

The Sampler

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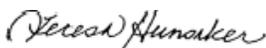
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September– October 2019

Issue #5

Tips for National Preparedness Month

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I am not sure if you are aware of this, but September is National Preparedness Month. While I realize there are designated days and months for practically anything these days, this one is actually worth ‘celebrating’, because the reality is that disaster can come along anytime, and being prepared will help us be more resilient.

We’ve seen this first hand over the past couple of weeks with hurricanes in the southeast and fires in the West, and as you know, earthquakes in California and Nevada recently.

Are you prepared if a disaster were to hit? If you aren’t, making sure to prioritize this initiative for you and your family is smart. Disasters don’t plan ahead, but you can.

Here are some things you can do now to ensure you are prepared:

- ✓ **Sign up for alerts and warnings.** Utilizing your mobile device or computer, you are able to download weather apps that alert you each time there is an emergency in your area.



- ✓ **Build a personal and family plan.** Communicate with your family the importance of a plan in the case of a disaster. Ready.gov has a great template for you to get started such as: practicing family drills (how to escape your home if there was a fire) and establishing a reunification point (where to meet up if you get separated).
- ✓ **Touch base with neighbors.** Involve your close neighbors in your family disaster plan. Discuss the skills you may have that would help in an emergency and help one another by sharing resources and ways you can support each other.

- ✓ **Gather supplies.** Or also known as a go-bag, which has items that could potentially save your life in an emergency.
- ✓ **Safeguard documents.** Ensure that all important and critical documents are kept safe in a waterproof and fire

- ✓ prevention safe. Scan or take pictures of important documents and email them to yourself for safe keeping in an email folder or in a cloud account. Documents such as your social security card, driver's license, medical insurance card, homeowners or rental insurance policy should be put away for safety.
- ✓ **Participate in a preparedness class.** FEMA has disaster preparation courses that are available both online and in a location near you. Visit their website to find more information on these courses.
- ✓ **Check your insurance policy.** Be sure to review your coverage and talk to your insurance provider if you have any questions beforehand. You can read more from FEMA on documenting, understanding and ensuring your property is ready.
- ✓ **Make sure your property is safe.** Check your property for any improvements that can be made to reduce potential injury or property damage. Ensure all outdoor furniture is moved to a safe area and that you take the proper precautions based on the type of weather.
- ✓ **Be aware of fraud.** Unfortunately, there are fraudsters taking advantage of disasters to prey on those in need. Some of the most common approaches include rehab scams, FEMA support scams or an increase in phishing emails. Stay aware and check out FEMA's website for more information.

✓ **Consider what to do with pets.**



✓ **Make sure you have a low fuel food storage program in place for emergencies.**

This is not intended to be a long term food source, but rather a simple to prepare, easy to use, and requiring little fuel.

✓ **Make sure you have at least a two week water supply, or the ability to purify water.**

Because we never know just what and when disaster may strike, consider getting things in place this September during National Preparedness Month.

For more on National Preparedness Month and what you can do, please visit www.bereadyutah.gov

And if you really want to work on preparedness, plan on attending our Be Ready Utah Expo on Friday and Saturday March 13-14, 2020 at the Mountain America Expo Center in Sandy, Utah. 

~Teresa Hunsaker

Sources:
USAA
Be Ready Utah

Old Fashion Peach Cobbler

- 5 peaches, peeled, cored and sliced (about 4 cups)
- $\frac{3}{4}$ cup granulated sugar
- $\frac{1}{4}$ teaspoon salt

For the batter:

- 6 tablespoons butter
- 1 cup all-purpose flour
- 1 cup granulated sugar
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{3}{4}$ cup milk
- Ground cinnamon



Add the sliced peaches, sugar and salt to a saucepan and stir to combine. Cook on medium heat for just a few minutes, until the sugar is dissolved and helps to bring out juices from the peaches. Remove from heat and set aside. Slice butter into pieces and add to a 9x13 inch baking dish. Place the pan in the oven while it preheats, to allow the butter to melt. Once melted, remove the pan from the oven. In a large bowl mix together the flour, sugar, baking powder, and salt. Stir in the milk, just until combined. Pour the mixture into the pan, over the melted butter and smooth it into an even layer. Spoon the peaches and juice (or canned peaches, if using) over the batter. Sprinkle cinnamon generously over the top. Bake at 350° F. about 38-40 minutes. Serve warm, with a scoop of ice cream, if desired.

