

Marion County FCS Extension Newsletter

Important Dates:

March 18th: Homemaker Meeting @ 3:30PM

March 19th: FCS Advisory Council Meeting @ 1:30PM

March 21st: Jarcuterie Class at 12:30PM - Still space available, sign up if you would like to attend

March 24th: Homesteading Series - Soap Making at 6PM - Class is currently FULL.

March 25th: Homemaker Leader Lesson at 10:30AM - How to Get out of Mealtime Rut taught by Cabrina Buckman, FCS agent from Washington Co.

March 27th: Truth & Consequences - Volunteers needed - if interested please call the Extension Office

March 1st marks my first anniversary! This past year has flown by. I have enjoyed every moment of my year at Marion County Extension and look forward to many years to come. I hope my service to you as an FCS agent has been good.

March also brings spring weather, hopefully. I'm not sure about you, but I am ready to see warmer temperatures and more sunlight. It puts people in a better mood.

Rachel Mattingly
Family & Consumer Science Agent



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March 2025 KEHA News and Notes

Homemaker Showcase at State Meeting - Area Showcase forms are due March 15 to 1st Vice-President Ann Porter (see KEHA Manual Appendix, page 31 or the State Meeting webpage for the form). Each area can have up to two displays, featuring club, county, or area projects. Each state educational chair can submit one display. KEHA Development Grant winners also may submit a showcase display.

Calling All Quilters! - The Center for Courageous Kids in Scottsville, Ky., needs new twin bed quilts. Needed size is 66 inches by 83 inches and can be homemade or store bought. Drop off at the Center in Scottsville or bring to KEHA State Meeting's collection point. Also, quilters are invited to participate in this year's Quilt Square Auction and Showcase at State Meeting by making a 12-inch finished quilt square. Details are in the KEHA Newsletter.



Dates to Remember

- **March 1** - Entry deadline for many KEHA grants, scholarships, and contests.
- **March 12-13** - Spring Board Meeting, Lexington.
- **March 15** - KEHA Showcase forms due to 1st Vice President (see State Meeting webpage).
- **April 1** - Area lesson schedules for 2025-26 due to KEHA State Advisor.
- **April 5** - Postmark deadline for state officer and chair credentials.
- **April 7** - Reservation deadline for conference rate at State Meeting hotel.
- **April 7** - Postmark deadline for early registration fee for 2025 KEHA State Meeting.
- **April 21** - Final postmark deadline for 2025 KEHA State Meeting registration.
- **May 6-8** - KEHA State Meeting in Lexington, Ky.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 16 • ISSUE 3

[NAME] County Extension Office | 222 Street Road | City, KY | Zip | (859) xxx-xxxx

THIS MONTH'S TOPIC:

STRETCHING YOUR DOLLAR: WHAT TO DO WHEN THE "ENDS" DON'T MEET

"Making ends meet" is getting harder in today's economy. If you've ever wondered how to make your dollars and resources go farther, think about these tips for managing your money in tough financial times.

SPENDING WISELY

There are two basic ways to balance a budget: either **increase your income** or **reduce your expenses**. Scaling back on spending may be the quicker and easier of the two strategies. Start by taking a look at your spending habits to see where your money goes each pay period. List small purchases (like fast food, hobbies, and other "wants") and large expenses (like housing, insurance, and your family's "needs").

Next, use a highlighter to mark more **flexible** categories where you can cut back (or cut out altogether). While not always pleasant, looking for small ways to save in the present allows you to redirect that money where it matters most. This increases your family's future financial stability. Cancel "wants" until you can make ends meet again, like streaming services or monthly subscriptions. Or, cut back on things like eating out or buying name brands. For example, saving



\$10 a week is \$520 a year; saving \$20 weekly is \$1040 annually; saving \$50 a week is \$2,600 a year; and so forth. Small savings really do add up.

PRIORITIZING YOUR FINANCES

Household expenses fall along a continuum of fixed and variable costs. **Fixed costs** are the same amount each month. These may include bills such as mortgage or car payments, insurance premiums, cell phone plans, internet, and streaming services. You can budget fixed expenses more precisely because you know the exact amount that will be due and when.

Variable costs, on the other hand, include charges that are different each month. Food costs, utility bills, revolving credit card

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NOTE EACH MONTHLY “PAY DAY” (OR ANY DATE YOU EXPECT MONEY TO COME INTO YOUR ACCOUNT)



payments, and “extras” are all variable costs. Some of these expenses may be necessary (e.g., food and electricity are essential), but often there are ways to cut costs in each category.

