



September 2022 Newsletter

VOL. 22-09

Cooperative Extension Service

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"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer." - Helen Hunt Jackson



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison,
EFNEP Assistant

(Expanded Food and Nutrition Education Program)

September 2022

Nutrition

Education

Program Calendar

Recipe

HONEY MUSTARD CHICKEN TENDERS



Nutrition facts per serving:

270 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 80mg cholesterol; 280mg sodium; 27g total carbohydrate; 0g dietary fiber; 7g total sugars; 29g protein; 0% daily value of vitamin D; 0% Daily Value of calcium; 10% Daily Value of iron; 0% Daily Value of potassium

Source: Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension

- *1/3 cup low-fat mayonnaise*
 - *2 tablespoons honey*
 - *2 tablespoons mustard, any type*
 - *1/2 teaspoon garlic powder*
 - *1/2 teaspoon paprika (optional)*
 - *1/4 teaspoon black pepper*
 - *1 1/2 pounds uncooked chicken tenders or boneless chicken breast, sliced into strips*
 - *Nonstick cooking spray*
 - *2 cups panko breadcrumbs*
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. In a medium bowl, combine mayonnaise, honey, mustard, garlic powder, paprika (optional), and black pepper. Stir well.
 3. Trim any fat from chicken. After handling raw poultry, scrub hands with warm water and soap, for at least 20 seconds.
 4. Using tongs, add chicken to sauce in bowl. Turn pieces over to coat all sides with sauce.

5. Refrigerate chicken for 30 minutes, turning over once or twice.
6. Preheat oven to 400 degrees F.
7. Lightly coat a baking sheet pan with nonstick spray.
8. Place breadcrumbs in a shallow bowl. Lift chicken out of bowl one piece at a time, keeping a good layer of sauce on the chicken. Put chicken on the breadcrumbs and turn to coat all sides. Discard any remaining sauce.
9. Place chicken pieces on pan in a single layer.
10. Bake for 15 minutes. Remove pan from oven and carefully turn chicken pieces over.
11. Return pan to oven and bake 10 more minutes, or until a thermometer inserted into the thickest piece reads 165 degrees F.
12. Store leftovers in the refrigerator within 2 hours.

Makes 6 servings

Serving size: 4 ounces

Cost per recipe: \$9.45

Cost per serving: \$1.58

ITALIAN CUCUMBER SALAD



GROCERY LIST

- Cucumbers (need 2)
- Cherry tomatoes
- Red onion
- Green pepper
- Italian dressing

MAKE IT A MEAL

- Grilled hamburgers on whole wheat buns
- Baked French fries
- **Italian Cucumber Salad**
- Low-fat milk

TIP

Cut up a batch of bell peppers, carrots or broccoli. Pre-package them to use when you are short on time. You can enjoy them on a salad, as a snack, with dip or in a veggie wrap.

- *2 medium cucumbers, peeled and sliced*
- *1 cup halved cherry tomatoes*
- *1 cup sliced red onion*
- *½ cup chopped green pepper*
- *½ cup Italian dressing*

- 1.** In a large bowl, combine all the ingredients.
- 2.** Cover and refrigerate until serving.
- 3.** Serve with slotted spoon.

Makes 6 servings
Serving size: 1 cup

Nutrition facts per serving:

106 calories; 8 g total fat; 1 g saturated fat; 0 g trans fat; 0 mg cholesterol; 341 mg sodium; 8 g carbohydrate; 2 g fiber; 2 g protein

Note: Lower fat in this recipe by substituting low calorie Italian dressing.

Note: Add more color and nutrition by adding red, yellow, or orange bell peppers, banana peppers, or hot peppers to this dish.

Taken from: September 2014 Nutrition Education Program Calendar

Source: Recipe provided courtesy of Taste of Home magazine.



