

March 2024

# Newsletter



FAMILY & CONSUMER SCIENCES  
BOURBON COUNTY EXTENSION HOMEMAKERS



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for Family & Consumer Sciences



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**Spring is coming in like a lion** of activity for the Bourbon County Extension Homemakers and FCS! The teamwork and leadership of members has offered our community outreach, education and assistance during this time and make sure not to miss out on more to come. It is not too late to join in and be a part of upcoming events. March is always a busy month in Kentucky. Many of us enjoy our March Madness and use this time for fellowship and fun but it is also Peter Rabbit time! Peter Rabbit will be visiting all the kindergarten classes to stress the importance of balanced diet and exercise. This year's theme for National Nutrition Month is "Beyond the Table". Peter Rabbit will be sharing the farm-to-fork aspect of nutrition while bringing fresh vegetables for all the students to taste and enjoy.

March is also Women's History Month. This observance is designated to highlight the contributions of women to events in history and contemporary times. I challenge each of you to stretch your knowledge of one woman in history of whom you were not familiar and how she made a difference for us today. This "stretching" activity can take place through your local library, internet or maybe even networking with seniors in your own community. Share your newfound information with others. This sharing can take place through conversation, social media or calling a friend. If we each learn an interesting fact about a woman in history and share that fact, think how fast and how much education we will have about our history. Are there interesting women in Bourbon County's history? I cannot wait to hear from you! Every day we learn something is a good day. As our Bourbon County Homemaker President says, "We are better together!"

Make plans now to attend the 87th Annual Bourbon County Homemakers meeting on April 25th and make sure to invite a friend. The night will be filled with good food, good connections with new and old friends and recognition of the 2023-24 homemaker year. The Helping Hands Auction of talents, skills, services and items always proves to be entertaining as well as financially supporting the Bourbon County Homemaker Scholarship program.

The 2024 recipient of this scholarship will be recognized at the annual meeting. Please share with others that the application for the scholarship is now available and must be completed and returned to the Extension Office by March 28th. This allows time for review of applications and extend an invitation to this year's recipient to the meeting.

So far the spring has been busy but I cannot wait to see what is ahead for the remainder of the spring and summer.

*Kay Denniston*

Agent for Family Consumer Science  
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## 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

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Disabilities accommodated with prior notification.



March is National Nutrition Month. Established by the Academy of Nutrition and Dietetics in 1973, it's an opportunity to educate about healthy food choices and is designed to focus on creating healthy eating habits and participating in physical activity for better health. This year's theme is Beyond the Table.

Beyond the Table is referencing the "farm to fork" movement. Farm to fork typically means that a restaurant sources foods from local farms and cooks and serves them to customers. This process, thought of as the typical farm-to-table process, only tells part of the story about the foods we eat.

Beyond the Table is about growing your food, distributing food, purchasing food at the grocery store or farmers market, and how you treat the food at home. It focuses on food safety and storage of the foods you eat.

Food safety is always a good idea. The old saying an ounce of prevention is worth a pound of cure is the best way to view the importance of food safety. Making sure foods are stored at the correct temperature and cooked at the appropriate temperature for the correct amount of time is important to prevent food poisoning. An easy way to monitor food safety in your pantry or fridge is by logging on to FoodSafety.gov. It can be accessed from your PC or an app on your phone.

Shopping for food at the grocery store or farmers' market is how we often purchase food for home use. Farmer's Markets offer a great way of getting food from farm to table.

Growing your food can be challenging yet rewarding. Contact the Bourbon County Extension Office if you need some help with growing your food.

Cooking skills that will enhance your food budget and possibly give you a new life skill can be found through culinary classes at the Extension Office. Invest in a basic skills cookbook if you are a beginner.

Grocery lists make it easier to shop when you plan meals for the week. They can also help you stay on track when shopping for food.

Use government assistance programs to make your food budget go further. Check if you qualify for the Supplemental Nutrition Assistance Program (SNAP). Low-income pregnant, breastfeeding, or postpartum women with infants and children up to age five may qualify for nutrition assistance if eligible for Women, Infants and Children (WIC).

Other ways to access nutrition information. The website MyPlate.gov is a great source for nutrition and food information. Plateatmove.com is maintained by the University of Kentucky's Nutrition Education Program. There you can find recipes, cooking tips, and much more.

For life Beyond the Table, it's important to focus on what we put on the table.



## Bourbon County Extension Homemakers Scholarship

Applications available at  
Extension Office or online at  
<http://tinyurl.com/28ua6h36>

Completed application should be  
returned to the Bourbon County  
Extension Service, Family & Consumer  
Sciences Agent,  
603 Millersburg Rd, Paris, KY  
All applications must be received  
before **4:00 pm, March 28, 2024**

The \$1,000 scholarship will be awarded at the  
Bourbon County Homemakers Annual Meeting.  
Payment of the scholarship will be \$500 per  
semester pending GPA and enrollment  
qualifications.