HOW TO EASILY PEEL PEACHES:

The easiest way to peel peaches is to gently lower 2-3 peaches at a time into a pot of boiling water. Leave them in the water for about 30 seconds, and then remove them to an ice-water bath. The ice water bath will shock them and keep the peach flesh from cooking, but the peach skin will be so easy to peel that you won't even need a knife!

Family and Consumer Science Events

Home Buyer Education Classes

USU Extension Service
1181 No. Fairgrounds Dr., Ogden

- ◆ Saturday, October 12, 9:00 a.m. to 3:30 p.m.
- ◆ Saturday, December 7, 9:00 a.m. to 3:30 p.m.

These classes help prepare people for the home buying process. The curriculum covers mortgage options, finances, housing choices, etc. Cost is \$25 per household for certificate and free for education only. Call 801-399-8207 to register.

Electric Pressure Cooking Classes (Instant Pot) Series

USU Extension Office
1181 No. Fairgrounds Dr., Ogden
\$5 per class



Have an electric pressure cooker and it's still in the box? Or maybe it's out of the box just sitting there on a shelf getting dusty. You bought it but you don't know how to use it. Come to our electric pressure cooking classes and find out how easy and versatile this machine really is. Your family will love you for it!

Desserts

Thursday, October 10, 2019, 6:30-8:30 p.m.
Cost: \$5 - Includes recipes and samples

Holiday Foods and Soups

Thursday, November 7, 2019, 6:30-8:30 p.m.
Cost: \$5 - Includes recipes and samples

Call 801-399-8207 to register. Please register so we can plan on food and supplies for each class. **Only a few spots are available so call right away to reserve your spot.**

Lye Soap Making

USU Extension Office
1181 No. Fairgrounds Drive, Ogden
Friday, October 25, 2019 - 1:00 - 3:00 p.m.
Cost: \$12

Have you ever wanted to learn how to make your own soap? This class will teach you everything you need to know. You will learn how to make lye soap in many different sizes, colors, and fragrances and go home with soaps you make in class. For more information call 801-399-8207.

Family Finance Camp

Mondays, October 7, 14 & 21, 6:00 - 8:00 p.m.
Heritage Elementary School
373 South 150 West, Ogden

Do you want to improve your family's money habits? Come to our Family Finance Camp with the whole family to learn how. A light dinner will be served. Call 801-399-8207 to sign up.

Tips to Help Kids Do Better in School

October 8, 2019
Weber Family Resource Center
Burch Creek Elementary
4300 Madison Ave., Ogden

This class will not only feature ways to promote greater enthusiasm in the home for school, but a couple of organizational ideas to help kids succeed, study time tips, some simple after school snack ideas, as well as a make and take. These ideas and tips are great for grandmothers to support learning for their grandkids too. You will need to sign up by calling 801-476-5311.

Holiday Homemaking Hacks

Wednesday, December 5, 2019
Weber Family Resource Center
Burch Creek Elementary
4300 Madison Ave., Ogden

Come to this fun class and review some clever, fun, and helpful hints to help make your holidays a little less stressful. Sign up for this class by calling 801-476-5311.

5 Tips to Savor the Moments that Count

Couples and families often look for ways to find more time together and to make better use of that time. Most people struggle to find enough time in their day for everything. In fact, according to Dr. William Doherty, those that care about each other often feel starved for time together. Consider some of the following ideas to make every moment count with those you love.

1 Create a positive atmosphere. Set the tone for positive interactions and show him/her that they are a priority by giving your loved ones your undivided attention when you say hello and good-bye.

2 Be here now. Life is full of distractions, especially with all the technology utilized by families today. Give the gift of yourself as you set limits on technology use and give each other your undivided attention and just enjoy being in the present moment together.



3 Take time to talk. Sharing thoughts, feelings, ideas, and desires with each other helps build relationships with others. Ask open-ended questions and then take turns listening and learning about the other person. Connection can take place in conversations as simple as asking about one important thing that happened that day or sharing one thing they appreciate or admire about each other. Establish a time each day to check in with each other, such as at dinner or bedtime.

4 Make the moment memorable. Quality time can sometimes be found in very small increments of time. Take advantage of five minutes and make a memorable experience happen! For example, stop to watch the sunset, swing at the park on the way home from running errands, or make a silly face on each other's pancakes just for fun. Be silly and laugh together. Take a picture of the fun to make it even more memorable.

5 Make the everyday tasks count. Help each other with making dinner, folding laundry or cleaning up the yard. These opportunities may not be as exciting as a night on the town but they can give opportunities to connect with conversation and to lighten each other's load.