Extension Homemaker Club Meetings

Sunnybrook - September 1st @ 6:30 p.m. - Downstairs Meeting Room

Odds 'N Ends - September 8th @ 12 noon - Downstairs Meeting Room

Country Charmers - September 12th @ 6:00 p.m. - Downstairs Meeting Room

Pots & Pans - September 12th @ 6:00 p.m. - Upstairs Meeting Room

Charity - September 13th @ 5:00 p.m. - New Charity Baptist Church

Happy Chippers - September 15th @ 1:00 p.m. - Downstairs Meeting Room

Creative Characters - September 20th @ 1:00 p.m. - Downstairs Meeting Room

Mudslingers -September 26th & 27th @ 12 noon - Downstairs Meeting Room

Reminder to Clubs:

PLEASE turn in your monthly reports. Any officer who needs new pages or a new notebook for our new program year, please let us know so we can get them ready for you.



Blood Drive!

Tuesday, October 11th

Aspire Center

Creative Characters/Mudslingers 11:45 a.m.-3:00 p.m.

Country Charmers 3:00 p.m.-6:15 p.m.

Let Your Light Shine!

Each month we will "feature" a Homemaker Club. Your club will be asked to send us information about your club. Where have you been? Any special projects? Community service? A club outing? etc. We like pictures too!

Your club will be spotlighted in the FCS Newsletter, Facebook, the Z93 Daily, and the Wayne Weekly. The month that your club has been assigned, you will be asked to do an article about your club, with a picture, or you can have a picture and a small write-up each week of your featured month. It is your choice.

This will be **FUN**, and we need to let others know how much fun it is to be a Wayne County Extension Homemaker.

September 2022 - Mudslingers

October 2022 - Odds 'N Ends

November 2022 - Christmas Village

January 2023 - Sunnybrook

February 2023 - Charity



March 2023 - Creative Characters

April 2023 - Country Charmers

May 2023 - Happy Chippers

June 2023 - Pots & Pans

July 2023 - Silver Thimbles

****Remember: You are welcome and encouraged to share your club happenings anytime and not just in your featured month. Please share your homemaker experience with others. Clubs - Please turn in ALL your information to the Extension Office by the 10th of the month before your club is featured.**

Mudslingers Homemaker Club



The Mudslingers focus on clay projects that range from pottery to sculpture, learning basic skills in hand-building, slab work, wheel throwing, and much more! They meet every fourth week of each month, beginning on Monday (beginning at 12 noon) with designated times to work on the pottery wheels, followed by Tuesday (12 noon to 3 p.m.) which allows them to complete those items and catch up on unfinished projects. Most of their projects are made to sell throughout the year, primarily at Christmas Village. Proceeds from that not only go toward charity group(s) as in tradition, but also educational field trips for the club. On June 22nd, they explored the Artisan Center and Historical Town of Berea for ideas and insight about Art Entrepreneurship in addition to different art forms and craftsmanship. Workshops for this club are also instructed by Community Arts Program Assistant, Seth Hart.

Community Service Project Opportunities

Project Helping Hands

We are looking for some helping hands to make some comfort caps for cancer patients. We have patterns for comfort caps if you need one. Please let us know if you can make some comfort caps. Thank you!

***Participation in these community service projects can count as volunteer service hours and earn you some double points in your passport log!*

In-Stitches Class

The next In-Stitches Class is scheduled for
Wednesday, September 21st.

Mark your calendars!

ROCK THE CLOCK!

Saturday, October 15th

9:00 a.m.-9:00 p.m.

Downstairs Meeting Room

Bring your projects to work on and join the fun.

More information coming soon.



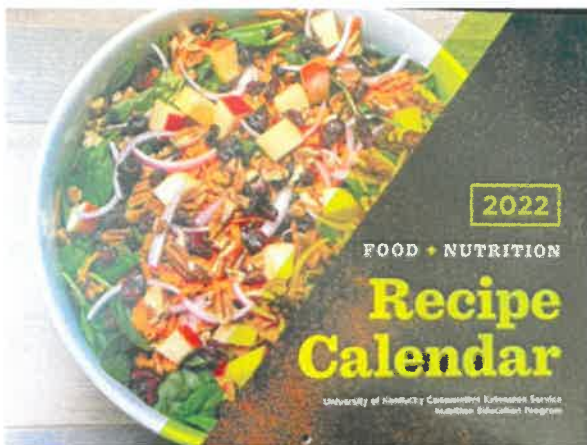
Chatelaine Class

Wednesday, September 28 @ 10 a.m.

