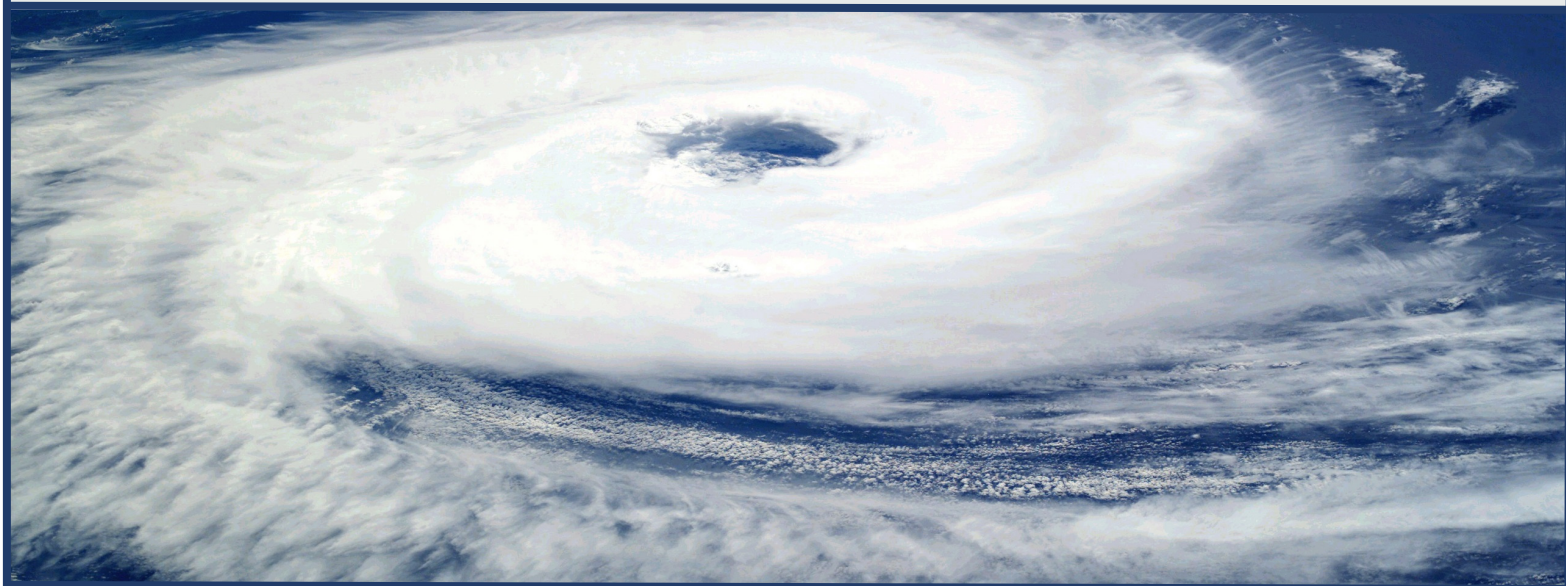


Family & Consumer Sciences Newsletter



Are You Prepared?

September is National Preparedness Month. The CDC encourages everyone to be prepared to take action before, during, and after an emergency. In Yadkin County, we tend to see areas of flooding during storms which can lead to power outages. You can follow Yadkin County Emergency Services on Facebook for county weather updates.

This month's newsletter illustrates how to keep your food safe before, during, and after a power outage. The recipe highlighted for this month can be made with ingredients from your pantry without having to use the refrigerator.

Want to know what is going on with the Family & Consumer Sciences program over the next few months? For more information or to be on our email list about upcoming programs, send me your email or mailing address at cpjohns5@ncsu.edu.

In this Issue

National
Preparedness
Month

Food Safety
During a Power
Outage

In the Kitchen

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Food Safety & Storage During a Power Outage

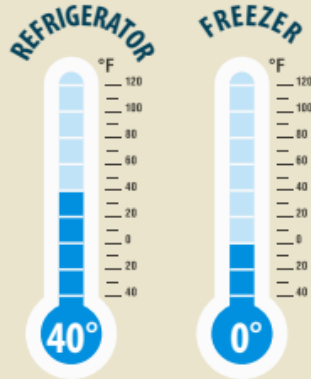
When in Doubt, Throw it Out!

Before

Keep appliance thermometers in your refrigerator and freezer.

The refrigerator should be at 40°F or below.

The freezer should be at 0°F or below.

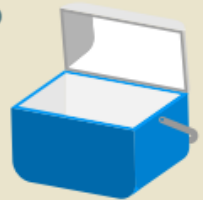


Prepare for emergencies or natural disasters



Freeze containers of water and gel packs to help keep your food at 40°F or below.

Have a cooler handy.



Buy dry ice or block ice to keep food cold in the refrigerator if the power might be out for a long time.



