

April 2023

FAMILY &
CONSUMER
SCIENCES

Creating Healthy & Sustainable Families

KENTUCKY EXTENSION HOMEOWNERS ASSOCIATION

KEHA

HomeMakers



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

FCS Newsletter

Decluttering Can Be Easy With Small Steps

If you're like a lot of people, you might find that your home or office isn't exactly the neatest of places. Junk mail, papers, magazines and other items could be cluttering up your space. Don't fret and get bogged down, there are many small things you can do to keep your area spruced up.

One of the first things you should ask yourself is "do you really need this?" Everything from our desks to our closets can become filled with things we haven't used since 1987. Start looking for things which you might not need or necessarily even want. Have you worn that outfit in the past year or two? Do you really need that many pens? Do you think that you'll use these in the next few months? These are some good questions to ask yourself when you begin decluttering. Maybe there is even something you have which is broken that can be recycled or trashed. This is a great time to take advantage of thrift stores. Places like Goodwill, Habitat for Humanity ReStore and local churches are always looking for donations.

Organization tools such as folders, bins and vacuum bags are great for storing items and keeping them squared away. Containers help define "homes" for our items and help set limits. Make a cleaning schedule and assign certain days certain tasks.

For example, maybe Tuesday is a great time to clean the bathroom, Thursday is a great day to dust, and Sunday is perfect for laundry. This is when you can reap the benefits of decluttering: the less stuff you have, the less stuff there is to move, dust or clean.

Brittany Thomas
Family and Consumer Science Agent

In This Issue:

Volunteers
Upcoming Events
Healthy Choices
Calendar Recipe
Moneywise
Quilt Trip Flyer

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Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

WE NEED YOU

Volunteer



Volunteers needed

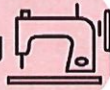
We are looking for people who want to teach others a skill. You do not have to be an expert. These classes would be for adults.



Benefits of Volunteering

- Helps you meet new friends
- Can help you be happier
- Brings fun into your life
- Provides a sense of community

Sewing



Crochet



Knitting

Calligraphy



270-692-2421



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Marion County Extension Office

Upcoming Events

April 5th

Spring Cleaning
1:00pm
Lebanon Housing
Authority

April 6th

Move Your Way
10:00am
Marion County Extension
Office

April 13th

Dining with Diabetes
11:00am
Maple Street Apartments

April 18th

Laugh & Learn
10:30am
Marion County Public
Library

April 19th

Cooking Through the
Calendar
6:30pm
Marion County Extension
Office

April 25th

Homemaker Council
Meeting
3:30pm
Marion County Extension
Office

April 27th

Truth and Consequences
Volunteers Needed
8:30am-2:30pm
Marion County Judicial
Center



**Marion County
Cooperative Extension**



**Tune in to 100.9 WLSK every
Wednesday morning
(8:30am) for office updates**



<https://marion.ca.uky.edu/>



MARCH / APRIL 2023

HEALTHY CHOICES FOR HEALTHY FAMILIES



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



This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Save more at the store

Think outside the store. Farmers' markets and farm stands can be a great choice for picking up fresh produce. Visit the Farmers' Markets and Food Banks directory at PlanEatMove.com/farmers-markets-food-banks to find a market near you.