Upstairs Meeting Room

See enclosed flyer for details.

Cooking Thru the Calendar!



Wayne County Extension Office
Downstairs Meeting Room @ 12 Noon
Recipe Demos & Taste Testing!

Free Classes!

Must register so we can be
prepared for you!

Call (606) 348-8453

Monday, September 12th - Honey Mustard Chicken Tenders

Monday, October 10th - Apple Spinach Salad

Monday, November 14th - Sheet Pan Dinner

Monday, December 12th - Cheese & Corn Chowder

Our Adventures Await!!

Leader Training: Will be 4th Tuesdays at 5:30 p.m. at the Wayne County Extension Office unless designated otherwise.

Everyone is welcome. Invite a friend or neighbor. You do not have to be an Extension Homemaker to attend. Please register to attend so we can be prepared for you. Some of these lessons are hands on and require materials and supplies.

Wayne County Extension Office 606-348-8453.

Upcoming Lessons:

August 23rd - Saving Savvy with Grocery Lists & Coupon Apps

September 27th - Elements & Principals of Art - Autumn Home Décor

October 25th - Creative Containers - Managing Stress Eating



Our Adventures Await! Shaker Village Tour



Date: Thursday, September 22nd

Registration Deadline: September 14th

Limited spots available.

Registration Required - \$35.00 (Includes lunch & guided tour.)

Please make checks payable: Wayne County Extension Office

Memo: Shaker Village Tour

Arrive at the Extension Office NO LATER than 7:45 a.m. EST for check in. We will depart at 8:00 a.m. prompt.

There will be a good deal of walking on this tour, so please wear comfortable walking shoes. Wear layers for when you are hot/cold. Please bring an umbrella in case of rain.

*This trip will count in your Passport!



Autumn Home Décor

Tuesday, September 27th
5:30 p.m. - Downstairs Meeting Room
Wayne County Extension Office

Come join us and create this sweet scarecrow to welcome in the autumn season! He is simple and easy to make! Creating your own home décor items can save you money and be relaxing and fun! Get your Creative On!

This is your September Leader Lesson!
EVERYONE is WELCOME!
Invite a neighbor or friend!

Please call 348-8453 to register so we can be prepared for you.



Beginner Paint Class

Instructor: Suzanne Pogue

Wayne County Extension Office
September 14th from 1:00 p.m.-3:30 p.m.
Limited Seating by Reservation Only
Registration Deadline is September 12th
Paint Class Fee: \$30

Contact the Extension Office at 606-348-8453 to register with your advance payment.

Checks made payable to: Wayne County Extension Office - Memo: Pumpkin Painting

Canvas (11x14), paint, and everything else you need is included in the \$30 fee. Painters may personalize their art in any way they choose. The paint will stain fabric, so please dress to paint.



Seth Hart,
Program Assistant
for Community Arts

Barn Quilt Painting Workshop

Eight new patterns were completed by students on August 8th and August 9th for our Barn Quilt Program. Each student completed a 2 ft. x 2 ft. Quilt Block Painting, as a reflection of both quilting and local heritage.



Fall Allergies



Joy McGinnis,
FCS Program Assistant

There's a lot to look forward to in the fall, but if you suffer from fall allergies, it can be hard to enjoy the season. Hay fever, also called allergic rhinitis, starts with cold-like symptoms. Unlike a cold that goes away within a week, hay fever lingers until the cause of the allergic reaction is identified and treated. One of the most common causes, especially during the fall allergy season, is ragweed. Ragweed begins to pollinate in mid-August and sticks around until a hard freeze. Mold can cause problems for allergy sufferers any time of the year, but a warmer-than-normal fall, high humidity or windy conditions can allow mold spores to be released into the air for an extended period of time. Raking leaves, a common fall chore, can also stir up mold and pollen in the ground. Allergy sufferers who rake their yard can use an N-95 respirator mask when raking leaves to lessen the impacts of allergens. Children who have allergies should avoid jumping or playing in leaves. Many indoor allergies can worsen in the fall, as you stay inside more. While you can't get rid of all the allergens in your home, you can minimize them.

