



** This news release from K-State Research and Extension is available online at <https://ksre-learn.com/climate-proof-your-finances>

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K-State kicks off Living Well Wednesday series with '52 Ways to Climate Proof Your Finances'

Feb. 12 program highlights spring debut of free, online program

By Pat Melgares, K-State Research and Extension news service

MANHATTAN, Kan. – In 2023, the U.S. Department of the Treasury cautioned American families against the increased frequency and severity of weather events around the country, noting that climate-related risks have a cascading effect on household finances.

That report forms the basis for the spring, 2025 debut of [Living Well Wednesday](#), a popular online series hosted by Kansas State University.

Series co-coordinator Sharolyn Jackson, a family and consumer sciences specialist in K-State Research and Extension's northeast region, said registration is now open for the Feb. 12 program, titled '52 Ways to Climate Proof Your Finances.'

"It's a topic that is probably on American's minds a lot more these days, because we've certainly had interesting weather events and climatic events," Jackson said.

Registration is free and available at <https://www.ksre.k-state.edu/fcs/livingwellwed>. The one-time registration also includes additional events planned later this spring, according to Jackson.

The 2023 report from the Department of Treasury highlights impacts from numerous extreme events seen across the country, including heat waves, drought, large rainfalls causing flooding, hurricanes, wildfires and more.

According to the report, "without significant intervention, these hazards are likely to impose compounded financial hardships for families, especially for disadvantaged households with limited resources and the ability to cope with and rebound from such shocks."

K-State family finance specialist Elizabeth Kiss will lead the Feb. 12 presentation, drawing from a publication by the same name from the [Extension Disaster and Education Network](#). Kiss is a co-author of the EDEN publication.

Some examples of ways to climate-proof your finances include:

- Secure important documents in a safe location, possibly a fireproof and waterproof safe.
- Create a household inventory.
- Review and update insurance policies, as needed.
- Conduct a home energy audit to find steps and upgrades to save you money.
- Learn about the risks that affect communities in your geographic area.

“This is really an attempt to create awareness and to get people thinking about how they can take some steps to increase their financial resilience,” Jackson said. “In an emergency, you may need to leave your home quickly, which requires access to important papers. There could be an interruption in your income, and lots of other issues.

“This program offers steps that you can take now to make dealing with an event like this less stressful.”

Also this spring, K-State’s Living Well Wednesday series will present programs on how to save money in the kitchen, in light of a U.S. Department of Agriculture report that indicates food prices have jumped 25% since 2020; and a discussion on money ‘habitudes’ – a term that helps people look at their money-spending habits and attitudes.

More information on all of this spring’s Living Well Wednesday offerings [is available online](#). Interested persons can also find more information at their [local Kansas extension office](#).

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FOR PRINT PUBLICATIONS: Links used in this story

Living Well Wednesday, <https://www.ksre.k-state.edu/fcs/livingwellwed>

Extension Disaster and Education Network, <https://extensiondisaster.net>

K-State Research and Extension statewide offices, <https://www.ksre.k-state.edu/about/statewide-locations>

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