

## Anderson County Extension Family & Consumer Sciences Newsletter Winter, 2024 Building Strong Families

**Cooperative Extension Service**  
Anderson County  
1026 County Park Road  
Lawrenceburg, KY 40342  
(502) 839-7271  
Fax: (502) 839-9829  
anderson.ca.uky.edu

### Important Dates:

- December 2**—Bingocize Nutrition, 10—11:30 a.m.  
Quilt Guild, 6 p.m.
- December 5**—EH Project Day, 9—4 p.m.
- December 6**—Bingocize Nutrition, 10—11:30 a.m.
- December 9**—Bingocize Nutrition, 10—11:30 a.m.
- December 13**—Bingocize Nutrition, 10—11:30 a.m.
- December 14**—2nd Saturday Sew, 10—4 p.m.
- December 16**—Little Circle, 12 p.m.  
Bingocize Nutrition, 10—11:30 a.m.
- December 19**—Homemaker Council Meeting, 10 a.m.
- December 20**—Bingocize Nutrition, 10—11:30 a.m.
- December 25-January 1, 2025**—Extension Office  
Closed for Christmas & New Year's Holiday
- January 6**—Bingocize Nutrition, 10—11:30 a.m.  
Quilt Guild, 6 p.m.
- January 9**—EH Project Day, 9—4 p.m.
- January 10**—Bingocize Nutrition, 10—11:30 a.m.
- January 11**—2nd Saturday Sew, 10—4 p.m.
- January 13**—Bingocize Nutrition, 10—11:30 a.m.  
Little Circle, 12 p.m.  
Friendship Circle, 5 p.m.
- January 17**—Bingocize Nutrition, 10—11:30 a.m.
- January 20**—MLK Holiday, Extension Office Closed
- January 23**—Lunch & Learn, 11 a.m.  
Homemaker Council Meeting 12 p.m.
- January 24**—Bingocize Nutrition, 10—11:30 a.m.
- January 25**—Quilting Bees, 10—4 p.m.
- January 27**—Bingocize Nutrition, 10—11:30 a.m.
- January 31**—Bingocize Nutrition, 10—11:30 a.m.



### Lunch & Learn

January 23, 11:00 a.m.—12 p.m.

Call the Extension Office at 839-7271 to  
register!

**FREE!!**



Join the homemakers as our FCS Agent, Kennedy Hannah, demonstrates recipes from the 2025 Food and Nutrition Recipe Calendar! He will be sharing "Split Pea Soup" this month!

### 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

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

## Create an Emergency Kit for your Car

We all know the importance of preparing for an ice storm or other potential natural disasters. Having an emergency kit with essential items in your home is the first step to surviving such an event. But you should also think about your car. Winter storms can create dangerous roads and a higher risk of frostbite, hypothermia, and carbon monoxide poisoning.

Create an emergency kit for your car and be prepared if caught out during a winter storm. Include the items below and have them in a bag, bucket, or small tote for easy access.

- Warm clothes (heavy coat, extra socks, gloves, hand warmers)
- Blankets
- Ice scraper
- Bottled water
- Shelf-stable snacks (Choose high protein foods to provide energy.)
- Flashlight
- Cell phone charger and battery backup
- Jumper cables or battery-powered jump starter
- Sand or kitty litter (to help with traction if you are stuck in snow)
- Small or collapsible shovel
- Roadside flares or glow sticks
- Flat tire inflation canister (non-explosive)



During the winter months, you should keep your gas tank full. Don't let it get low as you never know when you might be sitting for a while and not able to refuel. If you're stranded, only run the engine for 10 minutes each hour to charge your phone and run the heater. Be sure to open a window slightly to allow fresh air to enter the car and avoid carbon monoxide poisoning while it's running.

Contact your local Extension office for more information on preparing for severe weather or other natural disasters.

**Reference:** <https://www.ready.gov/winter-ready#travel>

**Source:** Annhall Norris, Food Preservation and Food Safety Extension Specialist



*If Anderson County Schools are closed for inclement weather, all Extension Office activities/programs are also cancelled on that day as well.*



Let us know if you have any questions about this newsletter or need additional information.

*Susan Campbell*

Susan Campbell, Anderson County  
Extension Agent for 4-H/Youth  
Development/FCS

Kennedy Hannah, Anderson County  
FCS Agent

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