

# March 2023

## McLean County Extension

### Family and Consumer Sciences



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

McLean County  
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### Important Dates

- March 2, 9:00 a.m. Big Blue Book Club McLean County Cooperative Extension Service (Zoom)
- March 9, 3:00 p.m. Homemaker Council Meeting, McLean County Extension Service
- March 10 Homemaker scholarship due
- March 9, 6:00 p.m. Friendship Club meeting, McLean County Cooperative Extension Service
- March 14, 12:00 p.m. Beech Grove / Glenville Clubs meeting, McLean County Cooperative Extension.
- March 14, 10:00 and 11:00 a.m. Leader Lesson, Daviess County Cooperative Extension Service
- March 15, 10:00 and 11:00 a.m. Leader Lesson, Henderson County Cooperative Extension Service
- March 16, 9:00 a.m. Big Blue Book Club McLean County Cooperative Extension Service (Zoom)
- March 23, 9:00 a.m. Big Blue Book Club McLean County Cooperative Extension Service (Zoom)
- April 3 4:00 p.m. Homemaker Council Meeting, McLean County Extension Service
- April 4 Bingocize 1:00 P.M.
- April 7 Bingocize 1:00 P.M.
- April 11, County Annual Day, Set up at 2:00 p.m. registration at 5:30 p.m. and meal at 6:00 p.m.



Are you looking for a fun way to be more active?



BINGO + GENTLE EXERCISES = BINGOCIZE

Bingocize® is a health promotion program that combines the game of bingo with fall prevention exercises (seated or standing).

Come play bingo and meet new people while learning about techniques to reduce falls and increase cognition. Bingocize® is exercise for your body, mind, and spirit. JOIN THE FUN!!

Classes are FREE!

McLean County Cooperative Extension Office

335 West 7th St. Calhoun

Meeting Tuesdays and Fridays at 1:00 p.m.

First Session Begins April 4th

To Register, please call (270) 273-3690

Last Day to Register is Friday, March 31st



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

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LEXINGTON, KY 40546



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with prior notification.

# KEHA Updates

Several Kentucky Extension Homemaker Association (KEHA) deadlines are coming up in April. Don't miss out!

## State board elections

Send KEHA State Board election credentials by certified mail. They must be postmarked by **April 8**. Credentials will be sought for a total of six positions to be elected in May 2023:

- First Vice President (Program)
- Treasurer
- Environment, Housing, and Energy Chair
- Food, Nutrition, and Health Chair
- Leadership Development Chair
- Marketing and Publicity Chair

All will serve from July 1, 2023, to June 30, 2026. Credentials include

the nomination form for the position — [Appendix pages 6-7](#) for state chair candidates; [Appendix pages 8-9](#) for state officer candidates; and treasurer candidates also need to complete [Appendix page 10](#). For more information, also review the qualifications listed on [page 12 of the Handbook](#) and the job descriptions on the KEHA website in the ["State Board" section](#). Encourage qualified candidates to apply!

## KEHA state meeting

Details were shared in the February State Newsletter, which includes the registration form. The postmark deadline for the discounted early registration fee is **April 10** — this



is also the deadline for group-rate lodging rooms at the Crowne Plaza in Louisville. The final meeting registration postmark deadline is **April 24**. The KEHA State Meeting will take place May 9-11, 2023, at the Crowne Plaza in Louisville. The theme is "Let's Take a Hike with KEHA." Wilderness Trail Area will serve as the host area. Because of rising prices, the registration pricing structure for 2023 has changed. Find details for planning on the [State Meeting webpage](#).

## The McLean County Ag Fair will be July 13, 14 & 15, 2023.

Open-home division books are completed and are ready to be distributed.

