FAMILY AND CONSUMER SCIENCES | November 2026

# Buckeye Banter

## The Art of Procrastination

Do you ever wait until the last possible minute to finish a task? Invite people over just so you have a reason to clean? Have a to-do list that seems to grow faster than it shrinks? Welcome to my club.

My name is Jami, and I am a procrastinator.

Procrastination is the intentional delay of something that should be done. While I wouldn't say I intend to avoid tasks, I can definitely think of a few things I'd rather do than tackle my to-do list. And yes, that's lists, plural.

Experts suggest people procrastinate for several reasons: a task feels too difficult, too time-consuming, there's fear of making a mistake, or they simply don't know where to start. Identifying why you procrastinate is the first step toward changing the habit.

Many of us claim we work best under pressure, but procrastination often creates stress that could be avoided with a little planning. One helpful strategy is to break large tasks into smaller ones. Another favorite tip of mine came from my mom: set a timer for 10 minutes and just start. More often than not, getting started is the hardest part, and once you're going, you may not want to stop.

**Written by: Jami Dellifield, Educator, Family and Consumer Sciences, Hardin County**

SOURCE: Columbia University. (n.d.). Procrastination. https://www.columbia.edu/itc/gs/study/readings/PROCRAS.htm
The Writing Center. (n.d.). Procrastination. University of North Carolina at Chapel Hill. https://writingcenter.unc.edu/tips-and-tools/procrastination/

## Fall Break Fun Without the Cost

Looking for something fun and engaging to do with your kids over fall break without stretching your budget? Look no further than your own backyard! Fall offers plenty of opportunities to get your kids exploring, learning, and creating lasting memories without breaking the bank.

Families can enjoy affordable fall activities, including nature scavenger hunts, backyard camping and stargazing, pumpkin painting, and, of course, bonfires with s'mores! Challenge kids to look for signs of fall, such as colorful leaves and acorns. Bring their findings home to create unique fall artwork. Backyard camping is another great way to enjoy cooler weather. Make it exciting by telling stories, roasting marshmallows, and searching for constellations in the night sky.

If the weather doesn't cooperate, don't worry! Cozy up indoors for a family movie marathon or bake delicious fall treats together. Let your kids help choose recipes, measure ingredients, stir the batter, and decorate their creations.

These activities encourage creativity, outdoor exploration, and quality family time. Best of all, they can be adapted for children of different ages. Whether you're planning a weekend of outdoor adventures or a cozy afternoon at home, remember that you don't have to spend much to create memories that will last a lifetime!

**Written by: Sara Zimmerman, Program Coordinator, 4-H Youth Development, Paulding County**

SOURCE: Sunshine House. (n.d.). 7 budget-friendly fall activities for kids & families. https://sunshinehouse.com/blog/7-budget-friendly-fall-activities-for-kids-families/

# Those Old Family Canning Recipes

When you think of food preservation, what is the first thing that comes to mind? Maybe it's picking fresh corn from the garden and freezing it, or helping your grandmother can green beans and tomatoes. Food preservation can look like a variety of things to each person, but canning is the most common way we see food being preserved with endless possibilities! Some family favorite recipes may have been passed down through generations and would be fine to use if they have been tested and safe. When canning at home, current and researched-based recipes should be used. Old or untested recipes from friends, the internet, cookbooks, or grandma's collection should not be canned. Home canning recommendations have changed over the years as testing has been done, as well as certain foods.

Canning at home depends on the type of produce you are wanting to preserve. Certain foods with high acid such as fruits, pickles, relishes, jams, butters, and jellies can be processed in a water bath canner as the likelihood for bacteria is low with these foods. Pressure canning is the only canning process that reaches the 240 degrees Fahrenheit needed to destroy food borne bacteria and create a seal necessary to prevent spoilage. This method is required for foods and recipes such as meat, poultry, vegetables, seafood, and chili.

**Reviewed by: Emma Horstman, Family and Consumer Sciences, Paulding County**

There are so many memories when we think about those old family recipes, research the ones you love, to see if you need to change it to keep the tradition alive! Some benefits to home food preservation also include, readily accessible food, peak freshness, and having the control of where your food comes from.

By implementing food preservation in your home you can keep memories alive, create new ones, and provide food for your loved ones. Happy canning!

**Written by: Alexus Masterson, Family and Consumer Sciences, Muskingum County**

SOURCE: Ball Mason Jars. (2023). How to Can : A beginner's Guide to Canning Food. https://www.ballmasonjars.com/canning-and-preserving-101.html

Virginia Cooperative Extension. (2022, May 6). Boiling Water Bath Canning. VCE Publications. https://www.pubs.ext.vt.edu/348/348-594/348-594.html#:~:text=Boiling%20water%20bath%20canning%20can,information%20for%20correct%20processing%20times.

**Call to Action**: Fall into action! From tackling procrastination and planning affordable family fun to preserving recipes and memories, this issue is packed with ideas to help your family thrive.

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