

March 2023

Newsletter



FAMILY & CONSUMER SCIENCES
BOURBON COUNTY EXTENSION HOMEMAKERS



Kay Denniston
Bourbon County Extension Agent
for Family & Consumer Sciences



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Cooperative Extension Service
Bourbon County
603 Millersburg Rd
Paris, KY 40361
(859) 987-1895
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bourbon.ca.uky.edu

"MARCH is the end of the beginning – the best time to adjust your yearly goals, make realistic plans and be amazing!" (taken from OurMindfulLife.com)

The "beginning" of the calendar year is over but we are just getting started and getting started we are! The calendar is packed with events and opportunities to give back to our community, March is the beginning to my very favorite time of year. Mother Nature is waking up with beautiful color popping up everywhere. That makes me smile. It is also the time of year to wake up our muscles and spend more time outdoors. The warmth and refreshing weather bring me energy and a revived spirit!

While reading this newsletter, plan what activities and/or programs you would like to join during spring 2023.

The Big Blue Book Club begins March 2 and will be discussing the reading of "Is Butter a Carb?" There are still spots available to join in the watch party for this virtual book club at the Extension Office. Call to sign up.

For National Nutrition Month, all kindergarten classes in six schools will be visited and approximately 300 students will hear Peter Rabbit's story about nutrition while tasting 6 different vegetables from Mr. McGregor's Garden. Volunteer now to assist with this experience.

Join us in traveling to Italy as Lucy Ann VanMeter shares her experiences while traveling there. An Italian meal will be enjoyed while hearing about her travels. Limited seats still available.

"Green Cleaning" is this month's lesson training. Mother Nature is waking up and bring us beauty, come learn how to help her by taking care of our environment. Do not forget to vote for what lessons will be taught next year! Ballot enclosed.

More opportunities are coming in April. Read on and consider joining in soon!

Kay Denniston

Agent for Family Consumer Science
Karen.denniston@uky.edu

2023 INTERNATIONAL MEAL:

Italy

Monday, March 13

6:00 p.m.

**Bourbon County Extension Office
603 Millersburg Rd, Paris**

Guest Speaker: Lucy Anne VanMeter

**RSVP by: March 6
859-987-1895**

Tickets not sold at door

Meal ticket
\$10/person



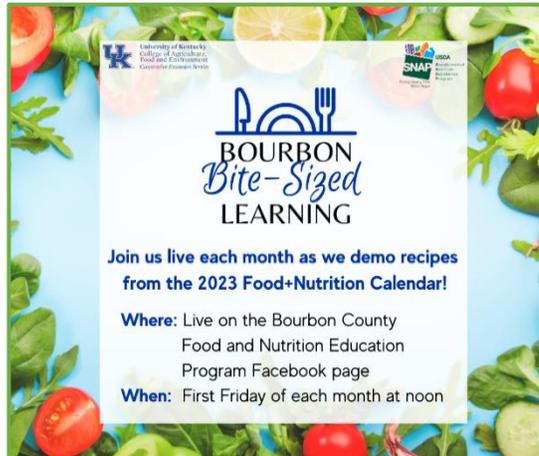
Cooperative Extension Service
Agriculture and Natural Resources
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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Coming to you on Bourbon County Nutrition Education Facebook page.
If you missed the 1st Friday, it is still available on FB and YouTube.



Stop
by
the
Extension
Office
and pick up
your
2023
calendars
to cook
along!



Join us on Bourbon County Nutrition Education Program Facebook page, to view Kay preparing "Vegetarian Taco Soup" better yet get your ingredients and prepare along with us. Mark your calendar March 3rd at noon!

we have expanded!

BOURBON Bite-Sized LEARNING

Watch the 3rd Friday of each month on the Bourbon County Extension FCS/Homemakers Facebook page!

Plate it Up! Kentucky Proud edition

Join Kay and Kacy on the 3rd Friday of each month at noon when they share a Kentucky Proud Plate It Up! Recipe on the Bourbon County Extension FCS/Homemakers Facebook page. Look forward to sharing our recipes!

Check out our past recipe demos and more on our office YouTube Channel!

YouTube

Search for Bourbon County Cooperative Extension Service on YouTube to view our videos

“OUTSIDE the BOX”

“Bourbon County Homemakers, let’s get started thinking outside the box!”

March! A time to welcome springtime and hopefully some warmer weather! The spring season is probably one of my favorites because of all the amazing activities that we have planned. International meal is such an amazing event because we get to gather as a group and learn about a different country. This year, we will be learning about Italy and having a delicious Italian meal. Make sure you grab your ticket by March 6, so that you can attend on March 13. Our annual meeting is also coming up on April 20. Be on the lookout for details in this newsletter. You will not want to miss this event.

