

Lincoln County Extension Homemakers



NEWSLETTER

Cooperative Extension Service
Lincoln County
104 Meter Trail
Stanford, KY 4084
606-365-2447

Spring is in the air!

Here at the Extension office we are hoping to hear something soon about a new FCS agent. Our programs, groups, and clubs continue to meet, and you can find more info on those, and some happenings in the surrounding counties in this newsletter.

As always, contact any extension staff at 606-365-2447 or email us at Lincoln.ext@uky.edu.

Thank you,



Tyler Miller
County Extension Agent for
Agriculture and Natural Resources



Courtney Brock
County Extension Agent for
4-H Youth Development

<https://www.facebook.com/lincolncountyky/>



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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.

County Cultural Arts Event

Date: Friday, March 3, 2023 (Snow date: March 10 if needed)

Place: Lincoln County Extension Office

Check-in Time: 9 – 11 a.m.

Pick up Time: 1:00 p.m.

Please have your items labeled and ready for check-in when you arrive at the Extension Office. Some tags are included in this newsletter. Additional tags are available at the Extension Office. **Please leave the entry number line blank when completing the tag and do not put your name on the tags.** You will not be able to stay for judging so please return at 1:00 p.m. to pick up your items entered.

Please refer to the list of categories/subcategories and rules that are included in your calendar book or attached in the February newsletter. More tags are available at the Extension Office. All items entered **MUST** be made by the Homemaker only. Please let Phyllis Patterson know if you have questions.

Lincoln County Extension Homemakers Club News:

Yarn Group - Will be meeting via Zoom on March 6th at 5:00 p.m. Please call 606-365-2447 and leave an e-mail address if you'd like to join.

Photography Special Interest Club – Photo club members will meet on March 9th at 9:30 am at the Lincoln County Extension Office. We will be traveling to Midway, KY for photo ops and to learn about the history and charm of this small town.

OPI Special Interest Club – will meet 3rd Wed, March 15. 10:00-3:00. At Ext Office. If you have any questions, call Brenda.

Pieceful Hearts Special Interest Club Meeting – will meet March 20th 1:00-4:00 p.m.

One Piece at a Time Special Interest Club – will meet Saturday, March 11, 2023, from 9 am-3 pm. We will not meet in April due to it being Easter Weekend.

Sassy Stickers – Members will meet on March 17th at 10 a.m.

Happy Hearts Club - will meet on the 4th Wednesday at 10:00 at the Extension Office. We welcome you to join us.

English Paper Piecing Group - Will meet on March 27th at 5 p.m. to continue to work on their project.

Diabetes Support Group

Date: March 17, 2023

Time: 10 a.m.

Place: Lincoln County Extension Office

Topic: Please join the diabetes support group will meet on March 17th. Please call 606-365-2447 if you'll be joining us.



Extension Homemakers Council Meeting

Date: March 23, 2023

Time: 1:30 p.m.

Place: Lincoln County Extension Office

Hopefully all clubs can be represented at the council meeting. Members make important decisions about county events and programs at the council meetings.

Monday, March 6th, 2023—Dementia Support Group 10:00 AM

Topic: "Healthy Living for Your Brain and Body: Tips from the Latest Research "

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

To register, call 606-365-2447

Leader Training - "Sweet Swaps"

Date: March 23, 2023

Time: 10 a.m.

Place: Lincoln County Extension Office via Zoom

Instructor: Tara Duty

Please call to register if you plan to join us at the Extension Office 606-365-2447

The Camp for Courageous Kids are in need of 100 Twin size quilts for their camp by June 1st. They would prefer handmade. These should be completely finished and ready for use. They did say they would also accept purchased quilts. These can be brought to the KEHA State meeting in Louisville, in May 2023. If you have questions, call Brenda Hammons or State Advisor Kelly May. All donations will be greatly appreciated.



Floral Hall Meeting

The Lincoln County Fair Floral Hall will meet on March 27th at the Lincoln County Extension Office. If you would like to join the floral hall committee or have a question contact Michelle Padgett at 606-282-0515 or michelle.padgett@uky.edu.



2023



County Annual Meeting

Date: April 4, 2023

Time: 11:30 a.m.

The meal will be a potluck meal, with each member attending bringing a prepared recipe. Bring your own beverage. Water will be furnished.

