

WTNS Radio OSU Extension Update for July 20, 2020
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about filling your financial hope chest and food preservation opportunities that are coming up soon.

While I was growing up there was a hope chest in our upstairs bathroom. It always made me think of a treasure chest. And though Goonies was a favorite movie growing up, I knew better than to imagine it full of rubies, emeralds and pearls. It was full of treasures of the fabric nature.

The OSU Extension Healthy Finances team has been talking about what a modern hope chest would have to look like and contain. This vessel needs to live in a virtual world and be a symbol of active hope. We've designed a hope chest of sorts to help people help themselves. Sometime a temporary or transitional spending plan is needed to build hope and manage financial stress.

The purpose of the Hope Chest is for individuals and families to: Prioritize spending, gather current financial spending and saving information, identify goals, evaluate COVID-19 pandemic emergency resources, and track spending. Each step has fillable pdf's available at go.osu.edu/hopechest so you can download worksheets and fill out this information. It is all free and confidential, simply a resource for you to use on your own.

Does your money just seem to disappear by the end of each paycheck or are you telling it where to go? That's really all a budget is. A budget is being in charge of where your money goes. It is amazing how powerful it can be to track every single expense you have. If this is not something you do on a regular basis, I encourage you to try it for one month. You can use a calendar, and app or just a piece of notebook paper. At the end of the month you may be surprised at the habits you have that you didn't realize. And if you keep it up for a few months, you may start to notice some patterns emerge.

Sometimes this all sounds like a good idea, but it is difficult to know where to begin. Even with lots of resources available, it can be certainly be overwhelming. If you want to make a change when it comes to your finances, but you are just not sure how to start, then I'd be happy to coach you through it. Please call me at the OSU Extension office at 740-622-2265. We can talk over

the phone or set up a time to talk in person on a Monday in our office. Sometimes we just need a little help to start filling our hope chest.

This month I am also teaching brief cooking demonstrations via Facebook Live featuring some of the recipes from our Dining with Diabetes program. I encourage you to join me virtually in my home kitchen each Tuesday evening in July at 7:00 PM. Learn a new diabetes friendly recipe and get some helpful tips for managing diabetes well. Tomorrow I will be making Sweet and Spicy Stir-Fry. And you can view the recorded videos afterwards at coshocton.osu.edu including previous episodes of Zucchini, Carrots and Basil and Berry Pineapple Fluff.

The OSU Extension Food Preservation Team has been offering a variety of virtual programs throughout May, June and July. The last session is Making Salsa and is coming up on Tuesday, July 28 at 4:00 pm. You can register for this at our website, coshocton.osu.edu, and also find links to recorded videos on anything from canning basics to making pickles.

Pressure canner gauges should be tested for accuracy each year. I'm offering free canner testing at the Coshocton County OSU Extension Office this Wednesday, July 22. Appointment times are available in 15-minute increments and are still available from noon– 2:00 PM. You can schedule an appointment by calling the OSU Extension Office at 740-622-2265.

And lastly, a reminder that we have begun to open the OSU Extension Office for limited hours to the public. Office hours are Monday, Wednesday, and Friday from 8 AM–5 PM. We will still continue to take calls from our home offices on Tuesday and Thursday.

We ask that you please call ahead of your visit so we can have your items prepared for you. We are rotating staff on different days, so calling ahead ensures that the appropriate staff member is there to meet your needs. One family is allowed to come into the office at a time and face masks are required.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!