Remember, we are not meant to do this life alone. We truly are better together Bourbon County Extension Homemakers!

Mallory Lowe
 President Bourbon County
 Extension Homemakers



WOMEN'S HISTORY MONTH

We are stronger together

UK University of Kentucky
 College of Agriculture, Food and Environment
 Cooperative Extension Service

Green Cleaning

Want to go green as you clean? By swapping your cleaning products with common household staples, you can effectively clean your home while also improving the environment.

To learn more, make sure you join us at:

Bourbon County Extension Office
 603 Millersburg Rd., Paris
March 16, 2023
11:00 am

Big Blue Book Club immediately prior to lesson.

Cooperative Extension Service
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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546

Disabilities accommodated with prior notification.

The In-Cider Information

Kacy Wiley
Program Assistant Senior NEP



Fruit and Vegetable Peels Contain Many Nutrients

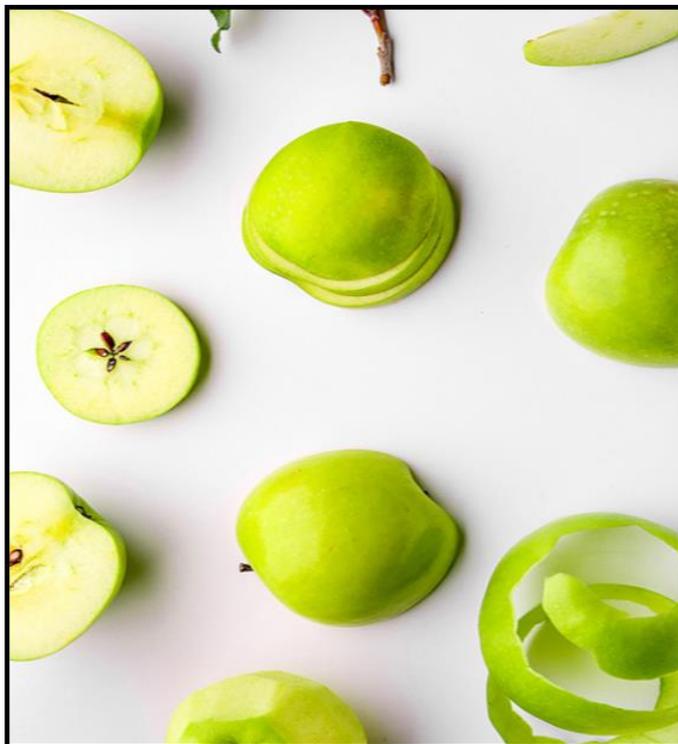
Eating fruits and vegetables are important for a healthy diet.

But, what about the peel? Many times, we just throw it away. Turns out, you might want to rethink that.

Most of the time, eating produce with a peel intact can give you higher amounts of vitamins, minerals, and fiber. Apples and potatoes are good examples. Eating the peel of a kiwi fruit gives you 50% more fiber.

While eating fruits and vegetables with the peel does provide more nutrients, it is always important to think about food safety. Make sure you wash any fruit or vegetable really well to get rid of any dirt or germs.

Source: Heather Norman-Burgdorf, University of Kentucky Extension specialist in food and nutrition, September 2021



Unit Pricing

What is unit pricing? The price tag on the shelf includes a lot of helpful information.

Learn what the numbers mean.

- Retail price: This is the price you pay for each item.
- Unit price: This tells you how much an item costs per pound, ounce, quart, etc. It can be very useful when comparing two items.

This image shows two price tags on a shelf. Based on the unit price, you can see that the large container is a better buy because you get more for your money.

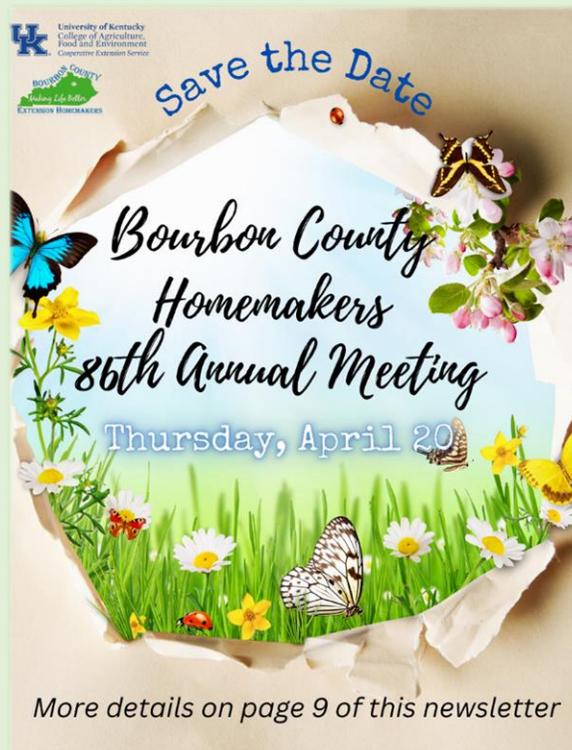
Source: Adapted from <https://www.myplate.gov/eat-healthy/healthy-eating-budget/shop-smart>