### ZOOM WEBINAR: INJURY PREVENTION IN THE GARDEN

with Special Guest  
**Gabriela Murza**

Utah State Extension Assistant Professor  
of Health and Wellness



#### LEARN ABOUT:

- Preventing common garden injuries
- Minimizing pain from repetitive movements
- Using proper posture
- Maximizing tool use
- Incorporating stretches

**MARCH 21st, 2024**  
**11AM-12:30PM EST**

REGISTER HERE: <https://ukfcs.net/RegistrationGardening>





Leader Lesson

A beginner's guide to  
**Meal Prepping and Meal Planning**



Planning meals is one of the best ways to save money and eat healthy meals. Learn some tips and tricks that will help to remove the stress of putting healthy meals on the table every night.

Everyone is welcome to join us on Tuesday, March 26th at 10:00 am at the Bourbon County Extension Office. Call 859-987-1895 to reserve your seat.

“President Notes”

Signs of spring are peaking through the ground and I am ready for the warmer weather to stay but have also enjoyed the “teasers” of warm weather that we have experience recently. I am hearing exciting things about the upcoming annual meeting. Be sure to get your tickets, invite a friend and come ready to participate in some fun times. The planning committee for this event have been working together to plan a fun 2024 annual meeting.

Thank you to every club and every member for coming together in donations and volunteer hours to make this year's Farm Machinery Auction concessions a big success. Final numbers are not in but we will definitely have cleared over \$1800! That is \$300 more than last year. Good job Bourbon County Extension Homemakers! Remember to report all those hours of volunteering for gathering supplies as well as work hours for the event. Every year of my term you have proven me right in my saying of “We are “Better Together”!

Mallory Lowe  
 County President



Save the Dates

- March 12.....Council Meeting
- March 18-20.....Kay at Bluegrass Area Retreat
- March 21.....GAP Conference
- March 21..... Gardening Safely
- March 22 .....Peter Rabbit Cane Ridge
- March 22.....Peter Rabbit North Middletown
- March 25.....Peter Rabbit St.Mary
- March 26.....Leader Lesson
- March 26.....Peter Rabbit Paris Elementary
- March 27 .....Peter Rabbit Bourbon Central
- March 28.....Peter Rabbit BourbonChristian
- March 28.....Homemaker Scholarship Deadline
- April 8.....Lesson Ballots Due
- April 11,18,25.....Book Club
- April 18.....Leader Lesson
- April 19.....Helping Hands Due
- April 19.....Last day of ticket Sales for Annual Mtg
- April 25 .....Annual Meeting



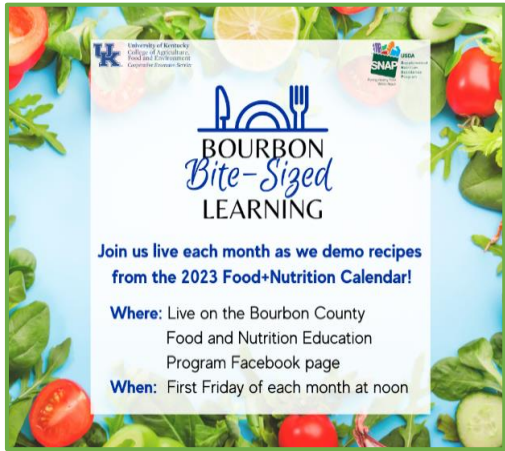
Bourbon County  
 Homemaker  
 Annual Meeting  
**Save the Date**  
**April 25, 2024**  
 Details to follow



Coming to you on Bourbon County Nutrition Education Facebook page.  
If you missed the 1<sup>st</sup> Friday, it is still available on FB and YouTube.



Stop  
by the  
Extension  
Office  
and pick up  
your  
**2024**  
calendar  
to cook  
along!



Join us on Bourbon County Nutrition Education Program Facebook page, March 1st to view Kay preparing "Veggie Egg Rings" or even better - get your new calendar, your ingredients and prepare along with us. Mark your calendar for March 1st at noon!



Bourbon Belles donated **over 3000** diapers to Life House Pregnancy Center. A very successful outreach project. For more information on how you can help the center Call the Bourbon County Extension Office.



Gift items.  
Checks us out at our next outing!