July 12<sup>th</sup>

- ◆ 9 am Fair setup
- ◆ 11:30 a.m. to 12:30 p.m. Training for checking-in fair projects
- ◆ 12:30 p.m. to 1:00 p.m. Lunch Break
- ◆ 1 p.m. to 4 p.m. Registration
- ◆ 4 pm till finished Set up and place all projects in their designated area

July 13<sup>th</sup>

- ◆ 10:00 am judging
- ◆ Ribbons placed on projects and prepare open home exhibits

Viewing

- ◆ Viewing will be open from 4:00 p.m. to 8:00 p.m. Thursday, Friday, and Saturday.

Pickup of Exhibits

- ◆ Exhibits will be picked up on Monday, January 17 from 10:00 a.m. to noon.

Volunteers are needed to work on setup, checking in, and setting up the open home division.

**Remember to enter the Open Home Division**

**you can be a McLean County Homemaker or live in McLean County.**

**You do not have to Live in McLean County to join McLean County Homemakers.**

# 2023 KEHA State Meeting

2023 KEHA State Meeting

“Let’s Take a Hike with KEHA ”

May 9-11, 2023

Crowne Plaza

Louisville, KY

For more information visit:

[Http://keha.ca.uky.edu/content/state-meeting-information](http://keha.ca.uky.edu/content/state-meeting-information)



The 2023 Kentucky Extension Homemakers Association (KEHA) State Meeting will take place May 9-11, 2023, at the Crowne Plaza in Louisville. The theme is “Let’s Take a Hike with KEHA.” Wilderness Trail Area will serve as the host area. The lodging room blocks are now open for reservations at a group rate of \$124/night. Register using the special group link found at <https://keha.ca.uky.edu/content/state-meeting-information> or call 866-888-0620 and ask for group code PZ5. **Make your reservations by April 10, 2023, to secure the conference rate.**

**We are planning an exciting state meeting with all the features you know and love! Because of rising prices, we have had to change the pricing structure. We are keeping prices as low as we can to make sure you get the most bang for your buck! Below is a sneak peek at the new pricing structure and all the features it will include. Look for full details and registration information coming this February in your state newsletter!**

	Early-Bird Rate (By 4/10/22)	Late Registration (By 4/24/22)
Full Conference Registration	\$140	\$175
2-Day Conference Registration	\$120	\$140

Full Conference Registration Includes:

- Everything!
- Two meals – Tuesday opening luncheon banquet (New!) and Thursday awards luncheon
- All three days of conference activities\*
- Opportunities to register for learning seminars covering a wide variety of interesting topics
- Opportunities to register for hands-on creative classes
- Cultural Arts viewing
- Quilt square viewing and auction
- Trade show vendors and KEHA merchandise store
- Basket raffle and silent auction
- Homemaker showcase
- Business meeting
- Wednesday night choir performance
- Thursday officer trainings and educational chairman workshops – all are welcome to attend. Learn what it means to lead!

2-Day Conference Registration Includes:

- Tuesday/Wednesday registration OR Wednesday/Thursday registration
- One meal (either opening luncheon banquet (New!) or closing awards lunch
- 2 days of conference activities\*
- Opportunities to register for learning sessions and hands-on creative classes as available on the days you select

\* NOTE: All sessions and classes require advanced registration and are subject to availability. Registration is first-come, first-served with payment. Hands-On Creative Classes and paid sessions *may* include an additional charge.



# McLean County Homemaker Connection



## Homemaker Meeting Dates

- March 9 at 3:00 p.m. Homemaker Council Meeting, McLean County Extension Service
- March 9 at 6 :00 p.m. Friendship Club meeting, McLean County Cooperative Extension Service
- March 14 at 12:00 p.m. Beech Grove / Glenville Clubs meeting, McLean County Cooperative Extension.

## Homemaker Leader Lesson

### ELEMENTS & PRINCIPLES OF ART

This lesson encourages discussion while outlining concepts used to objectively evaluate a drawing, painting, or photograph.

Cultural Arts & Heritage Lesson

## Open Home Division Catalogs

Open Home Division Catalogs have been updated and ready for pick up at the extension office

They will be placed businesses throughout the county for people to pick up.

McLean County Ag Fair will be held July 13 through 15 at Myer Creek Park.