Here are some tips:

- Wash your sheets weekly in hot water and your blankets every two to three weeks to kill dust mites.
- Replace pillows every two to three years.
- Encase your mattress, pillows, and other padded furniture with allergen-proof covers.



Sometimes signs of allergies aren't straightforward as it can be hard to distinguish an allergy from the common cold. This is especially true with children. If you or your child has cold symptoms that last more than a week or seem to occur at the same time every year, you may want to talk with your health care provider about it. Only a certified health care provider can truly diagnose allergies and prescribe treatments.





Tailgating Food Safety



Whether you're enjoying Friday night lights in your hometown or Saturdays at a college game, football and tailgating go hand-in-hand for many fans. But unsafe food handling practices during your tailgating event could have you sidelined by game time. To keep your guests and yourself safe from foodborne illnesses, follow these tips:

- Wash your hands. Handwashing is the single most effective way to prevent the spread of disease-causing bacteria. Parking lots don't have access to running water so bring your own hand wash station. Portable water jugs with a spigot can be found in the drinking water aisle of most grocery stores. Bring along liquid soap, paper towels and a bucket to catch wastewater. Wash your hands before and after preparing food and especially after using portable restrooms. Always wash your hands before eating and encourage your tailgating friends to wash their hands before eating.
- Keep cold foods cold. You should keep perishable food below 40 degrees Fahrenheit. Use insulated coolers and plenty of ice or frozen gel packs to keep meat, poultry, sandwiches, dairy and deli salads cold. If you plan on grilling, keep the raw meat separated from ready-to-eat products and drinks. Use two coolers and designate one for raw ingredients and one for ready-to-eat.
- Keep hot foods hot. Cooked foods should stay above 140 degrees F. Food can be kept hot in disposable pans on the grill. You may also use insulated containers or Sterno heaters to keep casseroles and other cooked foods hot. If electricity is available, slow cookers are a great option for keeping foods like chili and homemade dips hot.
- When grilling, use a metal stemmed thermometer to make sure your meats reach the correct internal temperature before taking them off the grill. You should cook all poultry to 165 degrees F and ground meats (burgers) to 160 degrees F. Roasts, steaks and chops of beef, pork, lamb and veal should be cooked to 145 degrees F. Hot dogs and bratwurst should be cooked to 165 degrees F. Never use color as an indicator of doneness.
- Eat prepared food within two hours. If the temperature is over 90 degrees F, consume the food within an hour.
- Discard leftovers in trash cans with plastic liners and lids before heading into the stadium.
- After returning home, clean and sanitize all of your food preparation equipment including coolers, thermometers and utensils.

For more food safety information, contact Wayne County Cooperative Extension Service at 606-348-8453.

Source: Annhall Norris, Extension Associate



Summer Veggie & Wild Rice Bake

1 (6 ounce box) wild rice with herbs and seasoning	1 green pepper, chopped	½ cup coarsely chopped fresh basil
1 tablespoon olive oil	1 medium onion, chopped	2 teaspoons salt
1 medium eggplant, peeled and diced	6 cloves garlic, minced	1 teaspoon pepper
2 yellow squash, cut lengthwise, sliced crosswise	3-5 tomatoes, coarsely chopped	1 cup low fat shredded Italian cheese blend

Heat oven to 350 degrees F. **Prepare** wild rice in saucepan according to package directions. **Remove** from heat; **drain** excess water; **stir** in packet seasonings. **Heat** oil to medium high in large skillet. **Add** eggplant, squash, pepper and onion; **stir** and cook 5 minutes or until tender crisp. **Stir** in garlic and cook 1 minute. **Add** tomatoes, basil, salt and pepper; **stir** occasionally and **cook** 2 minutes until heated through. **Stir** in wild rice and spoon into a 9-by-13 inch baking dish