To begin prioritizing your finances, use a blank calendar and note every recurring monthly payment your family has (fixed or variable) on its due date. Also keep a running list of family expenses that are due quarterly or annually, like property taxes or insurance.

Next, note each monthly “pay day” (or any date you expect money to come into your account rather than go out of it). Do you have enough income to cover the required payments in between pay periods? If not, talk with the collector about the due date. Most companies offer flexibility in choosing a payment date that works for your financial situation. Be sure to pay bills on time to avoid late fees and additional finance charges or interest.

SAVING WHEN EXPENSES ARE TIGHT

To save on groceries, gas, utilities, clothing, and other household essentials, begin by

shopping your home. For example, don’t go grocery shopping until you’ve shopped your pantry, fridge, and freezer. Eat or repurpose leftovers, get creative with the ingredients you have on hand, and use food before it expires. When we toss food in the trash, we’re trashing our cash too.

The same goes for clothing or other household goods. Look for items to sell, trade, refresh, or repurpose before going shopping. To save money on gas, group your errands and limit your shopping trips to one day a week or certain days a month. You can also carpool or use public transportation. For utilities, use energy-saving practices to lower your costs (like wearing layers and monitoring the thermostat).

LOOK TO THE PAST

As you explore ways to save, consider the penny-pinching practices of past generations. They used what they had and weren’t wasteful. They borrowed from friends and neighbors. They sold and traded goods. They repurposed furniture, fabric, and clothing. They lived within their means and considered “a penny saved is a penny earned.”

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

ADULT HEALTH BULLETIN



MARCH 2025

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

NAME County
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000 Street Road
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(000) 000-0000

THIS MONTH'S TOPIC

THE POWER OF POSITIVE LANGUAGE AROUND FOOD



The way we talk about food can have a big impact on how we feel about it and how we take care of our bodies. When we use positive, respectful language around food, it helps us build a healthier relationship with what we eat. A healthy relationship with food means not feeling guilty or stressed about what we eat but instead enjoying food as something that nourishes and energizes us.

Words have a lot of power. The language we use can shape our thoughts and feelings. If we call food "bad" or "unhealthy," we might start feeling bad about eating it. For example, saying things like, "I shouldn't eat this," or "this is so unhealthy," can make us feel guilty when we enjoy our favorite foods. But when we use words like "balanced" or "nourishing," it reminds

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While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad.

➔ Continued from the previous page

us that food is not the enemy — it's something our bodies need to stay strong and healthy.

We often talk about food in ways that make it seem like some foods are “good” and others are “bad.” While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad. All foods can be good for us in one way or another. Whether it's the nutrients it provides us or the enjoyment we get from eating it. The key is to focus on balance, not perfection. If we can learn to talk and think about food without judgment, it can help us feel more relaxed and less stressed about eating.

Talking about food in a mindful way can also help us enjoy it more. Mindful eating means paying attention to what we're eating, how it makes us feel, and how much we're eating of it. When we use words like “enjoying,” “savoring,” or “appreciating,” we remind ourselves to slow down and notice the flavors, textures, colors, and smells of our food. This helps us be more aware of when we're full and prevents overeating. Instead of rushing through a meal or eating while distracted, we can focus on the experience of eating and truly enjoy it.

Language around food is also important in the way we talk about it with others. If we constantly talk about dieting, weight loss, or food rules, it can create stress and pressure around food. Instead, focus on how food makes us feel good, how it helps our bodies grow, and how it brings people together. When we talk about food in a positive, relaxed way, it can help create a more supporting environment for everyone.

The words we use around food matter. They can help create a healthy, positive relationship with food. By avoiding judgment, focusing on balance, and practicing mindful eating, we can build a better relationship with food.