International Event - This years theme is "Switzerland"

Date: April 13, 2023



County Newsletter Annual Inclusion Statement

- Counties are asked annually to include the Civil Rights Act-Compliant statement in their County Newsletters. The statement below should be copied, pasted, and placed at the bottom of a newsletter document. Content should not be altered. Use the official statement as follows:
- *The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C.*



It's Sew Fine Sewing Seminar

April 13-14, 2023

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

Full-day and half-day classes.

View schedule & details online:

tinyurl.com/3fvpb5vx



Register &
pay online!

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

UK
University of Kentucky
College of Agriculture,
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Cooperative Extension Service

For questions, contact:
Mercer County Extension Office
859-734-4378 tara.duty@uky.edu

**FAMILY &
CONSUMER
SCIENCES**
Creating Healthy & Sustainable Families

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
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EVENTS HAPPENING IN SURROUNDING COUNTIES



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Painted Door Hanger

with Vivian

March 17th at 1 p.m.



Come paint a door hanger at the Jessamine County Extension Office! A variety of patterns will be available for you to choose from.

Cost: \$20

covers all materials needed

You must RSVP by March 13th.

To RSVP, call 859-885-4811

**a minimum of 8 participants are needed for the class. If the class does not reach this number it will be canceled.*

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Homebased Microprocessing Workshop



Saturday, March 25, 2023

9:30am-2:30pm

Boyle County Extension Office

99 Corporate Drive, Danville, KY 40422

In-Person and Virtual



University of Kentucky
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Join our workshop!
Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products.

Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

The cost of the workshop is \$50.00.

For more information & to register:

ukfcs.net/HBM

or call 859-236-4484

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WINDMILLS QUILTED TABLE RUNNER

Taught by Liz Kingsland

March 30th

10:30 a.m.- 3:30 p.m.

Cost: \$16



1. Beginner Skill Level
2. Please pack a lunch.
3. A supply list will be sent out to those who register from the instructor.
4. Class Location: Jessamine County Extension Office, 95 Park Dr. Nicholasville, KY40356

To register, please call 859-885-4811

Registration deadline is March 20th

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Rope Bowl

Taught by Peggy Mitchell

April 4th from 1 p.m. - 3 p.m.

- Supplies to bring:
- Sewing Machine with the capability to do a zig-zag stitch
 - *A limited quantity of sewing machines are available upon request
 - White thread
 - Bobbins
 - Sharp Scissors
 - 80/12 Sewing Needles
- All other supplies will be provided



Cost: \$15

Jessamine County Extension Office
95 Park Dr. Nicholasville, KY 40356

To register, please call 859-885-4811
Registration deadline is March 28th

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QUILTERS GUILD OF THE BLUEGRASS
PRESENTS

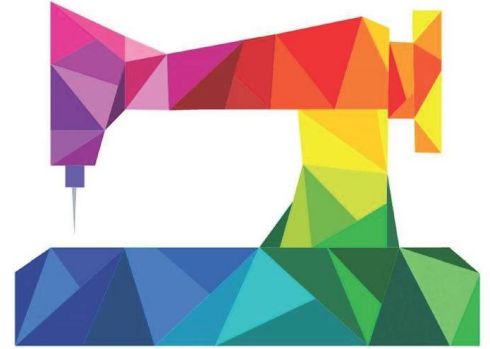
Quilter's Day Out

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

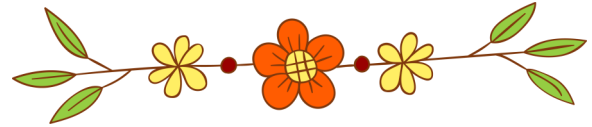
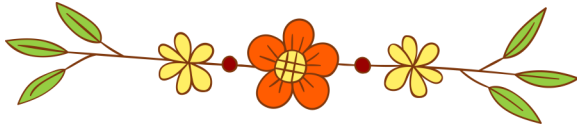
Vendors+Food+Quilts
Door prizes + Show & Tell



Quilters Guild

of the
Bluegrass

Bring a Fat Quarter for the
Charity Basket Door Prize



Upcoming Alzheimer's Association Educational Programs

Please join us for any of these FREE in-person programs brought to you by the Alzheimer's Association in partnership with the Lincoln County Extension Office.

All programs are from 1-2 PM ET at the Lincoln County Extension Office, 104 Metker Trail, Stanford, KY 40484.

