



## Are You Prepared?

National Preparedness Month is celebrated every year in September. This is a perfect time to get ready for the natural disasters as well as the colder weather months. Hurricane season typically peaks during this month but North Carolina is susceptible to in climate weather such as snowstorms, flooding, and wildfires. Disasters affect everyone, and it is important to include our entire family in preparing for emergencies. There are a variety of supplies that you will need. First, you want to start with a first aid kit that is readily available that you can grab quickly. You can purchase a ready-made kit or you can buy the items and put one together yourself. Items include medicine, bandages, wipes, flashlights, tools, thermal blanket, radio, batteries, matches and candles.

One of the things we also recommend is having a way to receive weather or emergency alerts. You can do so on a hand-crank radio or there is an app for that. You can download the Federal Emergency Management Agency (FEMA) app and get real-time alerts from the National Weather Service about what is going on in your area. One of the other things that you want to make sure you are preparing for is what to do after an emergency. If your home is damaged, do you have a plan for someplace you can stay? Do you have your insurance information readily available so you can go ahead and start the process of recovering. You need to gather financial, household, and medical information. It is also a good idea to keep a small amount of cash at home in a safe place because the ATM or credit card machines may not be working.

### September Events:

"Cut the Clutter" (1) In- Person: Tuesday, September 6th at 12pm at the Person County Office Building; registration is \$5 (2) Virtual Zoom: Tuesday, September 27th at 12pm.. Register for this free workshop online at [go.ncsu.edu/fcsregistration](https://go.ncsu.edu/fcsregistration)

"Dining with Diabetes" 4-session workshop series Third Tuesdays of each month September - December, 2022 at 10:00am each day for free at the North Granville County Senior Center in Stovall, NC. Call 919-693-3383 to register.



**NC COOPERATIVE EXTENSION**

**NC Cooperative Extension  
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**336-599-1195 (Person)**  
**919-603-1350 (Granville)**

### Just Peachy Chicken

- Cooking spray
- 2 skinless, boneless chicken breasts, cut in half
- 1 can peach slices in 100% juice, 15oz, drained
- 1 tsp cinnamon

Preheat oven to 425 degrees F. Spray baking dish with cooking spray. Place chicken in baking dish. Pour peaches over chicken. Sprinkle with cinnamon. Bake for 40 minutes or until chicken reaches an internal temperature of 165 degrees.

Source – Live Well Alabama [www.aces.edu](http://www.aces.edu)