

MARCH / APRIL 2023

HEALTHY CHOICES FOR HEALTHY FAMILIES



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



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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



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.



**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

HEALTHY CHOICES

FOR HEALTHY FAMILIES



PARENT CORNER

Meal planning

Make mealtime easier by planning a weekly menu of your meals. Post your weekly meal plan in a place where everyone can see it — the refrigerator door is always a good spot. Here are some tips to get started planning weekly meals.

- **See what you already have.** Look in your freezer, cabinets, and fridge. You can save money by using these items in planned meals.
- **Write down recipes to try.** Find new ideas for healthy and budget-friendly meals based on what you have, foods your family enjoys, and foods that are good buys.
- **Make a grocery list.** Write your grocery list by store section to make shopping quick and easy.
- **Buy a mix of fresh, frozen, and shelf-stable items.** Plan for a mix of fresh, frozen, and shelf-stable foods for your meals. Eat fresh food first so it does not go bad. Stock your freezer and pantry with items you can eat later.

Adapted from USDA, MyPlate

LOCAL EVENTS

Mason County

Budget Friendly Meals March 13th 11:00 AM At Mason County Extension Office
Please Call ahead to Reserve a Spot

Cooking Through The Calendar March 28, 11:00 AM At Mason County Extension Office
Please Call ahead to Reserve a Spot

International Night April 20th 6:00 PM at Bracken County Extension Office

KEHA State Meeting May 9th-11th At Louisville, KY

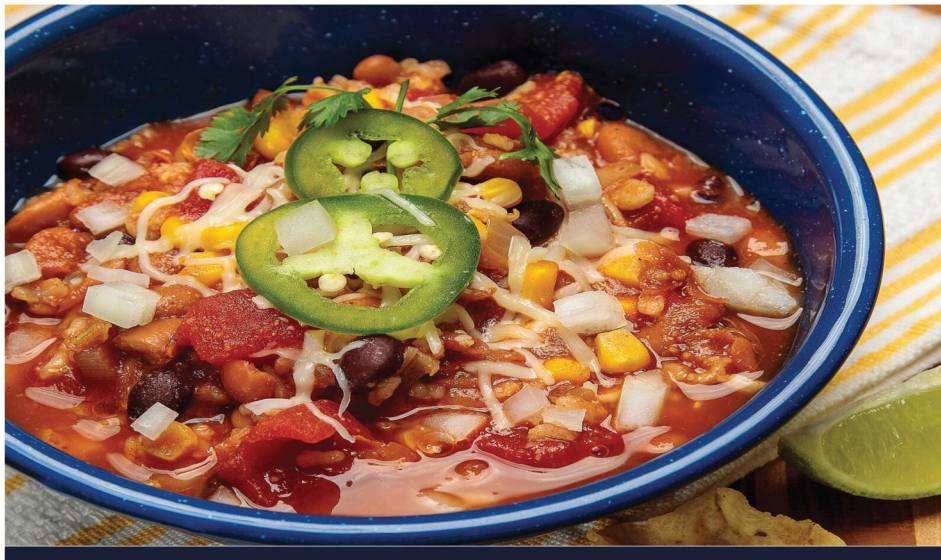
Tad Campbell,
CEA for Agriculture/Natural Resources

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If you are interested in nutrition classes, contact your Extension office.

Mason County Cooperative Extension Office
800 US Hwy 68
Maysville, KY 41056
Family and Consumer Sciences

VISIT US ONLINE AT
EXTENSION.CA.UKY.EDU/COUNTY



28 MARCH 2023
11:00 AM

MASON COUNTY EXTENSION OFFICE
800 US HWY 68
MAYSVILLE, KY 41056

COOPERATIVE EXTENSION



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

COOKING THROUGH THE CALENDAR

VEGETARIAN

TACO

SOUP



REGISTRATION PLEASE CALL AHEAD TO REGISTER 606-564-6808

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.



Disabilities accommodated

COOPERATIVE EXTENSION



Mason County Extension Office

Class	Date/Time
Freezer Meals	Monday, October 17 th 11:00 AM
Make Ahead Breakfast	Monday, November 7 th 11:00 AM
Slow/Electric Pressure Cookers	Monday, January 23 rd 11:00 AM
Casseroles	Monday, February 13 th 11:00 AM
Budget Friendly	Monday, March 13 th 11:00 AM
Salads	Monday, April 24 th 11:00 AM

There is no cost but we do ask that you register by at least the week before. Check our facebook page for up to date information or call 564-6808!

