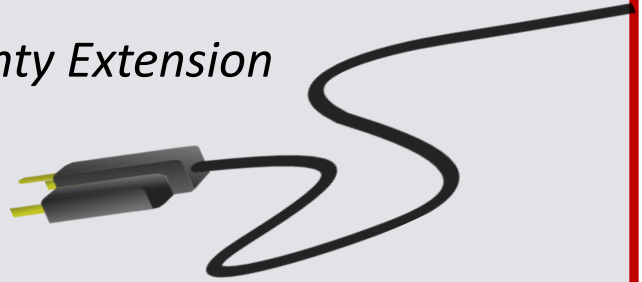


The Extension Cord

Plugging You into Macon-Bibb County Extension



UNIVERSITY OF GEORGIA
EXTENSION
Bibb County



EFNEP—Teaching Nutrition One Food Demonstration at a Time

By Keishon Thomas, FACS Agent

Bibb County Cooperative Extension has one goal in mind: to provide Bibb County families with nutrition education for eating healthy on a budget. A lofty goal – however, Bibb County Cooperative Extension Program Assistants Alesia Mays and Charlene May are up to the challenge! The “dynamic duo,” as we like to call them, conduct Expanded Food & Nutrition Education Program (EFNEP) nutrition education classes in-person or at a distance for both adults and youth audiences.

Are you or someone you know interested in improving your family’s health, saving money at the store, and learning basic nutrition tips? Well, we have the resources to assist in this endeavor!

The purpose and mission of the EFNEP program is to reach out to limited-resource families with young children and provide food and nutrition education, using hands-on experiences in a small group setting. Participants attend an eight-lesson series for adults or a six-lesson series for youth, which focuses on stretching food dollars, improving eating habits, and managing food budgets, food preparation, and food safety principles.



EFNEP Graduation at Elaine Lucas Senior Center

EFNEP Program Assistants use the Food Talk curriculum when working with adults. The Teen Cuisine curriculum is utilized for youth audiences. EFNEP Program Assistants work and provide these lessons in neighborhood centers, Bibb

EFNEP Continued on page 4

UGA Extension, Macon-Bibb County

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(478) 751-6338 <http://extension.uga.edu/county-offices/bibb.html>

Macon-Bibb County Cooperative Extension extends lifelong learning to Georgia citizens through unbiased, research-based education in agriculture, the environment, communities, youth, and families. Part of the University of Georgia, we are an Equal opportunity/Affirmative Action Institution.

4-H Focus



715 Oglethorpe Street, Macon, GA 31201
Bibb.Extension@uga.edu | 478-751-6338

Join Our Clubs

Stop By The Office Or Call To Sign Up for All Events & Activities

Junior & Senior 4-H Club

7th-12th grade



Cooking Club

5th-12th grade

Archery Team

7th-12th grade

Fall Events

GA National Fair 4-H Exhibits Sep. 29th - Oct 1st

- Exhibit categories include: Scarecrow contest, seed art, public speaking, variety show, instant camera photography and more!
- Registration deadline is 4:30 pm September 19th.



Sign up today for
4-H Fair exhibits!

4-H Day at the Fair October 14th

- Registration closes Thursday Sept. 22 at 5pm. Youth admission is free (Reduced fee for adult leaders and parents). Armbands, attractions & food vouchers are available at discounted rate.

Scarecrow Contest

- Interested in creating your own scarecrow and having it displayed at the Museum of Arts and Sciences? Sign up for the scarecrow contest by October 3rd.
- Scarecrows will be up October 15th - November 5th.



Sign up today for 4-H
Scarecrow contest!

District Project Achievement

- Now is the time to start brainstorming topics/ideas for DPA projects! This competition requires creativity and enhances public speaking skills. For more information contact our office.

Give ~ Match ~ Grow: Matching Gift Program Established to Grow Extension Landscape Renovation Fund

By Karol Kelly, ANR Agent

Macon-Bibb Extension is excited to announce a matching gift program, which will help fund the landscape renovation of the grounds at our historic location, 715 Oglethorpe Street, in downtown Macon. The program, supported by a generous pledge from a Bibb County Master Gardener, will match every dollar donated towards the green space project up to \$40,000.

The landscape is the first impression of the building when patrons visit us. Our goal is to incorporate landscape design elements which will include renovation of the patio space, installation of a teaching garden, foundation plantings and overall curb appeal. The landscape project will be among our greatest pursuits at our new location. This generous gift is timely as we approach fall and spring planting seasons.