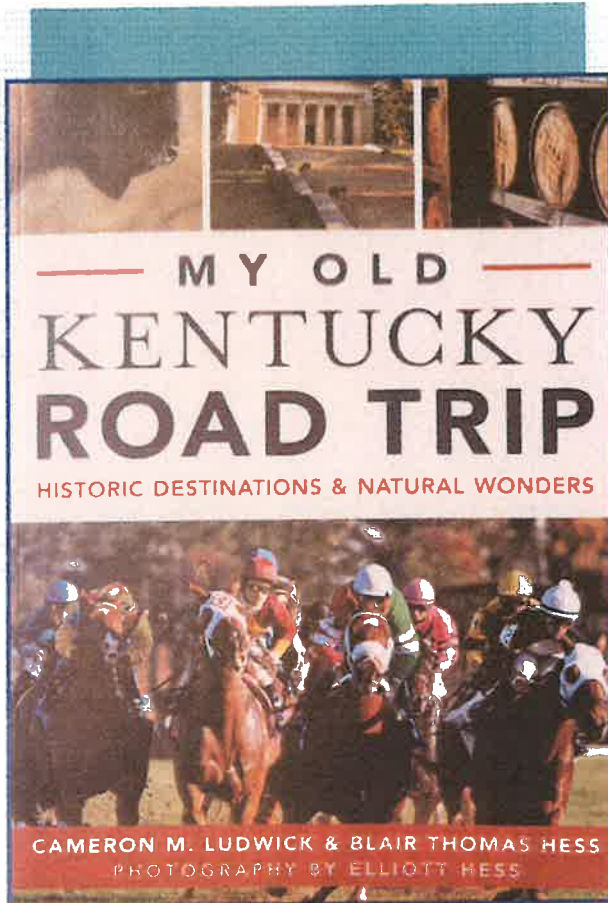
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- Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute <https://www.ellynsatterinstitute.org/how-to-eat/the-joy-of-eating-being-a-competent-eater>

ADULT
HEALTH BULLETIN

Written by:
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Designed by: Rusty Manseau
Stock images:
Adobe Stock





**TO OUR FELLOW
PROUD
KENTUCKIANS -
YOUNG AND OLD, NATIVE
AND TRANSPLANT - WHO
HAVE NOT YET BEGUN
TO EXPLORE THE GREAT
BLUEGRASS STATE. WE
ARE HONORED TO BE
YOUR TOUR GUIDES ON
THIS EXTRAORDINARY
JOURNEY**

BIG BLUE BOOK CLUB

Big Blue Book Club is going on the road, to visit off-the-beaten path locations across Kentucky. The first session features the books authors, Cameron Ludwick and Blair Hess, sharing their favorite Kentucky destinations and a presentation about the Kentucky Historical Marker Program. This session will be **LIVE** at the Thomas D. Clark History Museum in Frankfort on **March 13 at 11 am** and available via Zoom. The remaining five **LIVE** sessions will be recorded.

Visit the **NEW Big Blue Book Club Website** to register:
<https://ukfcs.net/BigBlueBookClub>



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Blueberry Cheesecake Bars

Servings: 16 Serving Size: 1 bar Recipe Cost: \$7.42 Cost per Serving: \$0.46



Ingredients:

- *1 cup graham cracker crumbs (9-10 graham cracker sheets)
- *3 tablespoons unsalted butter, melted
- *3 tablespoons unsweetened applesauce
- 1 1/2 cups nonfat plain Greek yogurt
- 3.5 ounces cream cheese, softened
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1/3 cup sugar
- 2 tablespoons lemon juice
- 2 cups blueberries
- 1 tablespoon lemon zest (optional)

Directions:

1. Preheat oven to 300 degrees F.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. *Mix graham cracker crumbs, melted butter, and applesauce together in a medium bowl until combined. Evenly press crust into an 8-by-8 baking pan. Using the bottom of a dry measuring cup, firmly press down on the crust to make it more compact.
4. *Bake for 12 minutes. Remove from the oven and set aside.
5. Increase the oven temperature to 350 degrees F.
6. In a large bowl, combine the yogurt, softened cream cheese, cornstarch, salt, sugar, and lemon juice. Fold in the blueberries and the lemon zest (if using).
7. Carefully drop spoonfuls of the topping mixture over the cooled crust and spread to make an even layer.
8. Bake for 35 minutes, or until it does not jiggle. Remove from oven and let cool completely (about 45 minutes). For best results, refrigerate 1 hour before cutting.
9. Store in the refrigerator.

Source: Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

110 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 15mg cholesterol; 95mg sodium; 14g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium

Homesteading Basics

Chelsea Sapp, Agriculture and Natural Resources Agent

Rachel Mattingly, Family & Consumer Sciences Agent

Register Now

☎ 270-692-2421

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Bread Making
February 18th 6pm



**Growing Your Own Vegetables
& Canning**
May 21st 6pm



Goat Soap Making
March 24th 6pm



Beekeeping
June 3rd 6pm

Guest speaker: Michael Pellittiere



Going Green Cleaning Products
April 22nd 6pm



Small Ruminant Farming
July 14th 6pm

Guest speaker: Cody Rakes

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Jarcuterie Class

March 21, 2025
12:30 PM

Call 270-692-2421 to Register

Marion County Extension Office
416 Fairgrounds Rd
Lebanon KY 40033

UK Cooperative
Extension Service
Family and Consumer Sciences



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