Volunteers are needed.

## Thought for the month:

“A woman is like a tea bag; you never know how strong it is until it’s in hot water.” -Eleanor Roosevelt

Roll Call: March is Women’s History Month. Name a woman from history you admire.

Roll Call: Name your favorite outdoor activity in the spring

## Homemaker Scholarships Applications

Homemaker Scholarships Applications are ready and available with deadline being March 10, 2023.

## HOMEMAKER LESSONS

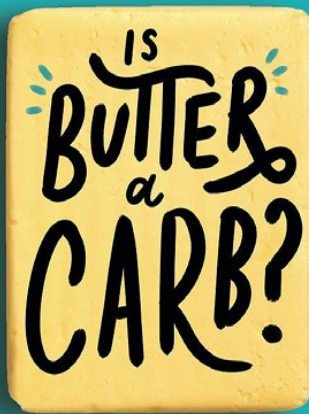
TRAINING DATE:

March 21 (Davies) March 22 (Henderson)

April Lesson: Savoring the Eating Experience: The Art of Eating Mindfully. 10:00 A.M.

May Lesson: Entertaining Little Ones 11:00 A.M.

ROSIE SAUNT and HELEN WEST  
The founders of The Rooted Project



UNPICKING FACT FROM FICTION  
IN THE WORLD OF NUTRITION

## BIG BLUE BOOK CLUB

The first 200 registered participants will receive a free copy of the book.

March 2, 9, 16, and 23

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, *Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition*.

This book removes the moral stigma from food and breaks down the science to provide easy, accessible evidence-based advice on how to live your healthiest and happiest life. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science.

Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition, this series will be held on Thursdays March 2, 9, 16, and 23 at 10:00 am ET/9:00 am CT.

Register at: <https://ukfcs.net/BBBC23Book1>

Family and Consumer Sciences/4-H Youth & Development Agent Kelly Bland will be hosting the meetings live through Zoom at the McLean County Cooperative Extension Service office for those who do not have access to the internet or would like to attend.

## County Annual Day

Save the Date

April 11, 2023

McLean County Cooperative Extension Service

Registration: 5:30 p.m. Program: 6:00 p.m.

Theme: Culinary Genealogy Recipes.

RSVP to your club president or the extension office at 270-273-3690.

**No cost to attend, meat, bread and drink are provided bring a dish.**




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# LOGO CONTEST

Fort Harrod Area needs a logo design for KEHA State Meeting 2024! The theme is: "Blazing the way with KEHA"

**ENTRY REQUIREMENTS:**

- Must say "Blazing the way with KEHA"
- Must depict Old Fort Harrod in some manner.
- Can be color but must also look good in black and white.
- Open to everyone but must be a KY resident.
- Design cannot be larger than 8 1/2 x 11 inches.
- Electronic entries must be submitted in PDF format.
- Entries must be received or postmarked by March 14, 2023.

**WINNER** will receive half of the 2024 Early Bird State Meeting Registration Fee or \$75.00.

**14**  
March 2023

**SUBMIT ENTRIES TO:**  
MERCER COUNTY  
EXTENSION OFFICE  
1007 LEXINGTON ROAD  
HARRODSBURG, KY, 40330  
OR: TARA.DUTY@UKY.EDU



**FAMILY & CONSUMER SCIENCES**



*Kelly Bland*

**Kelly Bland**  
McLean County Extension Agent for  
Family and Consumer Sciences  
and 4-H Youth Development



# 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**





# ADULT

# HEALTH BULLETIN



**MARCH 2023**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

McLean County  
Extension Office  
P.O. Box 265  
335 West 7th Street  
Calhoun, KY 42327  
(270) 273-3690

## THIS MONTH'S TOPIC:

# PREVENT POISONINGS IN YOUR HOME

**N**ational Poison Prevention Week raises awareness of poison prevention during the third full week of March every year. Poisoning occurs when someone ingests a substance that can cause sickness or death. That can mean they swallow it, breathe it, touch it, or splash it in their eye. Sometimes, it is the substance itself that is dangerous because it is not meant for the body. But often, poisoning happens when a person ingests too much of a substance, or misuses a substance, mixes it with other substances, or it is contaminated in some way before ingestion.