**March 1<sup>st</sup> and 2<sup>nd</sup> were busy and productive days for Bourbon County Extension Homemakers**

**Farmer Heart 2 Heart a success! Watch for more locations coming soon.**



Cooperative Extension Service  
**FARMER Heart 2 Heart**  
 Saturday March 2nd, 2024  
 10 AM - 2 PM  
 Bourbon County Consignment Auction at the Bourbon County Fairgrounds  
 TAKE CARE OF YOUR HEART  
 February is American Heart Month

Stop by for a simple health screening and receive the goodies below (while supplies last)



**Busy Hands Make Happy Homemakers**



Those "Busy Hands" and donations for the 2024 Farm Machinery Auction created a **SUCCESS!**

**Over \$1800 profit!**



Have you ever been to Argentina?  
 Thanks to Laurence and Lucy VanMeter, we enjoyed a trip there along with an authentic meal hosted by Ann Davis McClain and Nancye Fightmaster.  
 It was delightful!



**Make plans to attend the 2024 KEHA State Meeting  
 at Sloan Convention Center  
 and Holiday Inn University Plaza in Bowling Green!**



**May 7-9, 2024  
 Blazing the Way with KEHA**



20th Annual Bluegrass Regional

**Grandparents Raising Grandchildren Conference**

March 21, 2024  
8:00 AM - 3:30 PM  
Clarion Hotel




Grandparents As Parents of Kentucky



Featured Speaker:  
Allison Davis Maxon  
Executive Director,  
National Center on  
Adoption & Permanence

Be one of the first 100  
registered participants  
to receive a free gift.

Register online:  
<http://gapofky.org>  
(859) 257-5582

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

**BOURBON COUNTY  
BACKPACK PROGRAM**

**Peanut Butter Donations Needed  
for Spring Break!**

Drop off **16 oz. jars** to the Bourbon County Extension Office,  
603 Millersburg Rd., Paris by **March 25, 2024**

## Determining My Digital Wellness

I hear from parents regularly about concerns for their child's "chronic" phone use. However, when I ask them directly about their own phone use, I usually get sheepish responses stating, "I am on it more than I should be." Research indicates more adults and children are spending unhealthy amounts of time on screens and media devices. Here are four questions to ask yourself to determine if you are controlling your technology or if it's controlling you.

**Am I being mindful?** Ask yourself if you are being present and enjoying the people or events around you. Am I present and mindful instead of mindlessly scrolling or browsing?

**Am I being kind?** You can quickly comment or reply to a post without taking much time to consider if your words are supportive and helpful. How will your reply or comments make others feel?

**Am I being constructive?** Is this a good use of my time, or can I be doing something more productive or important?

**Am I being healthy?** Is what I am doing healthy and safe for me mentally, emotionally, and physically?

### References:

Murthy, V. (23 May 2023). Surgeon General Advisory: Social Media and Youth Mental Health. <https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf>

The Digital Wellness Lab. (2023, September 11). <https://digitalwellnesslab.org/>

**Source:** David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

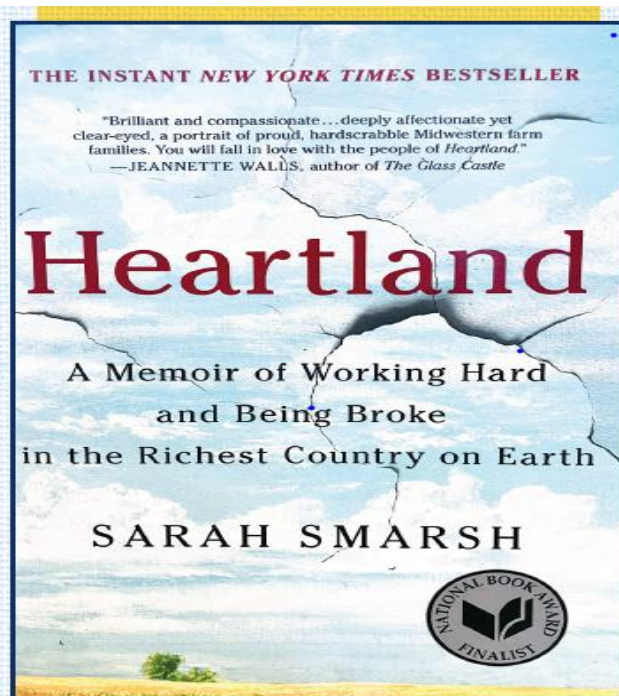


# BIG BLUE BOOK CLUB

**Big Blue Book Club** is back with *Heartland: A Memoir of Working Hard and Being Broke in the Richest Country* on Earth by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. *Heartland* is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for **2024 will be April 11, 18, and 25**. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

**Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>**. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.



WE ARE EXCITED TO  
**READ WITH  
 YOU  
 THIS YEAR!**

**All are invited to  
 Join us at the Extension Office  
 for a Watch Party  
 to participate in Book Club**

If you have limited or no internet access for Zoom connection, please join us each Thursday morning of Book Club to watch together and share our thoughts on the book.

Everyone is welcome – even if you have internet service but would like to enjoy in person book club with others.

