

WTNS Radio OSU Extension Update for June 21, 2021
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about reduce/reuse/recycle, and as always, look at some upcoming programs from OSU Extension.

Our goats teach me many lessons. This morning's reflection came while pitching manure: waste. All creatures create it, and it just keeps coming. Our goats are producing manure, and that is all the waste they contribute to the world, apart from the paper bags we buy their feed in. With humans, this is more complex. We create a wide variety of waste based on our lifestyle. How much do we really think about the debris we are responsible for leaving in our world?

Examining our consumption and waste is one of the many focuses of Consumer Sciences. It is not only managing our finances well on the front end that helps us to be good stewards of what we've been given. I think managing how much and what we leave behind is also an important consideration.

I have several colleagues who are part of the OSU Extension Sustainability Team. Sustainability can be a hot topic kind of word that is often politized. But it does not have to be. At its core, sustainability is considering the question, "If we keep consuming like we are consuming now, what is the most likely outcome for the future?"

Our family has recycled for many years. I have never lived in a place with curbside pick-up for recycling, but I have always lived in communities with a recycling program. That has meant deliberately setting apart and collecting plastics, paper, cardboard, metal, and sometimes glass, and driving them to either a facility or a neighborhood drop-off bin location.

The Coshocton County Recycling and Litter Prevention website has lots of information about what can be recycled and where in our community to take it. From tires to computers to batteries to fluorescent light bulbs, there is a way to keep these things out of landfills if we take the time to do it.

We also compost our food waste (like produce and eggshells). Once the counter-top bin is full we walk it out to the compost pile near our garden. The resulting compost has made huge improvements to the soil condition of our vegetable garden.

Typically, we take one trash can to the curb every other week. Some months we may make it three weeks. Well over half of what we could be throwing away in the garbage, we are choosing to recycle or compost.

If you are doing this as well, keep it up. The next challenge is to think about how much (reducing) and what (reusing) we consume in the first place. I intentionally shop at thrift and secondhand stores for clothing and other items I would have bought anyway for the “first time” at a retail store. I love that the money I spend can help great causes like mission work and medical research, all while keeping that clothing out of landfills while it still has plenty of usable life left.

I do have to be disciplined though to buy items that I actually need. I am by no means a minimalist. My brother got that gene; I inherited the clutter gene. But I work hard to contain it - literally. Tis the season for garage sales. It can be a pleasure to find a treasure. It may be a good time to have a yard sale of your own to pass along items that someone else may want to reuse. Make an effort this week to focus on your consumption habits and find at least one way to reduce, reuse, or recycle.

Here are some upcoming programs from OSU Extension. I will test pressure canner dial gauges and examine canner lids on Saturday, July 10 at Auer Ace Hardware. You can register for a time at coshocton.osu.edu. This is a free service of Extension. I will answer food preservation questions and have lots of resources available with approved recipes and the most up to date safety recommendations.

Other upcoming programs from OSU Extension include the ServSafe® Manager Food Safety Training series July 8 - 29 and Person-in-Charge training August 2. Registration is also now open for Dining with Diabetes. This is a cooking school and nutrition education program for people with diabetes and those who support them. Classes will be offered August 19 – September 9. You can find more details and registration information for these classes at coshocton.osu.edu.

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!