During

KEEP
Refrigerator
& Freezer Doors
CLOSED



4
Hours
in a
Refrigerator



48
Hours
in a
FULL
Freezer



24
Hours
in a
HALF-FULL
Freezer

After 4 hours without power, put refrigerated perishable foods in a cooler. Add ice or another cold source to keep them at 40°F or below.

After

Never taste food to determine if it is safe to eat. When in doubt, throw it out.



- **Throw out perishable food** in your refrigerator (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) **after 4 hours without power** or a cold source.
- Throw out any food with an **unusual odor, color, or texture**.
- **Check temperatures of food** kept in coolers or your refrigerator with a cold source. Throw out food above 40°F.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40 °F or below.
- You can **safely refreeze or cook** thawed frozen food **that still contains ice crystals** or is at 40 °F or below.



www.cdc.gov/foodsafety

Did you
KNOW?

Generators and fuel should always be used outdoors and at least 20 feet away from windows, doors, and attached garages.

No-Bake Peanut Butter Treats

Requiring nothing more than a mixing bowl and ingredients in your cabinets, these no-bake peanut butter balls make a power outage a little more enjoyable.

🕒 Prep/Total Time: 10 min

🍴 Makes
15 Treats



From Taste of
Home

Nutrition Facts

1 each: 70 calories, 3g fat (1g saturated fat), 1mg cholesterol, 46mg sodium, 9g carbohydrate (6g sugars, 1g fiber), 3g protein. Diabetic Exchanges: 1/2 starch, 1/2 fat.

Ingredients

- 1/3 cup chunky peanut butter
- 1/4 cup honey
- 1/2 teaspoon vanilla extract
- 1/3 cup nonfat dry milk powder
- 1/3 cup quick-cooking oats
- 2 tablespoons graham cracker crumbs

Directions

1. In a small bowl, combine the peanut butter, honey and vanilla.
2. Stir in the milk powder, oats and graham cracker crumbs.
3. Shape into 1-in. balls.
4. Cover and refrigerate until serving.

Kitchen Tips

- You can substitute honey with agave syrup, corn syrup, or even date syrup.
- Use almond extract instead of the vanilla and add some chopped almonds instead of the graham cracker crumbs.
- Estimated grocery store total for ingredients (according to Walmart) before tax is \$26.07.

COMMUNITY EVENTS



Yadkin Valley Harvest Festival

Yadkin Arts Council
and Cultural Center

Saturday, September 16

10am-3:30pm

Downtown Yadkinville



Yadkin County Cooperative Extension

2051 Agricultural Way, Suite 201

Yadkinville, NC 27055

336-849-7908

Monday - Friday ~ 8AM - 5PM

Want to keep up with what Yadkin County FCS is doing? Like us on Facebook! Search
Yadkin County Cooperative Extension.

@YadkinCooperative

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COME JOIN THE YADKIN COUNTY
EXTENSION FOR AN

Apple Tasting

Yadkin County Farmer's Market
1141 Tennessee Street
Yadkinville, NC 27055

September 26th
3PM-5PM

Come out and meet the new FCS Agent, enjoy delicious
apples, get new recipes, and more!

**YADKIN COUNTY
COOPERATIVE EXTENSION
PRESENTS...**

SERVSAFE

OCTOBER 16-17, 2023

**YADKIN COUNTY AGRICULTURAL AND
EDUCATIONAL BUILDING BANQUET
HALL**

**COST: FULL COURSE \$150 (INCLUDES BOOK, EXAM,
SUPPLIES, AND REFRESHMENTS)
EXAM ONLY \$100 (MUST PROVIDE PROOF THAT AN
ONLINE COURSE HAS BEEN TAKEN AND PASSED)**

TIME: 8:30AM - 4:00PM (CERTIFICATION EXAM ON SECOND DAY)

***REGISTRATION FEE CAN BE PAID IN PERSON FROM 8 AM-4:30 PM
MONDAY THRU FRIDAY AT 2051 AGRICULTURAL WAY, SUITE 201
YADKINVILLE, NC 27055**

****GENERAL REGISTRATION PERIOD FOR THIS
COURSE IS SEPTEMBER 11 - OCTOBER 6, 2023.****

***FOR MORE INFORMATION, CALL CHELSEA JOHNSON AT
(336) 849-7877.**

N.C. COOPERATIVE EXTENSION IS AN EQUAL OPPORTUNITY PROVIDER.
IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES ACT, N.C. COOPERATIVE EXTENSION WILL HONOR REQUESTS FOR REASONABLE
ACCOMMODATIONS MADE BY INDIVIDUALS WITH DISABILITIES. PLEASE DIRECT ACCOMMODATION REQUESTS TO CHELSEA JOHNSON,
CPJOHNS5@NCSU.EDU OR 336-849-7908. REQUESTS CAN BE SERVED MORE EFFECTIVELY IF NOTICE IS PROVIDED AT LEAST 10 DAYS BEFORE THE
EVENT.