Mason County Family & Consumer Sciences



Cooperative Extension Service
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Family and Consumer Sciences
4-H Youth Development
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2023 KEHA STATE MEETING REGISTRATION FORM
 "Let's Take A Hike with KEHA" • May 9-11, 2023 • Louisville, Kentucky

Name _____
 Address _____
 City _____ State _____ Zip Code _____
 County _____ Special Diet/Food Allergies _____
 Phone (____) _____ Email _____
 Emergency Contact _____ Relationship _____ Phone # _____

Check all that apply:

KEHA MEMBER STATE BOARD MFH GUILD AGENT COUNTY STAFF UK SPECIALIST
 ___ FIRST TIME ATTENDEE - YES NO VOTING DELEGATE - YES NO OTHER

	Early Bird Rate (By 4/10/23)	Late Registration (By 4/24/23)
Full Conference Registration	\$140	\$175
2-Day Conference Registration	\$120	\$140


2-Day Includes Either Tuesday/Wednesday OR Wednesday/Thursday - Please check appropriate boxes below

MY REGISTRATION INCLUDES:

<input type="checkbox"/> Tuesday 5/9	<input type="checkbox"/> Wednesday 5/10	<input type="checkbox"/> Thursday 5/11
Check-In for Cultural Arts, Quilt Squares, Showcase, Raffle and Auction Opening Luncheon Banquet (price included!) Seminars—Session 1 & 2* Hands-On Creative Classes—Session 1* Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show	Seminars—Session 3 & 4* Hands-On Creative Classes—Session 2* Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show Business Meeting Master Farm Homemaker Guild Luncheon and Meeting* General Session with KEHA Choir performance	Officer Training Workshops Educational Chairman Trainings Awards Luncheon (price included!) <div style="border: 1px solid black; padding: 5px;"> <p>NOTE: Select specific sessions and classes on next page. * = May include extra costs.</p> </div>

FULL OR 2-DAY REGISTRATION \$ _____
AMOUNT FROM SESSIONS, CRAFTS, SHIRTS LISTED ON PAGE 6 \$ _____
 (MAKE CHECKS PAYABLE TO KEHA) **GRAND TOTAL** \$ _____

NOTE: MASTER FARM HOMEMAKER GUILD LUNCHEON IS A SEPARATE REGISTRATION THIS YEAR,
 CONTACT FAYE KORTHAUS AT: mfkshorthorns@gmail.com

 <p>NOTICE</p> <p>Mail by April 10 for the discounted registration fee. Any registration with a USPS postmark after April 24 will be returned. This is necessary to allow processing time.</p>	<p>MAIL TO:</p> <p>Harlene Welch KEHA Treasurer 207 Fifth Street Cynthiana, KY 41031</p>	<p>FOR KEHA TREASURER USE ONLY:</p> <p>Date received: _____ Check number: _____ Amount Paid: _____ Balance Due: _____ Refund Due: _____</p>
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If you would like to receive an email confirmation of your registration and session enrollment check here or enclose a self-addressed, stamped envelope with your registration.

(Continued on other side...)

Name _____

Please select your 1st, 2nd, and 3rd choices with a 1, 2, or 3 for each session and only pay for your 1st choice if there is a fee.

Tuesday, May 9 - SESSIONS

- Seminars – Session 1 – 2:00 p.m. – 3:15 p.m.**
 RANK Financial Management Before and After a Natural Disaster (Max: 60 attendees)
 RANK The Leadership Academy – What Would I Gain? (Max: 50 attendees)
 RANK Who We Are vs. How People See Us (Max: 50 attendees)
 RANK Herbalicious Cooking (Max: 30 attendees)
 RANK Edible Plants and Flowers in Your Landscape (Max: 30 attendees)
 RANK Pots - Plants and More (Max: 25 attendees)
 RANK Beginning Shuttle Tatting (Cost: \$15) \$15
 (Max: 20 attendees)
 RANK Native Bees: All the Buzz on Our Busiest Pollinators (Max: 40 attendees)
- Seminars – Session 2 – 3:45 p.m. – 5:00 p.m.**
 RANK The Art of Charcuterie (Cost: \$10) \$10
 (Max: 60 attendees)
 RANK Vanilla - The Second Most Expensive Spice in the World (Max: 50 attendees)
 RANK What is a Quilt Registry? Why Should You Register Your Quilt? (Max: 50 attendees)
 RANK Edible Plants and Flowers in Your Landscape (Max: 30 attendees)
 RANK Home Decor – Creative Summer Kitchen Towels (Cost \$10) \$10
 (Max: 25 attendees)
 RANK KEHA Leadership Academy Reunion (limited to past Academy members only)
 RANK Raising Hope Kentucky: Building Connectedness and Community (Max: 60 attendees)
 RANK Preparing for the Future: Impacts of a Wetter and Warmer Climate in KY (Max: 40 attendees)