How is the unit price found?
Total Price ÷ Size = Unit Price

SAVE THE DATES

- Peter Rabbit Bourbon Central and St. Mary.....March 1
- Big Blue Book Club..... March 2, 9, 16, 23
- Peter Rabbit Paris Elementary..... March 2
- Farm Machinery Concessions..... March 3 & 4
- Peter Rabbit Bourbon Christian..... March 6 Academy
- Peter Rabbit Cane Ridge Elementary and North Middletown..... March 7
- International Meal..... March 13
- Leader Lesson "Green Cleaning"..... March 16
- It's Sew Fine..... April 13-14
- Annual Mtg Ticket Sales End..... April 14
- Helping Hands Auction Items Due..... April 14
- Bourbon County Homemakers..... April 20 Annual Meeting
- Spring Open House..... April 21
- Safety Day..... April 28
- KEHA Annual Meeting..... May 9-11
- Horse Show Hospitality..... June 16 & 17
- Rodeo..... June 24
- Fair..... June 26-July 1

86th Annual Meeting



More details on page 9 of this newsletter

March is National Nutrition Month?

How does this connect with Volunteer Hours?

- Volunteering with **Peter Rabbit** program in kindergarten classes
- Sharing a meal with a senior that is no longer physically able to prepare meals
- Prepare and teach a club craft/activity
- Host a club meeting
- Prepare refreshments for a club meeting with extra thought and/or information being provided about nutrition

Please continue to record these hours (in the method of your liking) on a monthly basis to be tallied and calculated at end of year more easily.

Keep on recording!

VOLUNTEER HOURS

Congratulations to Bourbon County Extension Homemakers for being recognized at the Bluegrass Area Annual Meeting for having the most volunteer hours for 2021-22 Homemaker Year!

Total of Individual Member Hours = 15,868

Total Club Volunteer Hours = 4,200 @ \$29.95 per hour

Bourbon County Extension Homemakers contributed \$601,036 to Bourbon County during the 2021-22 year.

That was with minimum reporting! Challenge for 2022-23 Year Triple this number! Start recording hours now!

Bad Weather Policy

**No School =
No Meetings
If Bourbon County
Schools are closed
due to inclement
weather, meetings
will be automatically
canceled. If in
doubt, please call
859-987-1895.**

Join Our First Big Blue Book Club of 2023

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, *Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition*. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science.

Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition, this series will be held on Thursdays March 2, 9, 16, and 23 at 10:00 am.

Missed the January 27 registration date and want to participate? Call the Extension Office, 859-987-1895 and sign up to participate in the watch party at the office on each of these dates. RSVP required.



It's Sew Fine Sewing Seminar

April 13-14, 2023

Join us for classes on:
-clothing accessories
-garment construction
-quilting
-home decoration

View schedule & details online:

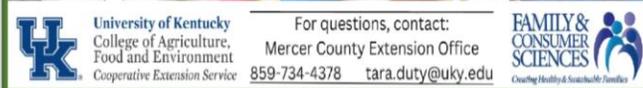
tinyurl.com/3fvpb5vx



Register & pay online!

Full-day and half-day classes.

Held at Boyle County Extension Office
99 Corporate Drive, Danville, KY



BOURBON COUNTY
BACKPACK PROGRAM

Peanut Butter Donations Needed for Spring Break!

Drop off **16 oz. jars** to the Bourbon County Extension Office,
603 Millersburg Rd., Paris by **March 24, 2023**

National School Breakfast – What is it?

Monday through Friday throughout the school year. One program that helps support feeding children breakfast in schools is The National School Breakfast Program (NSBP). NSBP is a federal program used in schools to help children in qualifying low-income households. Since its creation in 1966, NSBP has served billions of free breakfasts to students in the United States. The NSBP follows specific guidelines to serve nutritious balanced meals to students. These guidelines require that schools serve fruits, grains, and milk with every meal.

