



# Extension Connection

## **For Immediate Release:**

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The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families and their communities. Family and Consumer Sciences professionals support essential life skills including Community Development, Healthy Lifestyle Choices, Leadership & Volunteer Development, Relationship Development and Resource Management.

Kylie Ludwig  
Wildcat District Extension Agent  
Labette County office

## **America Saves Week – Join Now and Save**

Many Americans are one unplanned expense away from wishing they had a savings account. A savings account should hold three to six months of income to help feel secure when an unexpected financial cost arises. A savings account with substantial money will save the stress of house repairs, medical emergencies, vehicle problems or unemployment.

As part of America Saves Week, scheduled for February 25 – March 2, 2019 K-State Research and Extension is spreading the saving message and encouraging people to make savings automatic as part of America Saves Week. This week is an annual event encouraging more American's to save effectively. It is a great opportunity to help people in our community to Set a Goal, Make a Plan, and Save Automatically.

Contact your local bank to help set up and explain the right savings account for you. Every month or every pay period have your bank or credit union transfer a fixed amount (like \$25) from your checking account to a savings or investment account.

Not sure how much to save each month? Take the Kansas Saves Pledge. The pledge will help you create a monthly savings plan and will help you stay committed to your plan all year long!

K-State Research and Extension can help too. Whether you need help with creating a budget, figuring out what bills to pay and when or getting a financial check-up, we provide research based information and resources to assist in answering your questions.

Building a secure financial future should be a top financial goal for families this year. Make 2019 the year to save automatically and develop a healthy habit of saving.

Source: <https://americasavesweek.org>

For additional information, contact the Wildcat Extension District, Crawford County, 620-724-8233, Labette County, 620-784-5337, Montgomery County, 620-331-2690.

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