Wednesday, May 10 - SESSIONS

- Seminars – Session 3 – 8:15 a.m. – 9:30 a.m.**
 RANK Wardrobe Accessories: The Finishing Touch (Maximum: 60 attendees)
 RANK Stretching Your Dollar: What to Do When the “Ends” Don’t Meet (Maximum: 60)
 RANK Emergency Health Information (EHI) Cards – Save a Life (Maximum: 50 Attendees)
 RANK Helpful Tips and Tricks for Online Grocery Shopping (Maximum: 50 attendees) \$2
 RANK Leading 4-H Clubs by Empowering Youth (Cost \$2) (Maximum: 30 attendees)
 RANK Plan. Eat. Move. For Better Health! (Maximum: 40 attendees)
 RANK Herbalicious Cooking (Maximum: 30 attendees)
 RANK Robert’s Rules of Order Said What??? (Cost \$10) (Maximum: 25 attendees) \$10
- Seminars – Session 4 – 1:30 p.m.– 2:45 p.m.**
 RANK Homemakers, Take the Lead! (Maximum: 50 attendees)
 RANK Helping Others Navigate Stress After a Disaster (Maximum: 50 attendees)
 RANK Stretching Your Dollar: What to Do When the “Ends” Don’t Meet (Maximum: 50 attendees)
 RANK Pathways to Wellness: Navigating the People, Places, and Spaces That Influence Health (Maximum: 50 attendees)
 RANK Preparing for the Future: Impacts of a Wetter and Warmer Climate in KY (Maximum: 30 attendees)
 RANK Plan. Eat. Move. For Better Health! (Maximum: 40 attendees)
 RANK How to Get Your Club Noticed - Marketing & Publicity (Maximum: 40 attendees)
 RANK KEHA Choir Rehearsal (pre-registered choir members only)

Tuesday, May 9 - CRAFTS

- Hands-On Crafts Session 1 - 5:15 p.m. - 6:15 p.m.**
 RANK Let's Make Soap \$10 \$10
 RANK Swedish Weaving Embroidery \$10 \$10
 RANK Flower Pounding Craft \$0
 RANK English Paper Piecing \$0
 RANK Snackle Box \$5 \$5
 RANK Wilderness Flowers in a Mason Jar \$0
 RANK Daisy Painting \$0

Wednesday, May 10 - CRAFTS

- Hands-On Crafts Session 2 - 3:30 p.m. - 4:30 p.m.**
 RANK Let's Make Soap \$10 \$10
 1 Swedish Weaving Embroidery \$10 \$10
 3 Flower Pounding Craft \$0
 RANK English Paper Piecing \$0
 RANK Snackle Box \$5 \$5
 2 Wilderness Flowers in a Mason Jar \$0
 RANK Daisy Painting \$0

Thursday, May 11 - TRAININGS

Please check the Officer and Chairman trainings you plan to attend. NOTE: All who are registered are welcome to attend. Learn what it means to lead!

- Officer Trainings - Thursday, May 11 - 8:00 a.m.-9:15 a.m.**
 President Vice President
 Secretary Treasurer

- Educational Chairmen - Thursday, May 11 - 9:45 a.m.-11:00 a.m.**
 Management & Safety Food, Nutrition & Health
 Leadership Development International
 Cultural Arts & Heritage 4-H/Youth Development
 Environment, Housing & Energy
 Family & Individual Development

STATE MEETING SHIRT \$16

Qty: _____ Size: ___ Small ___ Medium
 ___ Large ___ XL ___ XXL ___ XXXL ___ XXXXL

\$ _____

AMOUNT DUE FROM SESSIONS AND CRAFTS \$ _____

STATE MEETING SHIRT \$ _____

TOTAL \$ _____

PLEASE TRANSFER THIS AMOUNT TO PAGE 5



VALUING PEOPLE. VALUING MONEY.
MANAGING IN TOUGH TIMES INITIATIVE

FAMILY FINANCIAL MANAGEMENT

Vol. III, Issue 5



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THIS MONTH'S TOPIC:

Getting Away On What You Can Afford

As the end of the school year approaches, many people are looking forward to a family vacation. They offer a time to rest, rejuvenate, and spend quality time together. However, increasing prices for gasoline, airfare, lodging, and entertainment may make this year's summer getaway more difficult. Instead of cancelling, there are several ways to trim the travel budget. *Reduce the number days of your trip.* Depending on your destination, reducing the trip from seven to five days could save several hundred dollars in lodging, food, and entertainment expenses. If you have not yet selected your destination, *consider off-peak locations.* For example, ski lodges tend to offer great summer deals. You won't be able to hit the ski slopes, but you can still enjoy the outdoor atmosphere, restaurants, and tourist attractions. If your plans are flexible, *look for last minute deals or specials.* Airlines and hotels offer discounts to fill vacant seats and rooms. However, if you are searching the Internet for deals, be certain you are dealing with a reputable travel company.



Finally, instead of planning a big family vacation, *consider becoming a tourist in your own city.* Call your local visitor's bureau and inquire about special summer events which may be happening locally, such as county fairs or summer festivals. Involve your children in planning family events, such as a trip to the zoo that includes a picnic lunch.

Regardless of your vacation destination or activities, don't forget the importance of staying within your budget. Set a daily spending limit for meals, entertainment, and souvenirs. Make certain that everyone in the family is aware of the limit and then allow family members to help set the day's agenda based on the budget. As a family, decide if you want to purchase tickets to the aquarium or theme park or if everyone would rather spend the day sight-seeing and followed by a nice dinner out.

Written by: Jennifer Hunter, PhD, Assistant Extension Professor, Family Financial Management

Regardless of your vacation destination, don't forget the importance of staying within your budget.

Environmentally friendly Traveling Tips

This summer, whether you're planning a day trip, a weekend get-a-way, or a week-long vacation, go green and save green by following these simple environmentally friendly traveling tips:

Before you go:

- Unplug any unnecessary appliances, such as TVs, DVD players, coffee pots, and microwaves. These items can still use energy in their off mode. Also adjust thermostat and water heater settings to conserve energy.
- Investigate environmentally friendly hotels in the area you will be visiting. Look for hotels that have an environmentally friendly certification, such as LEED (Leadership in Energy and Environmental Design), or a membership in a green industry association, such as Green Seal. Before making reservations, ask about recycling and energy- and water-saving programs the hotel participates in.

While traveling:

- Pack your own reusable water bottle.
- Take only maps and brochures you plan to use. If you are traveling in a large group, share brochures to reduce waste.
- Walk or use public transportation to reduce vehicle emissions.
- Always turn off lights when you leave your hotel room.
- Avoid using disposable bags while shopping. Instead, pack a canvas bag.
- While eating out, grab only the condiments, napkins, and utensils you need.

Written by: Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues.

Planning a "Staycation"

With summer on the horizon, many families are beginning to plan their annual vacations. However, with price increases for gasoline and airfare, travel can be costly. To save money, consider planning a staycation instead of a vacation by taking advantage of the unique opportunities for family fun that Kentucky has to offer. Be sure to enlist the help of your adolescent or teenager in the planning process! Using the Internet or resources available at your local library, challenge your teen to search for interesting things to do in your community, nearby towns, or across the state. Kentuckytourism.com is a helpful starting point. From state parks and caves, to historic homes and birth places, to museums and battlefields, to zoos and horse tracks, the possibilities are endless! Also, encourage your teen to consider working a college visit into the family's vacation plans. State universities and private colleges offer free, scheduled daily tours to interested future students. Not only will planning a staycation save your family money, it will help your teen understand that exciting and educational opportunities are sometimes just outside of your backdoor!

Written by: Nichole Huff, Doctoral Student, Family Sciences

Source: FCS5-451, Building a Healthy Wealthy Future: Youth, by Jennifer Hunter and Nichole Huff.

FAMILY FINANCIAL MANAGEMENT

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Designed by:
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Stock images: 123RF.com



www.uky.ag/MoneyWise

MoneyWise is a Managing in Tough Times initiative





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

Mason County

800 US Highway 68

Maysville, Kentucky 41056

Return Service Requested



International Night

Bracken County Homemakers



April 20, 2023

Speaker: Kyle Gillespie
Former United Nations Officer

Open to the public!

Cost: \$15

Deadline to register April 14th

Registration 6:00 PM ~ Meal 6:30 PM

Caterer: Jackie Hamilton

Location: Bracken County Extension Office