Eating breakfast has many benefits for school-aged children. Starting your day with breakfast can help improve focus, memory, mood, and problem-solving abilities. Many breakfast foods also have lots of fiber. Fiber is a nutrient that helps digestive health. You find fiber in breakfast foods like fruit and whole-grain cereals and breads. Milk is a great source of calcium. Calcium is a mineral that helps keep bones strong and healthy.

National School Breakfast Week's job is to spread the word about NSBP. The week raises awareness about the importance of the program. This awareness helps the program grow and lets families who qualify know how to enroll their children. From the beginning of National School Breakfast week, enrollment has reached 90,000 schools across the United States and 14.6 million students. Getting involved during National School Breakfast week can help raise awareness in your community. Donating to charities that help feed others, volunteering at local foodbanks, and spreading the word about the NSBP are a few ways you can get involved. National School Breakfast Week starts March 6.

Contact your school district to find out if it participates in NSBP, and visit www.fns.usda.gov/sbp/sbp-fact-sheet to find out who is eligible to enroll in NSBP.

Source: Lauren Ginter, Master's Student in Department of Dietetics and Human Nutrition, and Courtney Luecking, Extension Specialist for Nutrition and Health

Spring Clean Your Mobile App Balances

This year, add to your spring-cleaning list the task of checking your financial app balances. If you are carrying a balance, consider moving that cash into a high-yield savings account. Also, make a similar habit to check any rebate and coupon apps you may use. It may be time to "cash out" your rewards, earn some interest on those dollars, and keep your money safe.

Cash is becoming less popular as there are now more ways to pay for things. A 2022 Pew Research Center study found that 41% of Americans say *none* of their purchases in a typical week are paid for in cash. That means those consumers are using some other form of payment, whether it be debit, credit, or money transfer apps.

The popularity of payment apps such as Venmo, PayPal, and Cash App is on the rise. According to a NerdWallet survey conducted by the Harris Poll, about two-thirds of mobile payment app users maintain a balance in their account. The survey found that nearly half of app users keep more than \$100 in their account.

However, many users don't think about protections for the money that may be stored in those accounts. The apps are meant to be used for transferring funds, not storing balances. Those apps may not offer the same protections one would get from a financial institution. Banks and credit unions offer insurance to cover the accounts they hold. Money payment apps likely do not.

Source: Kelly May, Senior Extension Associate for Family Finance and Resource Management

QUILTERS GUILD OF THE BLUEGRASS
PRESENTS

Quilter's Day Out

MARCH 18, 2023 9 AM - 3:00 PM, \$5.00

FAYETTE COUNTY EXTENSION OFFICE
1140 HARRY SYKES WAY, LEXINGTON, KY 40504

Featured Speaker - Deb Strain,
Quilter, Moda Fabric Designer

Vendors+Food+Quilts
Door prizes + Show & Tell



Quilters Guild
of the
Bluegrass

Bring a Fat Quarter for the
Charity Basket Door Prize

2023-2024

Bluegrass Area Homemakers Leader Lesson Ballot



Vote for your top 8 lessons you
would like taught in the 2023-24
homemaker lesson year

Ways to vote:

- Scan the QR code pictured above by positioning your smartphone camera so the QR code is in frame - click the link that pops up on your screen
- Visit tinyurl.com/5n8r3twk
- Drop off the ballot included on pg. 10 in this newsletter to Extension Office.



Deadline to place your vote: **Wednesday, April 5**



You're invited to the
Bourbon County Homemakers

86th
Annual
Meeting

"Blooming Together"

Thursday, April 20
6:00 pm

Church of the Annunciation
Parish Hall
1007 Main St, Paris, KY

Tickets

\$20

meal included

Tickets on sale
now through
April 14

Tickets available at
Extension Office,
603 Millersburg Rd, Paris

Meal provided by
Columbia Steak House

Scholarship Information

2023 Homemaker Scholarships are currently available at the Bourbon County Extension Office, Bourbon County High School Counselors Office, Paris High School Counselors Office and Bourbon Christian Academy School. This is a \$1000 scholarship, sponsored by the Bourbon County Homemakers and awarded to a student majoring in a subject area to better families.

The 2023 scholarship will be awarded at the Annual Meeting on April 20th. Deadline for applications is 4:00 on April 11 to the Extension Office.

Helping Hands Auction

Please complete the Hands Auction Certificate in this newsletter to donate to the Scholarship "Helping Hands" Fundraiser.