While there never seems to be enough time for everything, regardless of the amount of time couples and families find to spend together, utilizing these techniques can help you savor the moments that really matter. ☞

~Naomi Brower

References
Brower, N. & Wallace, J. (2013). *From Time to Quality Time: Making Every Moment Count*.
http://extension.usu.edu/files/publications/publication/Marriage&Relationships_2013-01pr.pdf

Doherty, W. J. (2013). *Take back your marriage: Sticking together in a world that pulls us apart*. New York, New York: The Guildford Press.

Gottman, J. M. & Silver, N. (2007). *The seven principles for making marriage work*. London, England: Orion Books, Ltd.

Date Nights. . .

Battle For Your Marriage Date Night

Friday, September 27, 6:00 - 8:00 p.m.
Social Ax Throwing, Salt Lake City
\$55 per couple

Learn how to chop your problems and protect your relationship while engaging in friendly ax throwing competitions. Who will be the ax throwing champion of the night!? Includes coaching for ax throwing, activity costs, refreshments and prizes.

Keep The Mystery Alive in Your Relationship Date Night

Friday, October 4, 2019, 6:00 - 8:00 p. m.
USU Extension Office, Ogden
\$10 per couple

Come join us for a murder mystery game night, and learn how to keep the mystery and spark alive in your relationship.

SATURDAY,
SEPT. 21,
2019



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KEYNOTE SPEAKER | \$20 per person through September 8
Brooke Walker | \$30 per person starting September 9

Door Prizes!

Register online at 2019celebratingwomen.eventbrite.com or call 435-919-1321

VISIT CELEBRATINGWOMEN.USU.EDU FOR MORE INFORMATION.

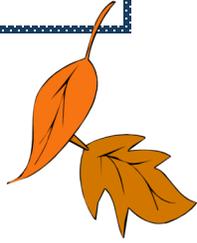
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Food Sense News

Fall Family Fun



Summer is over. You put the swimsuits, beach towels and sunscreen away. The kids are back in school and the family is back on a fall schedule. However, the days are still warm and the nights are still long enough to squeeze just a bit more fun in before the snow comes. So what are your plans?

Here are a few ideas for the whole family to enjoy at this time of the year. First, utilize the amazing walking/biking trail systems that we have throughout the state. These trails interconnect our communities and provide a wonderful way to explore the cities and towns in your own back yard. You can walk or bike; scooter or run. Whatever mode of transportation you have, these trails are waiting for you. They are easy to access and maps are available from UDOT at the following link <https://www.udot.utah.gov/main/f?p=100:pg:0:::1:T,V:11,77223>.

Fall brings fresh produce. The best place to get it? Farmers markets. They showcase the local growers and have something for everyone. Explore the varieties of plants and handmade goods that are on display. You will walk away with some yummy fresh veggies in a variety of colors and flavors to enhance your families meal time. Don't know where yours is held; check out this website for listings: <http://www.farmersmarketonline.com/fm/Utah.htm>



Check out one of Utah's many Dark Night Parks. These are parks that have been certified by the Dark-sky Preserve (DSP) as an area that restricts artificial light and preserves the dark sky to promote astronomy. Find a location and grab a few blankets to lay on while you observe the wonders of the milky way; you don't even need a telescope! Utah boasts the highest number of certified dark night parks including 2 national parks, 4 state parks, 4 national monuments and one dark sky community. For a park in your area check out this website: <https://www.visitutah.com/places-to-go/dark-sky-parks/>

Of course there are your traditional ideas such as a pumpkin walk or corn maze. Local fall festivals or a nice ride through one of Utah's many canyons to see the beauty of the fall colors. Your family could even start a new tradition with your neighbors by hosting a chili cook off or have your own neighborhood chalk art competition. Whatever your style or family interests, there is something out there for you. So check out one of these websites or venture out on your own and make this fall a fun time for your whole family. ☺

~Ashley Harris
USU Intern

Some of the Fruits and Vegetables that are in Season in the Fall

Fruits

- ◆ Apples
- ◆ Cranberries
- ◆ Grapes
- ◆ Peaches
- ◆ Pears
- ◆ Pomegranates

Vegetables

- ◆ Beets
- ◆ Broccoli
- ◆ Brussels Sprouts
- ◆ Cabbage
- ◆ Carrots
- ◆ Cauliflower
- ◆ Squash
- ◆ Pumpkin
- ◆ Sweet Potatoes

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1.800.221.5689 or visit online at <http://fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.