

April 2024

Family & Consumer Science Happenings

 Cooperative Extension Service



ROSA SMITH - Owsley CEA for FCS

Rosa Smith

Upcoming Dates: April, May & June 2024

- April 4th @ 12:00 - Homemakers Lunch-n-Learn with Vickie Boggs
- April 9th - Wood Making class: Lazy Susan @ Wood Center, Quicksand KY 10:00am
- April 12th - Sit & sew with Cheryl/ Beginners Cuts Class
- April 23rd - Extension-to-go Kit Pick Up date. (Pre-Register)
- May 1st - Last Day to Pre-Register for Book Club
- May 15th - Last Day to Register for Come Sew with Us
- May 23rd - Homemakers Meeting @ 12
- June 6th - Come Sew with Us, Knott Co.
- June 13th - Come Sew with Us, Breathitt Co.
- June 20th - Book Club: *The Great Alone* by Kristin Hannah



Drop it Like it's Hot Program Dates

Drop It Like It's Hot is a 10-week program where participants meet once a week to motivate and encourage each other as they begin dropping unhealthy habits and participate in weekly challenges to begin a healthier lifestyle. Participants have the option to attend in person or virtually in a Facebook Group. Currently we have 22 participants who are completing the hybrid program.

- April 5th: Session 5: Benefits of Walking
- April 12th: Session 6: Meal Tracking
- April 19th: Session 7: Healthy Eating & Fast Food
- April 26th: Session 8: Adding More Vegetables
- May 3rd: Session 9: Daily Exercise
- May 10th: Session 10: Weekly Habits
- May 17th: Celebration of Completed Program




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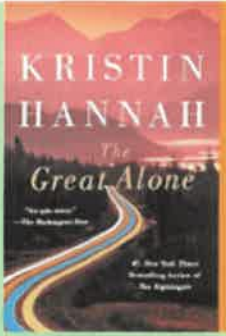
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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 Paratitling accommodated with prior notification.



Book Club- Our first Book Club Meeting will be held on June 20th at the Owsley County Extension Office at 5:00pm. We will be discussing our readings on *The Great Alone* by: Kristin Hannah. Pre-registration is needed to purchase book copies for participants. Please register by April 1, 2024.

March Highlights

Sourdough Bread Class - On March 4th & March 9th, Mandy Lindberg, a local farmer, and baker from Crafted by Lindberg presented a class on the basics of making Sourdough. With 23 participants over the two days, Mandy provided her take on baking sourdough and maintaining a starter. Participants got to sample the sourdough bread and take home their own dehydrated starter to begin their own journey with baking. We would like to thank Mandy for the time and resources she so graciously provided.

Drop It Like It's Hot Program Kicked Off- On March 4th, we kicked off our 10-week hybrid program with 22 participants. Participants have now completed 3 weeks of challenges where they have set goals for themselves based on their lifestyles and needs. Participants have been challenged to increase their water intake, track, and increase their daily step count, and track their sleep cycles to get the right amount of sleep and rest for their bodies.

Lunch-N-Learn- On March 14th, Owsley County Homemakers enjoyed a Lunch-N-Learn lesson on Self-Care: Taking Care of Your Mental and Physical Health with Lee Co. FCS Agent Laken Campbell. Participants were able to learn about a variety of resources and tips to promote healthy self-care and pampering along with how apparel and appearance can factor into our Mental Health. Participants made their own lip scrub using simple household ingredients from the pantry.



Extension-to-go Kits - On March 19th families picked up their extension-to-go kits which included the materials to create a sock bunny. We had 60 participants for this month's program.



Homemakers Painting Class - On March 20th Homemakers welcomed spring with a Bunny and Carrots themed painting class. Homemakers learned about different styles of applying paint to create texture within their art. Homemakers ended the day with a delicious Carrot Cake Smoothie Sample from Plate It Up! Kentucky Proud.



Lentil Sloppy Joes



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

Nutrition facts

per serving:

320 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 480mg sodium; 55g total carbohydrate; 11g dietary fiber; 13g total sugars; 6g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 20% Daily Value of iron; 15% Daily Value of potassium

Source:

Adapted from <https://www.spendwithpennies.com/lentil-sloppy-joes>

- 1 tablespoon olive oil
- 1 medium bell pepper, chopped
- 1 small onion, chopped
- 1/2 cup water
- 1 cup low-sodium vegetable broth
- 1 cup dried lentils
- 1 teaspoon garlic powder
- 1 can (6 ounces) tomato paste
- 1/3 cup ketchup
- 1 tablespoon Worcestershire sauce (optional)
- 2 tablespoons brown sugar
- 1 tablespoon chili powder
- 1 tablespoon Dijon mustard (or yellow)
- 8 whole-wheat hamburger buns

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.

