Family & Consumer Sciences March Newsletter



Ohio County Cooperative Extension Office, 1337 Clay St., Hartford, KY 42347 • 270-298-7441

New Homemaker Specialty Club

Join the Crafters Clan, a new Homemaker Specialty Club! This crafting club will meet at 5 p.m. on the third Tuesday of every month at the Ohio County Extension Office. The first meeting will be held March 19. For more information or to pre-register, call the Extension Office at 270-298-7441.

Leader Lesson Ballots Due

Homemaker leader lesson voting ballots for the 2024-2025 year are due on March 29 to the Extension Office.

Upcoming Classes/Events

- "Fitness Fridays" will begin on March 1. Join us from 11 a.m. to noon every Friday in March & April to walk some laps inside on your lunch hour (building on the hill).
- "Fairy Lanterns Workshop" will be held at 10 a.m. March 6 (building on the hill). Call the office to preregister.
- "Basil, Cilantro & Chives, Oh My!" will be held at 1:30 p.m. March 11 (building on the hill). Call the office to pre-register.
- KEHA Cultural Arts entries are due to the Ohio County Extension Office by noon on March 15.

For more information, call the office at 270-298-7441. See attached fliers.

Lexington, KY 40506

March, 2024



Nan Montgomery
Extension Agent, Family & Consumer Sciences

Brandy Garcia

Program Assistant, Family & Consumer Sciences

In the event of inclement weather if school is cancelled, it is the policy of the
Cooperative Extension Office to cancel
any Extension sponsored activities.
Watch our Facebook page for updates!

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.





Homemaker Happenings

Thought for the Month: "Think outside – no box required." – Unknown

Roll Call: Thinking of spring, share your favorite outdoors activity.

Leader Lessons: "Handy to Have: Emergency Health Information Cards" and "Understanding and Preventing Suicide" will be held at 10 a.m. March 19 at the Daviess County Extension Office



✓ In case you are interested in attending -

Ohio County Health Coalition will meet at 11:30 a.m. March 13 at the Extension Office. The topic will be "QPR (Question, Persuade, Refer) Suicide Prevention Training." To attend, register at least two days in advance at https://forms.office.com/r/CJGP9vj3B2.

Beda

President Regina Hudson 270-298-3680 Meets second Thursday, 9:30 a.m.

Liberty Belles

President Norma Barrett 270-256-8044 Meets second Tuesday, 10 a.m., Liberty Church in Beaver Dam

Specialty Club: Roadrunners

President Brenda Renfrow 270-298-4460

Fordsville

President Cathy Green 270-256-4082 Meets second Tuesday, 10 a.m., Jack & Joan Edge's Community Room

Taylortown

President Marsha Young 270-274-2633 Meets third Thursday, 10 a.m.



Center for Courageous Kids

The Ohio County Homemakers will be collecting donations until **March 29** for the Center for Courageous Kids in Scottsville. The center has requested <u>cleaning supplies</u>, <u>pillow cases</u> (<u>standard size</u>), <u>wash cloths and microfiber glass cleaning cloths</u>. The items can be brought to the Extension Office any time and Nan will have a place for them in her office.

The Center for Courageous Kids is for children facing medical challenges who may not be able to participate in experiences like fishing, swimming, dancing, playing, climbing and horseback riding. There is no charge to the children or their families. There are nine separate week-long

summer camps, serving up to 128 seriously ill children per week who could not even be considered for other programs. Each week is designated to a different illness. Twenty-four hour medical coverage is provided and there is an on-site medical center.

For more information, please contact Nan or Brandy at the Ohio County Extension Office at 270-298-7441.







Plan Ahead. Eat Well. Get Moving.

The Kentucky Nutrition Education Program (KYNEP) encompasses two USDA programs: The Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program (SNAP-Ed). Both programs are administered by the UK Cooperative Extension Service in order to show limited resource families with young children and SNAP eligible individuals how to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills, and change behavior necessary to have a healthy lifestyle.

Looking for new recipe ideas? Check out https://
www.planeatmove.





Spring Harvest Salad

Dressing:

5 cups torn spring leaf lettuce

strawberries

2½ cups spinach leaves 1½ cups sliced

1 cup fresh blueberries
½ cup thinly sliced green

onions

 Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.

Prepare dressing by whisking together the lemon juice, olive oil, 4 teaspoons lemon juice honey
2½ tablespoons olive ½ teas

oil Salannan halanni

1 tablespoon balsamic vinegar

1½ teaspoons Dijon mustard

balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.

Sprinkle salad with feta cheese and sliced almonds.

4. Serve immediately.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

2 teaspoons Kentucky

1/2 teaspoon salt

1/4 **cup** feta cheese crumbles

1/2 **cup** unsalted sliced almonds

Yield: 8, 1 cup servings. Nutrition Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.



Replacing Important Documents After a Natural Disaster

Source: Nichole Huff, Assistant Extension Professor of Family Finance and Resource Management

Recent natural disasters have left many Kentuckians wondering how to replace important documents lost after tornadoes and flash floods. Ideally, you have an emergency, grab-and-go folder that you can easily grab in emergencies. But sometimes, the events happen so fast, there's only time to worry about personal safety.

Documents such as birth certificates, driver's licenses, mortgage papers and insurance policies provide identity and a sense of security. Fortunately, you can replace those documents if you know who to contact. Some documents may be easier to replace than others, but with persistence, you can obtain new copies.

You may need to replace your birth certificate first, since many other agencies require it to get other documents. To replace a Kentucky driver's license, it's best to schedule an appointment with a regional licensing office. You may find the office nearest you and make appointments online at https://drive.ky.gov/driver-licensing/Pages/Regional-Offices.aspx.

Contact your insurance carriers to request new copies of your policies. You may be able to access your account online and download copies to a secure online storage location. It's also important to contact your credit card companies to let them know you've lost your cards. They can cancel your current accounts and issue new cards, sometimes overnight.

The University of Kentucky College of Agriculture, Food and Environment put together a comprehensive list of links at https://www.ca.uky.edu/sites/www.ca.uky.edu/files/disaster_recovery_replacing_important_papers.pdf

After you've replaced everything, take a moment to photograph the documents with a mobile device and save them in a secure online storage area or in a location away from your home, such as a safety deposit box or with a family member in another town or state.







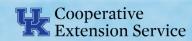
Follow us online!

Classes are listed on our county website and our Facebook page! https://ohio.ca.uky.edu/



https://www.facebook.com/OCExtensionService

Listen to the UK Family & Consumer Sciences podcast at https://ukfcsext.podbean.com/



FITNESS FRIDAYS!

11:00 a.m.-noon

Every Friday in March & April **Ohio County Extension Office**

> 1337 Clay St, Hartford (building on the hill)

Let's put some spring in our steps together! Are you tired of sitting at home or at your desk all day? Do you need somewhere to walk indoors? Join us for a few laps and make some new friends during your lunch hour! We will share lots of healthy recipes, some good information and we will have prizes and a few free gifts! Let's get moving!

For more information, call the Ohio County Extension Office at 270-298-7441.

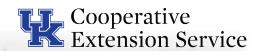
Cooperative **Extension Service**

Agriculture and Natural Resources 4-H Youth Development Community and Economic Development MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated



Homebased Microprocessing Workshop



9:30 a.m. - 2:30 p.m. • April 22, 2024 Ohio County Extension Office 1337 Clay Street, Hartford, KY

Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products. They 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 presented by the University of Kentucky.



To register online, go to https://fcs-hes.ca.uky.edu/homebased_processing_microprocessing or contact Annhall Norris via email at annhall.norris@uky.edu or by phone at 859-257-1812.

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