The American Cleaning Institute reports that 90% of all poisonings occur in the home. Even though it is the one environment you think people



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## Keep medications in a secured area out of the reach of children.

➔ **Continued from the previous page**

would have the most control over and would therefore be the safest. This statistic highlights the need for adults to make good choices in their homes. They need to pay attention when it comes to household products that can be a danger to themselves and their family members.

### Read the label

Poison prevention at home starts with reading product labels. Turn on the lights, get your glasses, and read product labels, even if you use the item often. This includes medications, cleaners, repair products such as glue, or project supplies like paint and stain.

Pay close attention to products whose labels include words like "Caution," "Warning," "Danger," or "Poison." If you have any questions about how to use or store the item, call the toll-free number found on most product labels.

### Share safety with others

**There are some simple tips you can share with your friends and family to help keep poisoning accidents from happening:**

- Always read and follow product label directions for proper use, storage, and disposal.
- Store cleaning products in a closed area that is away from food and not accessible to young children or pets.
- Store products in their original containers and keep the original label intact. Product use and storage, disposal instructions, precautions, and first aid instructions vary according to their ingredients.
- Do not mix cleaning solutions or other chemicals.
- Keep medications in a secured area out of the reach of children. Supervise children when they are taking a medication, even vitamins or supplements.
- Consult your pharmacist about taking multiple medications at once and taking any over-the-counter medications along with prescription medications. Never take a medication prescribed to someone else.



**Never take a medication prescribed to someone else.**

### Call for help

Keep the number to Poison Help Line (below) posted in an easy-to-find place in your home and in your phone.

**If you think someone may have ingested or otherwise been exposed to a harmful product, call the Poison Help Line at 1-800-222-1222.**

This national number will connect you with your local Poison Control Center.

**If the person is in distress, call 911 immediately.**

### REFERENCE:

<https://www.cleaninginstitute.org/prevent-poisoning-home>

**Written by:**  
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**ADULT**  
**HEALTH BULLETIN**





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# 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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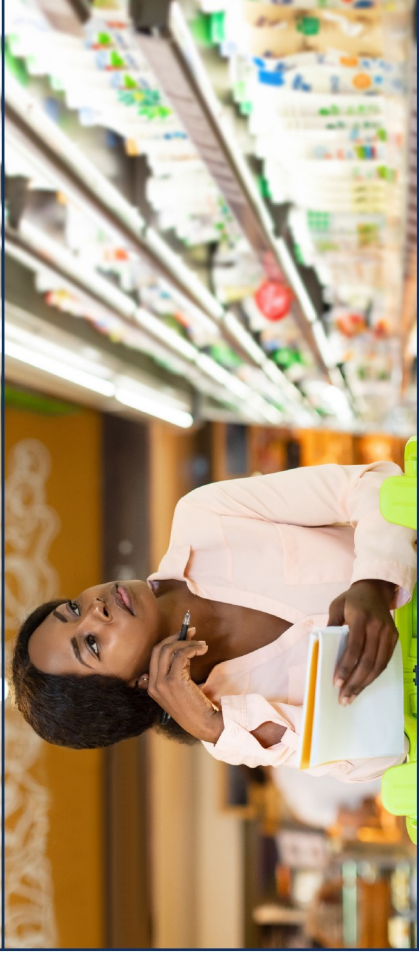
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## CALCULATING AND COMPARING UNIT PRICES HELPS YOU COMBAT SHRINKFLATION



on its packaging so that customers can compare 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-simplification>  
[https://consumerfed.org/press\\_release/coping-with-shrinkflation-tips-on-making-ends-meet-as-packages-get-smaller-and-inflation-carries-on/](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-devilous-cousin>

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