There is a firm deadline of April 14 for all certificates to be turned in to the Extension Office by that date. This allows time to review the donations and to possibly combine some auction items. This should keep the live auction shorter and allow attendees to plan there bids prior to auction starting. If this is confusing or if there are questions /concerns about this, please call the office for clarification.





2023 - 2024 Bluegrass Area Homemakers Leader Lesson Ballot

PLEASE CHOOSE THE TOP 8 LESSONS TO BE TAUGHT AS A 2023-34 HOMEMAKER LESSON. RETURN RESPONSES BY APRIL 5, 2023

Understanding Your Credit Score

Does one number define you? What is "good credit"? Find out more about the meaning behind credit scores, what are some factors that go into calculating a credit score, and tips on how you can potentially improve yours.

KEHA Plays Pickleball

It the fastest growing sport that all ages and skill levels can play and are talking about. That's right ... PICKLEBALL. It is a cross between ping-pong, badminton, and tennis. Come learn as well as teach other KEHA members to play a format with several health benefits associated to it and allows for both social and physical activity.

A Guide to Beginner Meal Planning and Meal Prepping

Planning meals is one of the best ways to save money and eat healthy meals. Learn some tips and tricks that will help to remove the stress of putting healthy meals on the table every night.

Recognizing and Coping with Trauma after a Natural Disaster

This lesson will focus on coping with trauma that may occur after a natural disaster, or other events that disrupt your ability to cope due to significant loss. Participants will learn tips and skills to aid in recognizing trauma, how to help others in the community who might have experienced trauma and learn strategies that may be helpful for families to build a toolkit in order to prepare for the future.

Self-Care and Self-Pampering

Self-care is about realizing and prioritizing one's own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. This KEHA lesson will help you take control of your own well-being beyond the basic self-care recommendations.

Planning Thrifty and Healthy Holiday Meals

Lesson focuses on healthy meal planning, staying within budget, kitchen time management strategies, preparing low-cost and delicious recipes, food safety tips, and maximize your leftovers to avoid waste.

Mentoring and Empowering Youth

Mentoring is very important to our youth today. It is versatile and can be done in many ways. This lesson will help to identify needs in your community and provide ideas for creating and accessing opportunities to mentor.

Savor the Flavor: Seasoning with Spices

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use spices to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

Savor the Flavor: Building Flavor with Herbs

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use herbs to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

Personality Assessment

That's not the way I would have done it! Do you ever find yourself scratching your head at another person's reaction? The way one person processes, interprets, and reacts are often not the same responses of others in the same household, family, workplace, or surroundings. This workshop will shed light on different personality traits, help you learn more about yourself, and allow you to see other perspectives.

Radon: A Silent Killer

Kentucky leads the nation in the number of new cancer cases and lung cancer deaths. Not only is this because of Kentucky's high smoking rates, but also due to Kentucky's high radon levels. Radon is more than an element on a chemical chart. This lesson will provide information and resources about radon and how to make sure your home is safe for you and your family.

Lead Your Team: Health Literacy for the Win!

Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take a prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. It is estimated that 9 out of 10 adults have difficulty understanding and using health information, also known as health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals.



COOPERATIVE EXTENSION



**2023
BOURBON EXTENSION
HOMEMAKERS
"HELPING HANDS" AUCTION**

Item/Service Donated:

(please describe and identify any restrictions)



Donated by:

----- Club

Contact Information:

Name -----

Phone -----

Email -----

**All proceeds go to
Bourbon County Homemakers Scholarship Fund**

Cooperative Extension Service
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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

DIRECTIONS FOR HELPING HANDS AUCTION

The Helping Hands Auction has successfully funded EIGHT \$1,000 scholarships over the last eight years - even the two years without a "Helping Hands" Auction!

Let's have some fun with it AND make some money too!

- Pick a service (or item) that you are willing to share or teach another homemaker.
 - Complete the other side of this certificate.
- Return to the Extension Office by April 14. There will be no auction certificates accepted after that date.
- A list will then be compiled of all certificates received and handed out at registration the night of the meeting
 - Decide what service you or your club would enjoy purchasing.
 - Bid, bid, bid!
 - SOLD to top bidder.
- Buyer will receive certificate with information to contact seller to schedule time to carry out service.

Each club has at least one marketable service to offer.
Hopefully the larger clubs will have more than one.

Extra benefit—While having fun offering this service you will get to know fellow homemakers that are not in your club!

If you have questions, do not hesitate to call the Extension office for clarification!

859-987-1895

Get the certificates in early this year as the number of services/items being sold is being limited to shorten the length of the live auction.