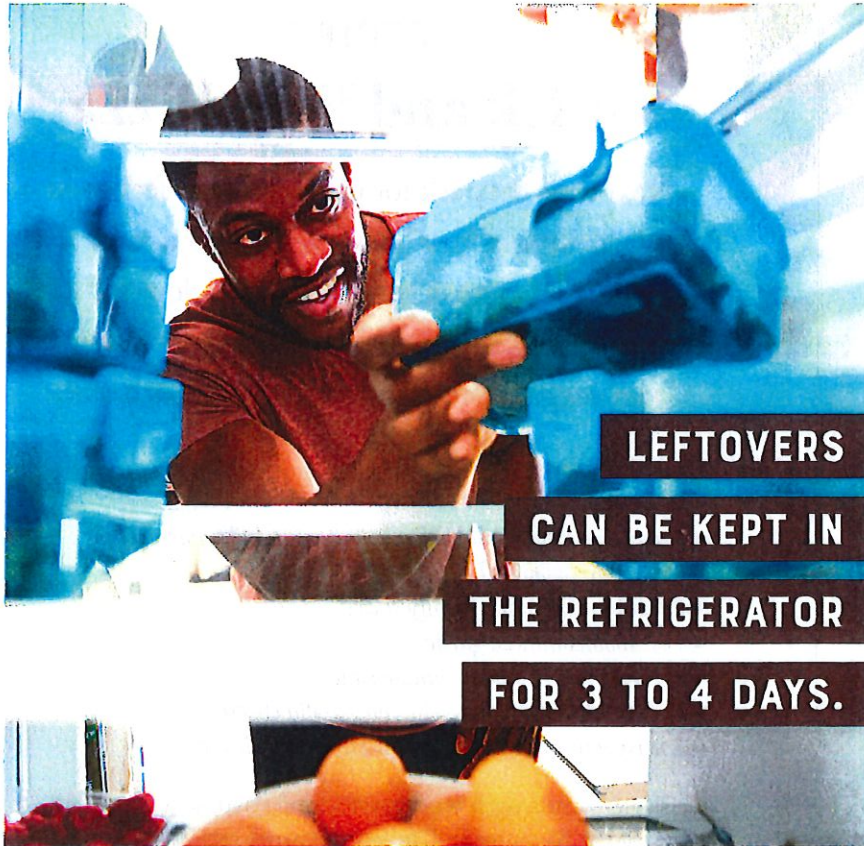
- **Ask around.** Ask friends and family to see where they shop to find great deals! Grocery stores, ethnic markets, dollar stores, retail supercenters, and wholesale clubs may offer good deals.
- **Read the sales flyers.** Most of the time sales flyers come out mid-week. Flyers can be found at stores (and their websites), and in newspapers.
- **Eat before you shop.** Grocery shopping while hungry can lead to impulse buying. It can also lead to food choices that are not healthy. Eat before you go to keep you on task.
- **Join your store's loyalty program.** Most stores offer a free loyalty program. Get special offers, coupons, and savings for being a member.



Source: Adapted from USDA, MyPlate



HEALTHY CHOICES FOR HEALTHY FAMILIES



**LEFTOVERS
CAN BE KEPT IN
THE REFRIGERATOR
FOR 3 TO 4 DAYS.**

BASIC BUDGET BITES

Kitchen timesavers

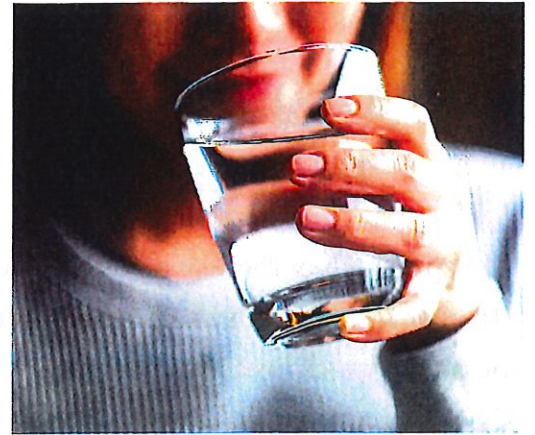
Springtime weather means more time outside being active and less time in the kitchen. Try these kitchen timesavers to make less work for you. Take the stress and hassle out of cooking. You will have more time to enjoy meals and to spend with your loved ones.

- **Keep within easy reach items you often use**, such as cooking oils and sprays, spatulas, cutting boards, and spices. This will save you from having to search for them later.
- **Before you start to cook, clear off the counters.** This gives more room for prep space.
- **Double your recipe.** For your next casserole or stew, double the recipe and freeze the extra.

