

# FAMILY & CONSUMER SCIENCES



## Anderson County Extension Family & Consumer Sciences Newsletter Summer 2024 Building Strong Families

**Cooperative Extension Service**  
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### Important Dates:

- July 1—Quilt Guild, 6 p.m.
- July 4—Extension Office Closed
- July 6—Basket Guild, 10—3 p.m.
- July 11—EH Project Day, 9—4 p.m.
- July 13—2nd Saturday Sew, 10—4 p.m.
- July 18—Lunch & Learn, 11:00 a.m.—1 p.m.
- July 25—Council Meeting, 10 a.m.
- July 27—Busy Bee Quilting, 10—4 p.m.
- July 29—Dairy Queen Fundraiser, 5—8 p.m.
- August 3—Basket Guild, 10—3 p.m.
- August 5—Quilt Guild, 6 p.m.
- August 10—2nd Saturday Sew, 10—4 p.m.
- August 22—Council Meeting, 10 a.m.  
Lunch & Learn, 11 a.m.—1 p.m.
- August 24—Busy Bee Quilting, 10—4 p.m.



## Lunch & Learn

July 18 and August 22, 11:00 a.m.—1 p.m.

Call the Extension Office at 839-7271 to register!

**FREE!!**

Join the homemakers as our FCS Agent demonstrates recipes from the 2024 Food and Nutrition Recipe Calendar! He will be sharing “Quick Couscous Salad” in July and “Peanut Butter Oatmeal Bites” in August!

### Cooperative Extension Service

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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities  
accommodated  
with prior notification.

## Use these simple clothing tips for sun protection

The sun provides energy and visible light that are necessary for our survival. However, what we don't see are the harmful ultraviolet (UV) light waves that can damage our skin.

When properly applied, sunscreen can protect our skin from these rays for a certain amount of time based on its SPF (sun protection factor). In addition to sunscreen, our clothing can also provide significant protection. This rating is called the UPF (ultraviolet protection factor).



Clothing's UPF is based on how the fabric is made or whether it is treated with a special finish that deflects UV rays. UPF ratings may be included on the garment label or tag, and these numbers relate to the percentage of available UV radiation that can pass through the garment:

- 50+ UPF = Excellent protection (less than 2% of UV rays can pass through)
- 30 UPF = Good protection (about 3% of UV rays can pass through)
- 15 UPF = Minimum protection (about 7% of UV rays can pass through)

In addition to the UPF rating, consider these other clothing characteristics:

- Darker, vivid-colored clothing offers more protection. Compared to light or white clothing, darker colors absorb more UV rays, preventing them from passing through to the wearer. For example, a white t-shirt has a 5 UPF, which means approximately 20% of UV rays can pass through the clothing, whereas a dark-colored shirt has a much higher UPF.
- Look for denser or more tightly woven or knit fabrics. These fabrics limit the amount of light that can pass through.
- Garments made with synthetic fibers such as polyester or nylon are more likely to reflect UV rays. Untreated natural fibers – such as cotton – absorb UV rays.
- Avoid clothing that is too tight or that stretches. Gaps in the fabric may allow UV rays to pass through.
- Wet clothing offers less protection. Changing clothing for activities that involve water may be beneficial. Clothing created or treated to offer sun protection may become less effective over time because of frequent wearing and washing.
- Follow the care label's laundering instructions for optimal results. If the care label is illegible, try these basic tips: rinse UPF bathing suits after each use; wash in cool water, by hand, or on a delicate machine cycle; use mild detergent; and dry on low or air dry while avoiding direct sunlight.

Contact the Anderson County Extension office for more resources, tips and information to help you and your family continue to make healthy decisions.

**Source: Jeanne Badgett, senior extension associate for clothing, textiles and household equipment**

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You can view this newsletter & find a variety of other information & upcoming events on our county website.

Visit us at: <http://anderson.ca.uky.edu>

Follow us on Facebook: <http://www.facebook.com/andersoncountyCES>

Let us know if you have any questions about this newsletter or need additional information.

A handwritten signature in cursive that reads "Susan Campbell".

Susan Campbell, Anderson County  
Extension Agent for 4-H/Youth  
Development