Link: <https://ukfcs.net/BBBC24book1>



# 2024 - 2025 Bluegrass Area Homemakers Leader Lesson Ballot



Please choose the top 8 lessons you would like taught in the 2024-2025 homemaker lesson year.  
Return to the Extension Office no later than April 8, 2024.

## **Inspiring Grandchildren to Become Grand Cooks**

Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. The decrease in kitchen skills over generations means grandparents are an important resource for helping grandchildren navigate the kitchen. We'll have ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

## **Creating Welcoming Communities**

All societies experience shifts in culture and modern America is no exception. Have you wished to be more confident in navigating unfamiliar cultural experiences? With this lesson, become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of both ourselves and of others, and gain an understanding of oppressive experiences and their effects. As we seek to build a stronger Kentucky, KEHA volunteers can lead the way in making the state more welcoming to all newcomers in the Commonwealth.

## **Gardening Safely**

Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly. This lesson focuses on the health benefits of gardening, using proper motions for repetitive movement, and appropriate tools for the job at hand. If this lesson does not sound exciting at first, maybe it will grow on you!

## **Using Your Air Fryer**

The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and also is popular for reheating leftovers. This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when purchasing an air fryer.

## **Composition in Photography**

Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography.

## How to Get Out of a Mealtime Rut

When you or a family member find out what is on the menu for dinner, is the typical response “Again?” If you dread the thought of cleaning another dish or you just can’t think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that can be used to overcome mealtime ruts and prepare meals at home. Participants will be able to explain why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas, and identify ways to reduce barriers related to preparing meals at home.

## Understanding Your Credit Scores

Does one number define you? Find out about the meaning behind credit scores, what makes a good one, and how you can improve yours.

## Understanding Medicare and Medicaid

Understanding the [in](#) and outs of government health insurance plans can be difficult. With this lesson, we hope to help you navigate details and answer any questions you may have regarding these programs and make the [best informed](#) decision of what is the best option and plan for you.

## Savvy Online Grocery Shopping

You can buy food from a variety of locations – grocery stores, convenience stores, discount stores, and restaurants. A quickly growing option for food shopping is the online marketplace. Although online grocery shopping has been around for decades, it is gaining momentum with more online options and more technology in our everyday lives. Consumers are interested in or choosing online grocery shopping, but may not understand benefits, drawbacks, or important considerations of buying food this way. This lesson will help consumers feel informed when using online grocery shopping platforms or deciding if online grocery shopping meets their personal needs.

## Nutrients: Supplements and Macronutrients

Macronutrients are the foundation of our diet. However, information about macronutrients and their role in a balanced diet can be confusing. By establishing a basis of nutrition knowledge about macronutrients, you can better understand their impact on health and wellbeing. Come learn the educational gaps related to macronutrients and their role in a balanced and nutritious diet.

## A Bad Deal in Disguise: Types of Scams

Fraud can happen to anyone at any age. Learn how to avoid being a victim by recognizing common scams.

## Movement Breaks

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being. This lesson focuses on modified movement to help improve balance, posture, muscular strength, and ability to perform daily living activities.

### Cooperative Extension Service

Agriculture and Natural Resources  
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Community and Economic Development

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.





COOPERATIVE EXTENSION



2024

**BOURBON EXTENSION  
HOMEMAKERS**

**"HELPING HANDS" AUCTION**

*Item/Service Donated:*

*(please describe and identify any restrictions)*

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-----  
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*Donated by:*

----- Club

*Contact Information:*

Name -----

Phone -----

Email -----

**All proceeds go to  
Bourbon County Homemakers Scholarship Fund**

Cooperative Extension Service  
Agriculture and Natural Resources  
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LEXINGTON, KY 40546



 Disabilities  
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## DIRECTIONS FOR HELPING HANDS AUCTION

The Helping Hands Auction has successfully funded EIGHT \$1,000 scholarships over the last eight years - even the two years without a "Helping Hands" Auction!

Let's have some fun with it AND make some money too!

- Pick a service (or item) that you are willing to share or teach another homemaker.
  - Complete the other side of this certificate.
- **Return to the Extension Office by April 19th There will be no auction certificates accepted after that date.**
- A list will then be compiled of all certificates received and handed out at registration the night of the meeting
  - Decide what service you or your club would enjoy purchasing.
    - Bid, bid, bid!
    - SOLD to top bidder.
  - Buyer will receive certificate with information to contact seller to schedule time to carry out service.

Each club has at least one marketable service to offer. Hopefully the larger clubs will have more than one.

Extra benefit—While having fun offering this service you will get to know fellow homemakers that are not in your club!

If you have questions, do not hesitate to call the Extension office for clarification!

859-987-1895

Get the certificates in early this year as the number of services/items being sold is being limited to shorten the length of the live auction.