

FAMILY AND CONSUMER SCIENCE NEWS

Boyd County Cooperative Extension
Service
March, 2023



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

Family and Consumer Sciences

Cooperative Extension Service

Boyd County
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Happy March!

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!



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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.

Homemaker Upcoming Events & Announcements

MARCH

- Cooking With the Calendar: Hillendale Homemaker Club, **March 2nd at 6 pm**, Boyd County Extension Office. **March's Recipe: Vegetarian 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.



* **HAPPY**
Shamrock
DAY! *



2023 KEHA STATE MEETING REGISTRATION FORM
"Let's Take A Hike with KEHA" • May 9-11, 2023 • Louisville, Kentucky

Page 5

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:

☐ **Tuesday 5/9**

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

☐ **Wednesday 5/10**

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

☐ **Thursday 5/11**

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**



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.

MAIL TO:

**Harlene Welch
 KEHA Treasurer
 207 Fifth Street
 Cynthiana, KY 41031**

FOR KEHA TREASURER USE ONLY:

Date received: _____
 Check number: _____
 Amount Paid: _____
 Balance Due: _____
 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...)

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.**

- ___ 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)
- ___ Edible Plants and Flowers in Your Landscape (Max: 30 attendees)
- ___ Pots - Plants and More (Max: 25 attendees)
- ___ Beginning Shuttle Tatting **(Cost: \$15)** \$15 ☐
(Max: 20 attendees)
- ___ Native Bees: All the Buzz on Our Busiest Pollinators ` (Max: 40 attendees)

Seminars – Session 2 – 3:45 p.m. – 5:00 p.m.

- ___ The Art of Charcuterie **(Cost: \$10)** \$10 ☐
(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)** \$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)

STATE MEETING SHIRT \$16

Qty: _____ Size: ___Small ___Medium
 ___Large ___XL ___XXL ___XXXL ___XXXXL
 \$ _____

Wednesday, May 10 - SESSIONS**Seminars – Session 3 – 8:15 a.m. – 9:30 a.m.**

- ___ Wardrobe Accessories: The Finishing 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)
- ___ Leading 4-H Clubs by Empowering Youth **(Cost \$2)** (Maximum: 30 attendees) \$2 ☐
- ___ Plan. Eat. Move. For Better Health! (Maximum: 40 attendees)
- ___ Herbalicious Cooking (Maximum: 30 attendees)
- ___ Robert’s Rules of Order Said What??? **(Cost \$10)** (Maximum: 25 attendees) \$10 ☐

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! (Maximum: 40 attendees)
- ___ How to Get Your Club Noticed - Marketing & Publicity (Maximum: 40 attendees)
- ___ 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.**

- ___ Let's Make Soap \$10 \$10 ☐
- ___ Swedish Weaving Embroidery \$10 \$10 ☐
- ___ Flower Pounding Craft \$0
- ___ English Paper Piecing \$0
- ___ Snackle Box \$5 \$5 ☐
- ___ Wilderness Flowers in a Mason Jar \$0
- ___ Daisy Painting \$0

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 ☐
- ___ Flower Pounding Craft \$0
- ___ English Paper Piecing \$0
- ___ Snackle Box \$5 \$5 ☐
- ___ Wilderness Flowers in a Mason Jar \$0
- ___ 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

AMOUNT DUE FROM SESSIONS AND CRAFTS \$ _____**STATE MEETING SHIRT \$ _____****TOTAL \$ _____****PLEASE TRANSFER THIS AMOUNT TO PAGE 5**

Pathways to Wellness



Pathways to Wellness



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

 College of Agriculture,
Food and Environment

Family and Consumer
Sciences Extension

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.



• 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. 20250-9410.



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Travel the World without Leaving Your Kitchen! Ireland



**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
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



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



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-skipflation>

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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Vegetarian Taco Soup



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

- 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

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