3. Over medium heat, add oil to a medium-sized pot. Sauté bell pepper and onions until softened, about 4 minutes.
4. Add water, broth, and lentils. Bring to a boil. Reduce heat and simmer.
5. Cover and cook for 25 minutes.
6. Stir in garlic powder, tomato paste, ketchup, Worcestershire sauce, brown sugar, chili powder, and mustard.
7. Enjoy the finished sloppy joe mixture on a bun.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings

Serving size: 1 lentil burger

Cost per recipe: \$6.20

Cost per serving: \$0.78



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

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Owsley County Extension Office | 02 Industrial Park Road | Booneville, KY | 41314 | (606)-593-5109

THIS MONTH'S TOPIC: SHOPPING TIPS WHEN BUYING MAJOR APPLIANCES

Major appliances can make everyday life a little easier, but their convenience often comes with a hefty price tag. With this kind of investment, it's wise to do a little research and have a plan.

BEFORE YOU BUY

As with most high-dollar items, **assess your need for the item**. Do you really need it? In our present-day society, it's hard to argue that something like a refrigerator is not necessary. And even though our need is reasonable, we should **consider our budget** before we begin.

To ensure a good "fit" for your space, **measure the area** where the appliance will go, as well as any doors or hallways that it may need to pass through during delivery or installation. And **don't forget about the power source**. Some appliances require a 120-volt, 3-prong outlet, or a special 240-volt outlet. Regardless of what it needs, avoid using extension cords and outlet adaptors for major appliances.

WHERE TO BUY

Using the internet to research appliances and compare options is a good place to start, but it's worth going into stores to see the actual items. By shopping in a store, you'll be able to



interact with a knowledgeable staff. **Buying locally** may cost a little more, but the personal connection may mean you'll get better customer service and help with any future repairs.

DON'T COMPARE APPLES TO ORANGES

When comparison shopping, **always check the model number** to make sure you're evaluating the same item. Manufacturers may produce versions of an appliance model with varied levels of quality to meet the needs of different stores. For example, the "same TV" sold at different stores with a price difference of \$200, could be two different model versions because the less expensive one has fewer cable inputs. Look at the item's

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Disabilities
accommodated
with prior notification.

DON'T BE AFRAID TO NEGOTIATE, ESPECIALLY WHEN SHOPPING LOCALLY.



list of specifications to learn more; **compare the features and consider the benefits** to determine what is right for you.

GETTING A GOOD DEAL

You may be set on a specific brand or model, but if you're willing to **consider other options**, there may be significant savings. Sometimes there is a *floor model* available, or "*last year's*" model may be less expensive because it has fewer features. Stores may be willing to price match if you're comparing the exact model, but if you're waiting for a big sale, know that **most major appliance sales and rebates are manufacturer-driven**. That means the store is not setting the price, the manufacturer is. Therefore, discounts are going to be the same most everywhere. Don't be afraid to negotiate, especially when shopping locally. You are more likely to **"get a good deal"** if you shop at a local store that values your business.

OTHER "COSTS"

Finally, consider the **operating and maintenance costs**. Major appliances will have an EnergyGuide label to let you know the cost to run the item (based on average usage). The Federal Trade Commission notes, **an energy-**

efficient appliance may cost more up front, but it should save you money over time with lower utility bills. Also, in addition to keeping the appliance clean, your item may eventually require new filters, bulbs, or gaskets. Are there delivery or installation fees? What about hauling away an old appliance? Some stores include these services in the price, while others charge separately.

WARRANTY WISDOM

Read the warranty *before* you buy an item. Appliances should perform as advertised, and the **warranty should clearly define what you can do if the item breaks**. Before paying extra to buy an extended warranty or service plan, know what it covers. There's a chance the regular warranty is all you need, or if you used a special credit card for the purchase, the credit card company may include warranty coverage. In most cases, it's better to skip the extended warranty and set a little money aside for potential repairs.

REFERENCE:

<https://www.energy.gov/energysaver/shopping-appliances-and-electronics>

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Registration Form

Register early! Class size is limited. Please register by May 15th.
Mail this form with registration fee of \$5.00 to:
Rosa Smith, 02 Industrial Park Rd, Booneville, KY 41314

REVERSIBLE

HEADBAND

Rita Rogers will teach you how to make reversible headbands for adults and youth.



ECO-FRIENDLY KITCHEN SPONGE

Gail Halsey will teach you how to make an Eco-friendly kitchen sponge.



FROSTY

Cheryl McCauley will teach you how to make a versatile Frosty Winter decoration.



MINI WALLET

Nancy Pratt will teach you how to make a nice Mini Wallet



PLAYING CARD HOLDERS

Ashley Phipps will teach you how to make these playing



Mail form and \$5.00 registration fee to:

Rosa Smith
Owsley County Extension Office
02 Industrial Park Rd.
Booneville, KY 41314

Each class lasts one hour (you may select up to 3 classes). Kits will be supplied for each class. Please arrive before 10 a.m.

- ___ KNOT BAG
- ___ SEWING MACHINE MAT
- ___ FABRIC BASKET
- ___ REVERSIBLE HEADBAND
- ___ FROSTY
- ___ PLAYING CARDS HOLDER
- ___ ECO-FRIENDLY SPONGE
- ___ MINI WALLET
- ___ PLEASE CHECK ONE BELOW:
- ___ KNOTT ___ BREATHTTT
- ___ (ROBINSON CENTER)

Name _____

Address _____

Phone _____

Email _____