Installation of the UGA Extension/ Robert Train Building sign.



Macon-Bibb Extension is thankful to our supporters who believe in our mission of sharing research-based horticultural information with our community. To donate, visit gail.uga.edu/commit. Select the magnifying glass search icon and enter Bibb County in the search bar. The designated account (#90404000) will pull up. You can also easily navigate to this site using the QR code to the left.

Please contact our office at 478-751-6338 if you have any questions. Please share this opportunity with others who might be interested in supporting our cause. Together, we can reach our goal of creating a beautiful landscape for all to enjoy.

Got Spots?

Autumn is the time of year when the Extension office receives calls about leaf spots on hydrangeas. Because of constant leaf wetness from late summer rains, diseased foliage on *Hydrangea macrophylla* made an early appearance this year. Foliar diseases, like those pictured, spread by leaf wetness. While they can usually be minimized by assuring that landscape irrigation will not spray the foliage, nothing can be done about rainy weather. **Preventative** fungicide applications can help to control these spots, but no fungicide will "fix" these leaves after they have been infected. The best strategy now is good sanitation: rake and destroy the diseased leaves after they fall, along with old mulch, and apply fresh mulch to prevent overwintering of the disease that may affect the new foliage next spring.



EFNEP continued from page 1

County Public Schools, child care centers, shelters, food pantries, churches, senior centers, and other sites convenient to participants.

There is no charge for those who attend EFNEP instruction; however, partner agencies often provide meeting space, office support, equipment, or other resources for classes. Participants commit to attend the appropriate number of lessons to complete the series and graduate.

CINNAMON DIP

Cost Per Recipe – \$2.24
Makes 4 servings, ¼ cup each.

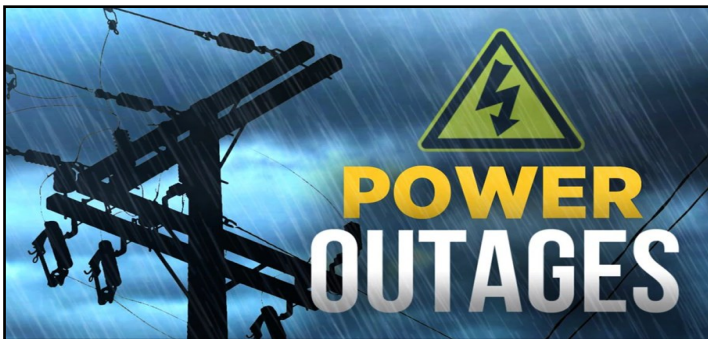


INGREDIENTS

- 1 cup nonfat plain yogurt
- 2 tsp brown sugar
- ¼ tsp cinnamon
- 4 apples, sliced into wedges

DIRECTIONS

Combine ingredients in a small bowl.
Serve with apple wedges.



Power Outage Preparedness

By Keishon Thomas, FACS Agent

Life is unpredictable. In the last month alone, I have experienced two power outages and several power surges. Thankfully, I was somewhat prepared. I also found areas where I needed improvement. Here are a few tips to assist you in case of a power outage.

- * Add the telephone number or app for your utility company to your phone. This is helpful when reporting outages.
- * Prepare a power outage kit. It should include glow light sticks, flashlights, a battery-powered radio, extra batteries, and a wind-up clock.
- * Install carbon monoxide detectors with battery backup in central locations on every level of your home.
- * Keep a thermometer in the refrigerator and freezer.

In the Event of a Power Outage:

- * Operate portable generators outside, away from flammable materials, children, and pets.
- * Connect lights and appliances directly to a generator, not to an existing electrical system.
- * Disconnect appliances and electronics to avoid damage from electrical surges.
- * Leave one light switch in the on-position to alert you when service is restored.
- * Keep refrigerator and freezer doors closed. If the door remains closed, a fully-loaded freezer can keep foods frozen for two days. To extend the life of your freezer during a power outage, please see the UGA Extension publication, *When Your Freezer Stops*, at <https://www.fcs.uga.edu/docs/FDNS-E-43-6.pdf>.
- * If the temperature in the refrigerator is 40 degrees or higher, then you should dispose of the food. For guidance on when to discard food after a power outage, refer to the USDA food safety guide at <https://www.foodsafety.gov/food-safety-charts/food-safety-during-power-outage>.

For more information, see the UGA Extension bulletin, *Home Emergency Management Guide*, at https://secure.caes.uga.edu/extension/publications/files/pdf/B%201428_2.PDF.