You will save time and make cooking next week's dinner a snap.

- **Freeze** leftover soups, sauces, or gravies in small reusable containers.
- **Leftovers must be refrigerated within 2 hours of cooking food.** Throw away food that has been left at room temperature for more than 2 hours (1 hour if the temperature is over 90 degrees, such as at an outdoor picnic during summer).
- **Leftovers can be kept in the refrigerator for 3 to 4 days.** Or they can be frozen for 3 to 4 months. Frozen leftovers can lose moisture and flavor when stored for longer times in the freezer.

Adapted from USDA, MyPlate



SMART TIPS

3 healthy tips that can save you money

1. Drink water instead of sodas or other high-sugar drinks. Water is easy on your wallet and has zero calories.
2. Save time, money, and calories by skipping the chip and cookie aisles.
3. Choose checkout lanes without candy shelves if you have kids with you.

Adapted from USDA, MyPlate

FOOD FACTS

Added sugars

Added sugars are sugars and syrups that are added to foods and drinks when they are made. This does not include sugars found in milk and fruits. To build healthy eating habits and stay within calorie needs, people over age 2 should eat foods and drink drinks with little or no added sugars. Children under age 2 should not have them at all.

Adapted from USDA, MyPlate

COOKING WITH KIDS

Applesauce Pancakes

Keep a batch of these pancakes in the freezer for those busy mornings when you need a quick breakfast. Just pop them in the microwave or toaster and enjoy.

- 1 cup unsweetened applesauce
- 1/4 cup dry milk powder, non-fat, instant
- 1 cup water
- 2 eggs
- 1 tablespoon oil
- 2 cups all-purpose flour
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 2 teaspoons baking powder
- Non-stick cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Clean food preparation area.
2. In a medium mixing bowl, combine applesauce, dry milk powder, water, eggs, and oil.
3. Add flour, sugar, cinnamon, and baking powder.
4. Stir until mixture has only small lumps.
5. Place a large skillet on medium-high heat.
6. Spray skillet with non-stick cooking spray.
7. Pour 1/2 cup batter onto skillet.
8. Turn pancake when bubbles form on top of batter.
9. Cook the other side for about 1 minute or until golden brown. Serve.
10. Refrigerate leftovers within 2 hours.

Serving size: 1 pancake
Makes 6 pancakes

Nutrition facts per serving: 240 calories; 4g total fat; 1g saturated fat; 55mg cholesterol; 220mg sodium; 44g total carbohydrate; 2g dietary fiber; 10g total sugars; 4g added sugars; 8g protein; 0% Daily Value Vitamin D; 8% Daily Value calcium; 10% Daily Value iron; 4% Daily Value potassium

Source: Tennessee State University Cooperative Extension Service

RECIPE

Quick and Easy Pizza

Next time they ask for pizza, you can feel good about saying “yes!” Flour tortillas make for a crispy crust, perfect for loading with low-sodium tomato sauce, low-fat cheese, and lots of fresh fruits and veggies. Save money by cooking at home.

- 4 (6-inch) tortillas
- 1/2 teaspoon oil
- 2 cups sliced mushrooms (white button or baby Portobello)
- 1 medium green bell pepper, thinly sliced
- 1 medium red onion, thinly sliced
- 2 teaspoons minced garlic
- 1/2 cup no-salt-added tomato sauce
- 1/2 cup shredded part-skim mozzarella cheese
- 2 teaspoons grated reduced-fat Parmesan cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Clean food preparation area.
2. Heat oven to 400 degrees F.
3. Place tortillas on 2 large baking sheets.
4. Cook, flipping once, until crisp (about 10 minutes). Set aside.
5. Meanwhile, heat oil in large skillet over medium heat. Add mushrooms, peppers, onion, and garlic.
6. Cook until all vegetables are soft and tender (about 10 minutes). Set aside.
7. Spread tortilla crust with 2 tablespoons tomato sauce, 1/4 cup vegetable mixture, 2 tablespoons mozzarella cheese, and 1/2 teaspoon Parmesan cheese. Repeat with remaining crusts and toppings.
8. Transfer pizzas to baking sheets.
9. Cook until cheese is melted and edges of tortillas are golden brown (about 10 minutes).