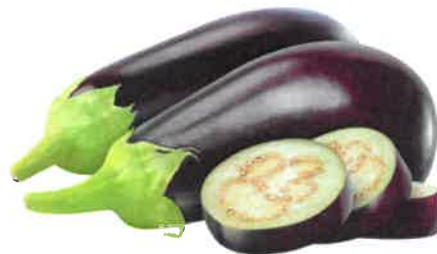
that has been coated with cooking spray. **Top** with cheese and **cover** with aluminum foil. **Bake** 35 minutes or until bubbly. **Uncover** and **bake** an additional 5 minutes.

Yield: 16

Serving Size: ½ cup

Nutritional Analysis:

90 calories, 2.5 g fat, 1 g saturated fat, 5 mg cholesterol, 469 mg sodium, 13 g carbohydrate, 2 g fiber, 3 g sugars, 4 g protein.



Kentucky Eggplant

SEASON: Late June to October.

NUTRITION FACTS: Eggplant contains small amounts of several important vitamins that are needed daily. It is very low in sodium and calories, with only 15 calories for a half cup serving.

SELECTION: Select firm, heavy eggplant with smooth, shiny, deep purple skin. Choose medium size eggplant, about 3 to 4 inches in diameter.

STORAGE: Store soon after harvest or purchase in the vegetable crisper in the refrigerator. Use within one week.

PREPARATION: Eggplant is a versatile vegetable and can be baked, broiled, grilled, fried,

stuffed or used in a variety of casseroles in combination with other vegetables. It works well with tomatoes, garlic, onions and cheese. One pound equals 3 cups diced. Eggplant should be peeled before preparation, unless it is very young and tender.

To broil or grill: Cut into three-fourth inch slices and brush with margarine or Italian dressing. Broil or grill for about 5 minutes on each side, until eggplant is tender and browned. Remove from heat and sprinkle with grated Parmesan cheese.

To season: Use marjoram, oregano, allspice, chili powder, curry powder, garlic, basil or rosemary.

KENTUCKY EGGPLANT

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

July 2016

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. <http://plateitup.ca.uky.edu>



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University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



The Wayne County Extension Office will be closed on Monday, September 5th in observance of Labor Day.

**Master Clothing Volunteer Training
October 3-5, 2022
Lexington, Ky.**

Thank you to all our MCV for your dedication and time given to teaching!



**Save the Date:
Christmas Village
Saturday, November 19th
Set-up Day: Friday, November 18th**

Debbie Shepherd

**Debbie Shepherd, CEA FCS
Wayne County Extension Agent
for Family & Consumer Sciences
debbie.shepherd@uky.edu
DS/vm**



We Grow Families.
www.ca.uky.edu



Wayne County Cooperative Extension Family and Consumer Sciences



**Cooperative Extension Service
Agriculture and Natural Resources
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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Wednesday
September 28th
10 am
Upstairs Meeting Room



Chatelaine ~ Instructor: Debra Flanagan

Class Fee: \$5

Make checks payable to: Wayne County Extension Office ~ Memo: Chatelaine

Keep all your basic sewing needs at hand with a Chatelaine! Great to use while working on sewing projects at home or when you ravel. Participants will customize and sew a Chatelaine for their individual needs. *Intermediate skill level required.

Supplies Student needs to bring to class:

Sewing Machine, Basic Sewing supplies, Extension Cord

1/2-yard Grosgrain or satin ribbon

Optional—small piece of felt

100 % woven cotton fabric 42"-45" wide

Focus fabric 1/3 yard or scraps of fabric sewn together to make 2 (two)
6" X 40" pieces

1/3-yard Coordinating fabric

Additional scraps of coordinating fabric

Instructor will provide:

Pattern and instructions. Decorative chain, Retractable cord, Charms & other optional items, elastic, Fiberfil.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 13 • ISSUE 9

Wayne County Extension Office | 255 Rolling Hills Blvd. | Monticello, KY | 42633 | (606) 348-8453

THIS MONTH'S TOPIC: PREPARING FOR RETIREMENT

Understanding the basics of saving for retirement is an important step in planning for your financial future. With the average American living to nearly 80 years old or older, a person could spend 20 to 30 years in retirement. The Internal Revenue Service estimates you may need up to 80% of your current income to retire comfortably. Thankfully, there are a variety of plans and options available to help you save today for a more secure tomorrow.



