

Family & Consumer Sciences March Newsletter

 Cooperative
Extension Service

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

New Homemaker Specialty Club

March, 2024

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 pre-register.
- "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.



Nan Montgomery

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. Lexington, KY 40506



Disabilities
accommodated
with prior notification.



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.

Fordsville

President Cathy Green
270-256-4082

Meets second Tuesday, 10 a.m.,
Jack & Joan Edge’s Community Room

Liberty Belles

President Norma Barrett
270-256-8044

Meets second Tuesday, 10 a.m.,
Liberty Church in Beaver Dam

Taylortown

President Marsha Young
270-274-2633

Meets third Thursday, 10 a.m.

Specialty Club: Roadrunners

President Brenda Renfrow
270-298-4460



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 cleaning supplies, pillow cases (standard size), wash cloths and microfiber glass cleaning cloths. 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.com/>



Spring Harvest Salad

| | | |
|---|--|--------------------------------------|
| 5 cups torn spring leaf lettuce | Dressing: 4 teaspoons lemon juice | 2 teaspoons Kentucky honey |
| 2½ cups spinach leaves | 2½ tablespoons olive oil | ½ teaspoon salt |
| 1½ cups sliced strawberries | 1 tablespoon balsamic vinegar | ¼ cup feta cheese crumbles |
| 1 cup fresh blueberries | 1½ teaspoons Dijon mustard | ½ cup unsalted sliced almonds |
| 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, balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.
- Sprinkle** salad with feta cheese and sliced almonds.
- Serve** immediately.

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

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



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.



Daylight Saving Time
SPRING FORWARD
Set your clocks ahead one hour
Sunday, March 10
2024



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
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. Lexington, KY 40506



CRAFTERS

CLEAN

**SPECIALTY
HOMEMAKERS
CLUB**

We will make a different
seasonal craft every month!

**5-6:30
PM**

**3rd
Tuesday of
Every
Month**

**\$12 fee for 2024 if
you join in March!
First meeting is March 19!**

**Ohio County Extension Office,
1337 Clay St., Hartford**

To reserve your spot, call the office at 270-298-7441!

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. Lexington, KY 40506



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.

Cost is
\$50.

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.

**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.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.