MyPlate tip: Set up a pizza-making station in the kitchen. Let kids choose their own favorite toppings, then pop pizzas into the oven to cook.

Serving size: 1 tortilla
Makes 4 servings

Nutrition facts per serving: 200 calories; 7g total fat; 3g saturated fat; 10mg cholesterol; 420mg sodium; 26g total carbohydrate; 2g dietary fiber; 5g total sugars; 0g added sugars; 9g protein; 0% Daily Value Vitamin D; 10% Daily Value calcium; 6% Daily Value iron; 6% Daily Value potassium

Source: The Best of La Cocina GOYA: Healthy, Tasty, Affordable Latin Cooking



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Source: The Best of La Cocina GOYA: Healthy, Tasty, Affordable Latin Cooking





Rainbow Pasta Salad



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 8 ounces small whole-wheat pasta (shells, mini bowties, elbow macaroni, rotini, etc.)
- 6 ounces (or 4 cups, packed) fresh baby spinach leaves, roughly chopped
- 2 cups sliced strawberries
- 1 can (15 ounces) mandarin oranges in 100% juice or water, drained
- 1 can (10 ounces) pineapple tidbits in 100% juice, drained with juice reserved
- 1 cup chopped pecans, cashews, almonds (optional)

Salad dressing:

- 1/4 cup olive oil
- 1/3 cup apple cider vinegar
- Reserved pineapple juice
- 1/2 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Cook pasta according to package directions. Drain and rinse under cold running water to cool. Set aside to continue draining.

3. Wash fresh produce under cool running water and dry. Cut to prepare for the recipe.
4. In a large bowl, combine the cooked pasta, spinach, strawberries, oranges, and pineapple.
5. Top with chopped nuts, if using.
6. Combine the salad dressing ingredients in a separate small bowl or jar with a lid. Whisk or shake to combine. Add salad dressing to the pasta salad right before serving and toss. Or, serve dressing on the side to keep salad crisp for several days.
7. Refrigerate leftovers within 2 hours.

Note: Add grilled chicken to make this an entrée salad.

Makes: 7 servings

Serving Size: 1 1/2 cups

Cost per recipe: \$12.87

Cost per serving: \$1.84

Nutrition facts

per serving:

250 calories; 9g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 190mg sodium; 41g total carbohydrate; 5g dietary fiber; 14g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium.

Source:

Brooke Jenkins,
Extension Specialist,
University
of Kentucky
Cooperative
Extension Service





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2023

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BEING A RESPECTFUL GIVER: HOW TO HELP AFTER A NATURAL DISASTER

After a natural disaster or emergency, there is often widespread need. The desire to help those most affected is a normal and often well-intended response from those not affected. However, despite the best of intentions, most aid and donations after a disaster do not best help those in need. Many areas are overwhelmed with unusable in-kind donations that need to be sorted, distributed, and even discarded. This adds to the chaos that often engulfs communities after a disaster strikes. Instead, learn tips for how to help after a natural disaster by being a respectful giver.

SO. MUCH. STUFF.

When a natural disaster hits a neighboring community, a knee-jerk reaction is to go through your home and gather things your family no longer wears, wants, or needs to give to storm survivors. When hundreds or thousands of people do this, however, disaster-affected areas can quickly become overwhelmed with stuff. Most often the stuff is not needed; rather it is tattered, dirty, or broken – or the donated items are irrelevant. Used clothing is one of the most-donated but least-needed items after an emergency. Unless an organization specifically requests clothing (for example, winter coats after an ice storm), wait to donate clothing.