Monday, February 6th, 2023 -

"Dementia Conversations"

Monday, March 6th, 2023 -

"Healthy Living For Your Brain & Body"

Monday, April 3rd, 2023 -

"Understanding & Responding to Dementia Related Behaviors"

To register, call 1.800.272.3900.
Registration Not Required.
Walk-Ins Welcome.



ALZHEIMER'S ASSOCIATION®



Vegetarian Taco Soup



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

Nutrition facts per serving:

220 calories;
3.5g total fat;
0g saturated fat;
0g trans fat; 0mg cholesterol; 340mg sodium; 40g total carbohydrate; 5g dietary fiber; 6g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source:

Andrea Wilde, Staff Support, Northern KY; and Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension

- 2 tablespoons olive oil
- 1 large onion, diced
- 1 can (46 ounces) no-salt-added tomato juice
- 2 cans (15 ounces) pinto beans, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) no-salt-added corn, drained
- 1 can (15 ounces) no-salt-added diced tomatoes
- 3/4 cup dry brown rice
- 1 packet reduced-sodium taco seasoning mix
- 2 tablespoons garlic powder
- 1/2 tablespoon cumin
- 4 cups water

Optional toppings: cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat olive oil in a large pot on the stovetop over medium heat.
3. Add diced onion and stir well.
4. Cook and stir for 4 to 5 minutes or until the onion starts to turn clear.
5. Add remaining ingredients and bring to a boil.
6. Reduce heat to low. Cover and simmer for 40 minutes, or until rice is tender.
7. Just as you would a taco, top each bowl of soup with ingredients like cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.
8. Refrigerate leftovers within 2 hours.

Makes 14 cups

Serving size: 1 cup

Cost per recipe: \$9.11

Cost per serving: \$0.65



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

SHRINKFLATION: INCREASING PRICES, DECREASING QUANTITY

You have likely noticed increased prices when shopping lately, but have you also noticed packaging sizes are shrinking? This is known as “shrinkflation.” Let’s unpack what this means for your household and explore ways to be more mindful when shopping.

UNDERSTANDING SHRINKFLATION

Sometimes called downsizing, *shrinkflation* occurs when companies maintain current prices (or even increase prices ever so slightly) while giving you less product. The size differences are often small enough to keep the physical packaging the same, such as a bag of chips shrinking from 13 ounces to 11 ounces, or a package of bacon shrinking from 16 ounces to 12 ounces. These small changes can easily go unnoticed. In fact, manufacturers are counting on consumers not paying attention to the amount of product in their packages, especially when it comes to shrinking sizes.

WHY SHRINKFLATION MATTERS

Even small changes in the amount of a food or household item can add up quickly and impact your monthly budget. The less of the item you receive, the more often you need to repurchase it. Take toilet paper, for example, which was quite the commodity in 2020. Would you notice if your toilet paper contained just 312 sheets per roll instead of its usual 340 sheets? For the same price, there would be less than 92% as many sheets per roll



than before it was downsized, and you will likely go through each package approximately 8% faster.

TIP #1: NOTICE PACKAGING CHANGES

To combat shrinkflation, pay attention to slight changes in packaging on the products you buy, from cereal to toilet paper to shampoo. While not all shrinking products will come with new packaging or a “new look,” some companies may make boxes or bottles taller and narrower to trick the eye into believing it holds more product than it does. Also, be wary of ‘bonus buys’ that promise additional product. Compare the ‘bonus buy’ to the regular product to ensure it contains more.

TIP #2: CALCULATE UNIT PRICE

Shrinkflation is a legal tactic companies can use to save money from a production standpoint. The Fair Packaging and Labeling Act requires businesses to clearly label an accurate weight

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CALCULATING AND COMPARING UNIT PRICES HELPS YOU COMBAT SHRINKFLATION



on its packaging so that customers can comparison shop between like items. However, it doesn’t prohibit companies from decreasing an item’s weight if they clearly label the amount of product contained in the package.

Calculating and comparing unit prices helps you combat shrinkflation. Unit prices help you compare different brands and different sizes of the same brand. Unit prices show you the price per unit, such as pounds or ounces, and are located on the shelf price tag, not on individual packages. You can also calculate the unit price of an item by dividing the price of the item by the number of units.

