sec-guide-to-savings-and-investing.pdf>. You also can contact the U.S. Securities and Exchange Commission (SEC) with questions at (800) SEC-0330 or at <https://www.investor.gov/>.

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ADULT HEALTH BULLETIN



AUGUST 2022

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: VACCINES AREN'T JUST FOR KIDS



You might know that the basics of a healthy life include making time for regular physical activity and eating right. However, there is an important step you might be missing. You need to stay up to date with vaccines and medical care. You might not realize you need vaccines throughout your adult life. That is why, during August, we celebrate National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your lifespan.

Each year, thousands of adults in the United States get sick from diseases that vaccines could have prevented. Vaccines play an important role in keeping us all healthy. Vaccines save lives by protecting us from serious diseases, such as COVID-19,

Continued on the back 



Everyone should get a flu vaccine every year before the end of October, if possible.

➔ Continued from page 1

measles, and whooping cough. Therefore, it is important to know the facts about vaccines, immunization, and vaccine-preventable diseases.

Vaccines are important to your health, and here are three reasons why:

- 1. Vaccines lower your chance of getting sick.** Vaccines work with your body's natural defenses to lower the chances of getting certain diseases as well as suffering complications from these diseases.
- 2. Vaccines lower your chance of spreading certain diseases.** There are many things you want to pass on to your loved ones: a vaccine-preventable disease is not one of them. Infants, older adults, and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to vaccine-preventable diseases.
- 3. Vaccines are one of the safest ways to protect your health.** Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

What vaccines do you need?

- Everyone should get a flu vaccine every year before the end of October, if possible.
- Adults need a Td/Tdap vaccine every 10 years to protect against tetanus, diphtheria, and pertussis (whooping cough).
- Healthy adults 50 years and older should get a shingles vaccine.

Adults may need other vaccines based on health conditions, their job, lifestyle, or travel habits. Based on your age, health conditions, childhood vaccines, and other factors, you may need vaccines against other illnesses such as:

- Chickenpox
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)



- MMR (measles, mumps, rubella)
- Meningococcal
- Pneumococcal

If you are traveling abroad, you might need additional vaccines depending on your destination. Vaccines prevent diseases that can be very serious. All adults need vaccines to help protect themselves and others. Talk with your health-care professional to make sure you are up to date with the vaccines recommended for you.

REFERENCES:

- <https://www.cdc.gov/vaccines/growing/images/global/CDC-Growing-Up-with-Vaccines.pdf>
- <https://www.cdc.gov/vaccines/hcp/adults>
- <https://www.cdc.gov/vaccines/hcp/adults/downloads/fs-vaccines-need.pdf>

ADULT
HEALTH BULLETIN

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