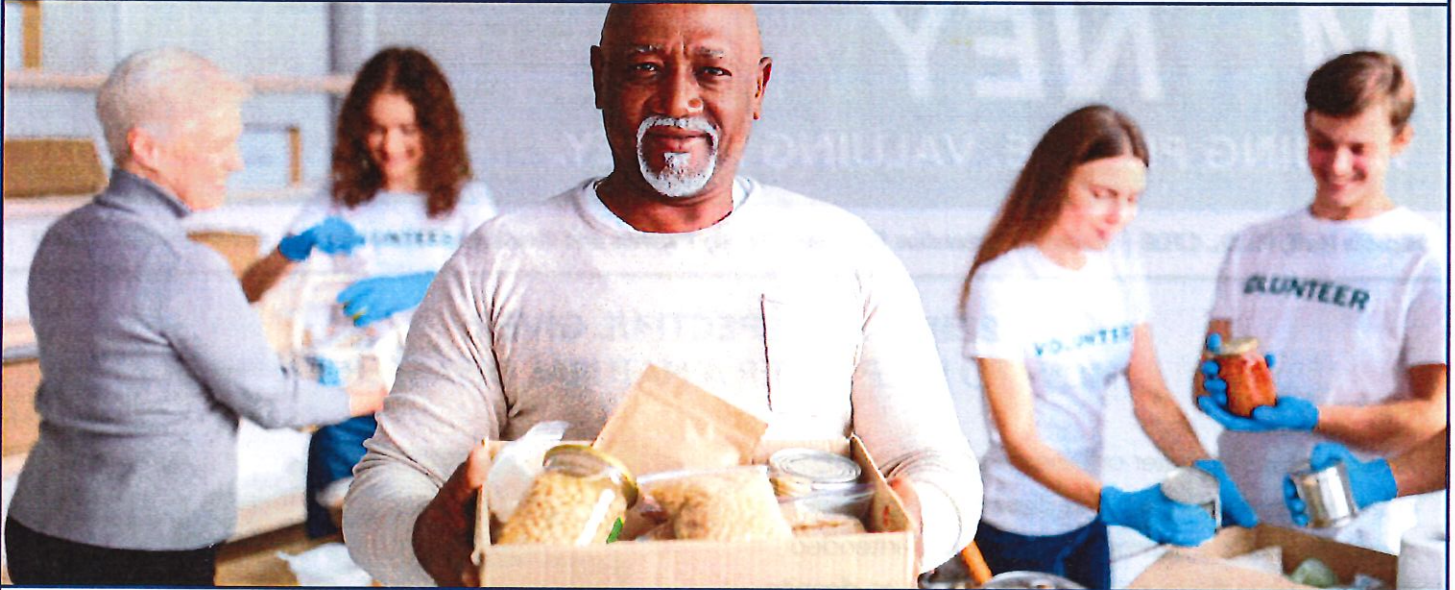
DONATE MOST-NEEDED ITEMS

If you choose to donate goods or items after a natural disaster, confirm that your items are needed. Reach out to the county Cooperative Extension Office, a local community center (like the YMCA or Red Cross), or a local place of worship, for example, which will be familiar with the specific needs of community members.

Also, consider providing new items that support common donations. An example of this would be manual can openers (as canned goods are frequently donated), or new baby bottles along with canisters of unopened, non-expired baby formula. Dry shampoo, baby wipes, diapers, feminine hygiene products, and work gloves are other examples of needed items that go overlooked after a large-scale disaster.



CONTACT RECOGNIZED AND TRUSTED ORGANIZATIONS WHO KNOW IF AND WHERE VOLUNTEERS ARE NEEDED



DONATE TIME, ENERGY, MONEY, OR GIFT CARDS

According to FEMA, financial contributions are the most flexible and most effective method of donating. Contact recognized charitable organizations who are on the ground in an affected area. They know what items and quantities are needed – and who needs them. Your time and energy may also be helpful in the days, weeks, and months after a disaster. However, never “self-deploy” to disaster areas. Again, contact recognized and trusted organizations who know if and where volunteers are needed. Disaster response and recovery efforts must be well-coordinated within a local community to be safe and effective.

