FAMILY AND CONSUMER SCIENCE NEWS

Boyd County Cooperative Extension Service March, 2023





We are having some fun events here in the office this month! On March 2nd, we are having our Cooking Through the Calendar program, with a delicious Vegetarian taco soup recipe being prepared. Feb 28th starts our brand new FCS program, Pathways to Wellness being held at 2 pm throughout March and ending April 4th. March 24-25 is the 2nd Sew Creative Expo & Quilt Show, brought to you by the Master Gardeners and Boyd Co. Homemakers.

As always, my door is always open for discussion and ideas!



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

Family and Consumer Sciences

Cooperative Extension Service

Boyd County 2420 Center Street Catlettsburg, KY 41129-1279 (606) 739-5184 Fax: (606) 739-4014 http://extension.ca.uky.edu



In This Issue:

Velcome	1
lomemaker News	2
CS Program Info	4
loneyWise	6
Cooking Through the Calendar	8

Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development 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, gor physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.





Homemaker Upcoming * Events & Announcements



- Cooking With the Calendar: Hillendale Homemaker Club, March 2nd at 6 pm, Boyd County Extension Office. March's Recipe: Vegitarian Taco Soup.
- Homemaker Council Meeting: March 8th at 10 am, Boyd County Extension Office.
- 2nd Sew Creative Expo & Quilt Show: March
 24th and 25th 10 am-6 pm Boyd County
 Extension Expo and Education Center. Brought
 to you by Boyd County Master Gardner's and
 Boyd County Homemakers.
- Mats for Homeless: **Every Thursday** at 10 am, Boyd County Extension Office.
- Sewing/Quilting/UFOs: **Every Monday** at 5 pm, Boyd County Extension Office.



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 S	Special Diet/Food Allergies					
Phone (<u>)</u> E						
Emergency Contact	Relationship Phone #					
Check all that apply:						
KEHA MEMBER STATE BOARD FIRST TIME ATTENDEE - YES NO	N	MFH GUILD VOTING DE	AGENT ELEGATE - YES	_ COUNTY ST NO 🏻	TAFFUK SPECIALIST OTHER	
	Early Bird Rate		ate	Late Registration		
			(By 4/10/23)	(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:						
☐ Tuesday 5/9	☐ Wednesday 5/10		□Thu	☐ 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		* Education Awards L on NOTE: and cla	Officer Training Workshops Educational Chairman Trainings Awards Luncheon (price included!) NOTE: Select specific sessions and classes on next page. * = May include extra costs.		
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						
discounted registration fee.		AIL TO: ne Welch	Date receive	A TREASURER USE ONLY: ed: per:		
		Treasurer	Amount Pai	d:		
P		fth Street	Balance Due	e:		
This is necessary to allow processing time. Cynthian		ia, KY 41031	Refund Due			

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...)

PLEASE TRANSFER THIS AMOUNT TO PAGE 5

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	Wednesday, May 10 - SESSIONS	Tuesday, May 9 - CRAFTS			
Seminars – Session 1 – 2:00 p.m. – 3:15 p.m. Financial Management Before and After a Natural Disaster (Max: 60 attendees) The Leadership Academy – What Would I Gain? (Max: 50 attendees) Who We Are vs. How People See Us (Max: 50 attendees) Herbalicious Cooking (Max: 30 attendees)	Management Before and After a Natural Disaster (Max: 60 attendees) Touch (Maximum: 60 attendees) Stretching Your Dollar: What to Do When the "Ends" Don't Meet (Maximum: 60) Emergency Health Information (EHI) Cards —Save a Life (Maximum: 50 Attendees) Helpful Tips and Tricks for Online Grocery Shopping (Maximum: 50 attendees) Max: 30 attendees) Helpful Tips and Tricks for Online Grocery Shopping (Maximum: 50 attendees) Leading 4-H Clubs by Empowering Youth (Cost \$2) (Maximum: 30 attendees) Plan. Eat. Move. For Better Health! (Maximum: 40 attendees) Herbalicious Cooking (Maximum: 30 attendees) Mars - Session 2 - 3:45 p.m 5:00 p.m.	Hands-On Crafts Session 1 - 5:15 p.m 6:15 p.m. Let's Make Soap \$10 \$10 □ Swedish Weaving Embroidery \$10 □ Flower Pounding Craft \$0 English Paper Piecing \$0 Snackle Box \$5 \$5 □ Wilderness Flowers in a Mason Jar \$0 Daisy Painting \$0			
Pots - Plants and More (Max: 25 attendees) Beginning Shuttle Tatting (Cost: \$15) \$15□		Wednesday, May 10 - CRAFTS Hands-On Crafts Session 2 - 3:30 p.m 4:30 p.m. Let's Make Soap \$10 \$10 □ Swedish Weaving Embroidery \$10 \$10 □			
Native Bees: All the Buzz on Our Busiest Pollinators `		Swedish Weaving Embroidery \$10\$11			
(Max: 60 attendees) Vanilla - The Second Most Expensive Spice in the World (Max: 50 attendees) What is a Quilt Registry? Why Should You Register Your Quilt? (Max: 50 attendees) Edible Plants and Flowers in Your Landscape (Max: 30 attendees) Home Decor − Creative Summer Kitchen Towels (Cost \$10) (Max: 25 attendees) KEHA Leadership Academy Reunion (limited to past Academy members only) Raising Hope Kentucky: Building Connectedness and Community (Max: 60 attendees) Preparing for the Future: Impacts of a Wetter and Warmer Climate in KY (Max: 40 attendees)	Seminars – Session 4 – 1:30 p.m.– 2:45 p.m. —Homemakers, Take the Lead! (Maximum: 50 attendees) —Helping Others Navigate Stress After a Disaster (Maximum: 50 attendees) _Stretching Your Dollar: What to Do When the "Ends" Don't Meet (Maximum: 50 attendees) —Pathways to Wellness: Navigating the People, Places, and Spaces That Influence Health (Maximum: 50 attendees) —Preparing for the Future: Impacts of a Wetter and Warmer Climate in KY (Maximum: 30 attendees) Plan. Eat. Move. For Better Health!	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.m9:15 a.m. President Vice President Secretary Treasurer Educational Chairmen - Thursday, May 11 - 9:45 a.m11:00 Management & Safety Food, Nutrition & Health Leadership Development International Cultural Arts & Heritage 4-H/Youth Development			
STATE MEETING SHIRT \$16 Qty: Size:SmallMediumLargeXLXXXLXXXXL	NETIA CHOIL Netleatsal (pre-registered choil	Environment, Housing & Energy Family & Individual Development AMOUNT DUE FROM SESSIONS AND CRAFTS \$ STATE MEETING SHIRT \$ TOTAL \$			