START SAVING EARLY

Retirement plans are designed to help you financially prepare for your future. It is important to start saving for retirement as early as possible, especially if you want to maintain the standard of living to which you are accustomed. If you don't have a lot to invest currently, know that a little money invested with compounding interest can go a long way.

The IRS offers examples of the value of future retirement savings:

Monthly Savings, 6%	5 years	15 years	20 years
\$50	\$3,506	\$14,614	\$23,218
\$200	\$14,024	\$58,455	\$92,870
\$500	\$35,059	\$146,136	\$232,176

UNDERSTANDING SOCIAL SECURITY

Don't expect government benefits to finance your retirement. The average monthly benefit paid by the Social Security Administration is \$1,200. To estimate your retirement benefits at different ages (such as ages 62, 65, 67, or 70), visit <https://www.ssa.gov/myaccount/retire-calc.html> or log in to your "my Social Security" account. This is an important decision, especially since no one age works for everyone because of differing lifestyles, finances, personal needs, and retirement goals.

TYPES OF RETIREMENT ACCOUNTS

IRAs, otherwise known as Individual Retirement Arrangements or Accounts, can help you save for retirement above Social Security benefits. Three common retirement plans are the traditional IRA, Roth IRA, and traditional 401(k). The minimum age to begin receiving benefits differs depending



IT IS IMPORTANT TO START SAVING FOR RETIREMENT AS EARLY AS POSSIBLE



on the plan and circumstances (and can range from age 55 to 59 ½ to 72, for example). Talk to a licensed financial advisor at a bank, credit union, or a licensed brokerage firm as you consider what is best for your finances and retirement goals.

A **traditional IRA** is an individual retirement account that allows you to make pre-tax contributions. This means you don't pay taxes on IRA deposits or earnings until retirement. Then in retirement, the withdrawals you make are taxed as income. Traditional IRAs can be beneficial if you expect to be in a lower tax bracket when you retire.

A **Roth IRA** is an individual retirement account where your contributions are made with funds that have already been taxed. This means the earnings and withdrawals you make during retirement are tax-free.

A **traditional 401(k)** is an employer-sponsored retirement plan that allows employees to make pre-tax contributions through payroll deductions. This means deposits go directly from your paycheck to your account. Most 401(k) plans also offer employees a choice of investment options. Some employers will match your contributions. It is important to take full advantage of employer matching to maximize your retirement savings. Employee and employer contributions to a 401(k) plan, as well as any earnings from the investments,

are tax-deferred. This means you pay taxes only when you withdraw the savings.

REQUIRED MINIMUM DISTRIBUTIONS (RMDs)

You cannot keep money in your retirement accounts indefinitely. Most traditional IRA or 401(k) retirement plans require you to begin making withdrawals (or "required minimum distributions") when you reach a particular age. (It's generally 70 ½ or 72, depending on your birth year. See <https://www.irs.gov/retirement-plans/plan-participant-employee/retirement-topics-required-minimum-distributions-rmds> for more information.)

PLANNING AHEAD

It is up to you to plan for your retirement. Investing in retirement savings allows you to take charge of your financial future. Whether retirement is a few years or a few decades away, using the resources and advisors available through your workplace or financial institution can help make the process less intimidating. For more information online, visit <https://www.irs.gov/retirement-plans>.

Also, consider using free online tools offered by the U.S. Department of Labor to help you establish financial goals and priorities, create a cash flow spending plan, reduce debt, and save for retirement. These are available at <https://www.askebsa.dol.gov/SavingsFitness/Worksheets>.

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