BE WARY OF SCAMS

Finally, be wary of donation-related scams after an emergency. Unfortunately, scammers prey on generosity and compassion during times of widespread need. Before donating – especially cash or gift cards – research the charity. Also, be careful of crowdfunding scams. These happen when a person asks for help through a crowdfunding

website, which is an online site where you can make financial contributions to an individual, family, or personal cause. Some crowdfunding sites do little to make sure the money goes where the organizer says it will.

Contact your local County Extension Office for suggestions of community organizations collecting money or in-kind donations.

REFERENCES:

<https://www.fema.gov/disaster/recover/volunteer-donate>

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Norman-Burgdolf, H., & Norris, A. (2023). *Keeping Food and Water Safe After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FN-IFD.002. https://fcs-hes.ca.uky.edu/files/fn-ifd.002_foodwaterafterdisaster.pdf

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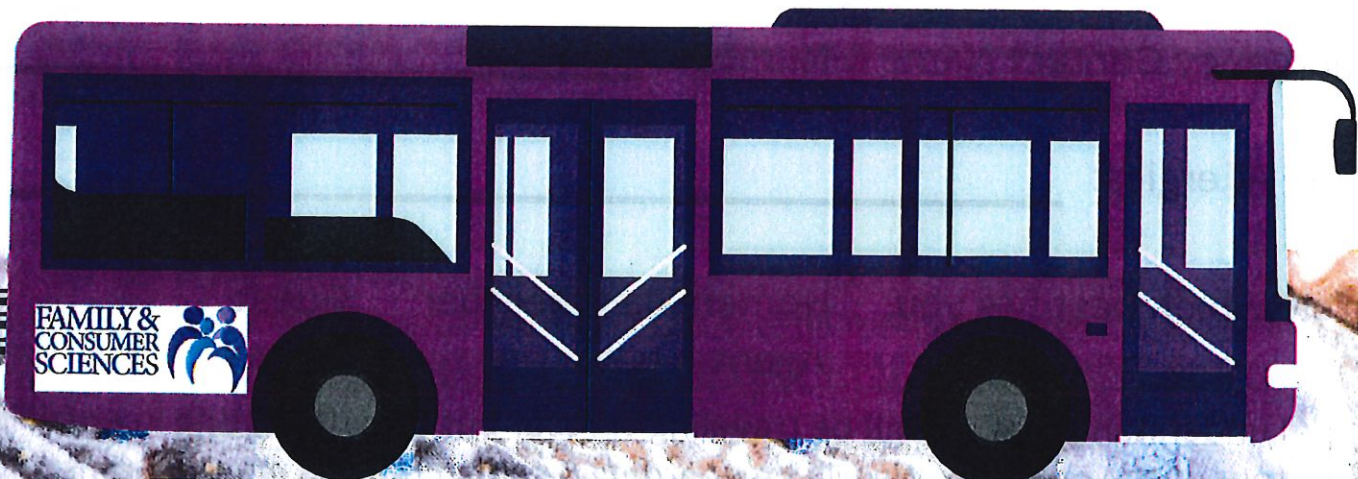
\$120

**TOUR BUS TOUR BUS TOUR BUS TOUR
MAY 22, 2023**

**QUILTING &
THE ELEMENTS OF ART
LTA HOMEMAKER
BUS TOUR**

- Join Homemakers from across our area on a bus tour to the National Quilt Museum in Paducah, KY.
- Price will include transportation, brunch on the way and supper at Parkers Drive In on the way back.
- 3 pick up locations will be available: Bardstown, Elizabethtown & Caneyville.
- Open to LTA Extension Homemakers, each registered homemaker can bring one paying adult guest with them.
- One Check Per County made payable to the LTA Homemakers.

NOW BOOKING!



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4-H Youth Development
Community and Economic Development

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