For example, let’s compare the unit price of two packages of bacon. Bacon #1 is priced at \$4.69 and contains 12 ounces. Bacon #2 is priced at \$5.38 and contains 16 ounces. When we divide price by units, Bacon #1 has a unit price of \$0.39 per ounce, and Bacon #2 has a unit price of \$0.33 per ounce. Although Bacon #2 costs more, you get more bacon in the pack, and it has a lower unit price than Bacon #1.

TIP #3: SAVE WHEN YOU CAN

Finally, keep an eye out for sales and consider stocking up on freezer or self-stable household staples when you find a deal. Between inflation (the rising costs of goods and services) and shrinkflation (the shrinking amount of goods we receive), many households may find it difficult to “bring home the bacon” because it’s getting harder to afford it! Using smart shopping strategies like couponing, buying generic brands, and utilizing customer loyalty programs can also help you maximize your resources.

REFERENCES:

<https://research.stlouisfed.org/publications/page1-econ/2022/12/01/beyond-inflation-numbers-shrinkflation-and-skimpflation>
https://consumerfed.org/press_release/coping-with-shrinkflation-tips-on-making-ends-meet-as-packages-get-smaller-and-inflation-carries-on/
<https://www.npr.org/sections/money/2021/07/06/1012409112/beware-of-shrinkflation-inflations-devious-cousin>

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2023-2024 Fort Harrod Area Extension Homemakers Lesson Ballot



Please check one: Individual Ballot _____ Club Ballot, please name club _____

Please choose the top 8 lessons you would like taught in the 2023-2024 Extension Homemaker year. Return your ballot to your County Extension Office no later than April 28, 2023.

_____ **Smart Homes**

Bring your home into the 21st century by adding useful tech around the house. Learn about all sorts of home tech, from security systems and doorbell cameras to digital thermostats and door locks you can control from your smart phone.

_____ **Savor the Flavor: Cooking with Oils and Vinegars**

Many of us know there are a variety of cooking oils and flavored vinegars out there, but may not be sure how and when to use them. Join us for this class in which you will learn about adding flavor to foods and dishes with cooking oils and vinegars. We will learn about some of the most common types of cooking oils and flavored vinegars found in your grocery store — or they may be already in your cupboard!

_____ **Cast Iron Cooking Outdoors (and indoors)**

Learn the basics about cooking outdoors (and indoors) with cast iron! This session will focus on learning techniques for enjoying outdoor cooking in a safe and healthy way. Learn more about a basic outdoor cooking kit as well as improvised low-cost cooking methods. Outdoor cooking is great for recreation but is also useful in emergency preparedness situations such as the recent floods in eastern Kentucky and tornados in west Kentucky.

_____ **Bread Making**

Making your bread at home can save you money AND it tastes better because it is fresh! This lesson will focus on sourdough and whole-grain recipes from artisan bakers!

_____ **Basic Clothing Mending**

Learn how to do basic clothing mending techniques such as hemming pants and patching holes.

_____ **Transferring Cherished Possessions**

Estate planning can be a complicated process, especially when considering how to transfer personal property to people who will want and care for it after your death. Charting a course of action as you begin is a way to provide clarity when creating an estate plan for your non-titled possessions.

More options on back →



_____Makeup Basics

Confused on how to apply makeup the right way? Or are you unsure what products will work best for you? This lesson will help you identify your skin type and what products will work best for you! Plus, you will learn professional application tips for a flawless finish that will last all day!

_____Mindfulness

No one is immune to feeling and experiencing stress. Chronic stress can have negative health effects on the body and brain. Mindfulness techniques can be a healthy habit to manage and reduce stress and lead to better mental and physical health. This lesson will introduce participants to a variety of mindfulness techniques to help find something that works for you.

_____Basic First Aid

Are you ready for an emergency? Having first aid skills can be extremely helpful in a variety of situations one may find themselves in. This lesson will provide participants with some skills, tools, and knowledge about providing first aid.

_____Entertaining Little Ones

Keeping little ones entertained can be rather difficult at times. Participants in this workshop will learn three simple steps used to identify activities children enjoy. Then use that information to create a 5- day activity routine to keep little ones engaged and active. Digital resources are discussed.

_____Basic Technology

Mobile apps, podcast, social media, and smart devices are advances in 21st century technology. Questions that baffle our non-tech individuals include: What are these smart devices? How can a device be so smart if I do not know how to use it? This lesson will provide participants with the basic tools to understand the mystery of modern technology.