Pathways to Wellness





Health begins where we live, work, learn, and play.



Join us!

When: Feb 28th, March 7th, & 21st, April 4th

at 2pm.

Where: Boyd County Extension Office

Info: (606) 739-5184 or jndouc2@uky.edu

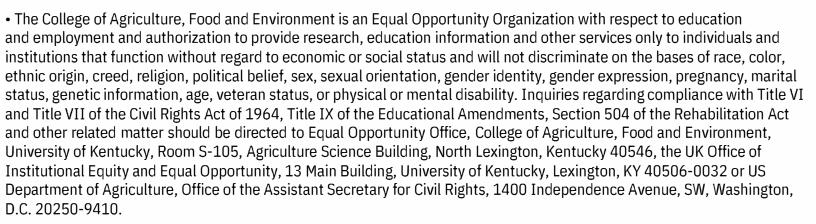
These action packed sessions will help you live and interact with our community in a new and vibrant way.

Please plan to attend all four.

Call to register or stop by the Boyd County Extension Office.









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

Family and Consumer Sciences

Travel the World without Leaving Your Kitchen! Ireland

Cooperative Extension Service

Boyd County 2420 Center Street Catlettsburg, KY 41129-1279 (606) 739-5184 Fax: (606) 739-4014 http://extension.ca.uky.edu



March 17th 6 pm-8 pm at the Extension Office. Please call 606-739-5184 to register.

Join for a fun discussion on the traditional foods of Ireland and enjoy some Corned-Beef & Cabbage with some Irish Soda Bread!

This class is free to the public.

Jacqueline Doucet
Jacqueline Doucet
County Extension Agent
for Family and Consumer Sciences

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

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.









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 <u>not</u> 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



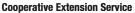
than before it was downsized, and you will likely go through each package approximately 8% faster.

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



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

LEXINGTON, KY 40546





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-ofshrinkflation-inflations-devious-cousin

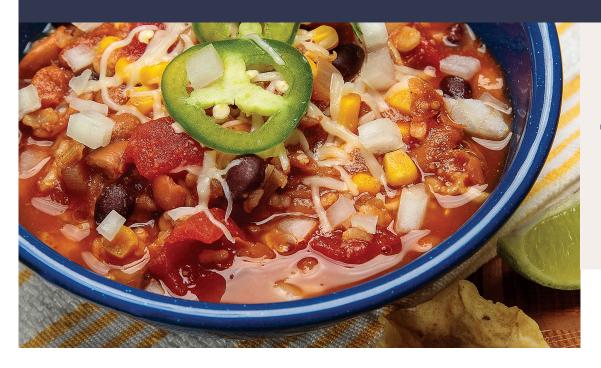
Written by: Nichole Huff | Contributing Author: Miranda Bejda | Edited by: Mindy McCulley Designed by: Kelli Thompson | Images by: 123RF.com

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





Vegetarian Taco Soup



- 2 tablespoons olive oil
- 1 large onion, diced
- 1 can (46 ounces) no-saltadded 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-saltadded corn, drained
- 1 can (15 ounces) no-saltadded 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

SNAP Supplemental Nutrition Assistance Program Within Reach

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; Og saturated fat; Og trans fat; Omg cholesterol; 340mg sodium; 40g total carbohydrate; 5g dietary fiber; 6g total sugars; Og 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

Cooperative Extension Service

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

LEXINGTON, KY 40546



