

Whitley County Extension Homemakers Newsletter

Check out some of our March Programming!

1. Rockholds Homemakers at AA Women's Services, 2. Cheese making demo provided by AG/Hort department, 3. Busy Bee Homemakers sewing girls' dresses, 4. Teresa Lawson at 4-H sewing club, 5. Linda Burgard, Cheryl Owens, and Becky Meadows at the AG week Meet and Greet, 6. Colleen Brummett's Soda Bread from class, and 7. Instructor Carrie Byrd with a Babka loaf.



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Upcoming FCS Events

*Unless specified, all classes held at the
Whitley County Extension Office, 4275
N. Hwy 25W, Williamsburg, KY*

Registration required for all classes.



Small Steps to Health & Wealth April 1, 8* | 6-7 PM | Free

Small Steps to Health and Wealth is a motivational program that encourages participants to set a health goal and/or a wealth goal and take action to achieve their goals by identifying small progress steps. *This is a 9 week program meeting on Mondays between 1/29-4/8/24.

Yoga is for Every Body April 2, 9, 23, 30 | 10:30-11:30 AM | \$5 per class

Gain flexibility and better balance while building muscle, strengthening bones and your core. Reduce stress, anxiety, blood pressure, and sugar levels along with building the immune system. Sessions will be adaptive to all mobility levels. Instructed by Tammi Eggen of Your Yoga, Corbin.



Recovering Your Finances Series Beginning April 8th | 5:30 - 6:30 PM | Free

Financial stress can put individuals in recovery from substance use disorder at risk for relapse. This eight-unit workshop series is designed to build financial capability for those in recovery. Topics include budgeting, credit, banking, savings, and more. Class will meet Mondays beginning April 8th at Hope House.

Cooking Through The Calendar April 11 | 11 AM | Free

Join us as we explore the recipes in the University of Kentucky NEP 2024 Calendar in this fun class. Recipes are demonstrated and then sampled. Expect class to last between 1 - 1 1/2 hours. April's recipe is Lentil Sloppy Joes.





Laugh and Learn April 18 | 10:30 AM | Free

Laugh and Learn Playdates are for you and your child(ren) to engage in playful activities designed to prepare them for kindergarten. Hear stories, sing songs, make crafts, play games, and enjoy a healthy snack during every playdate. For pre school children ages 3-5. Younger siblings are welcome to attend and participate as able. April's topic is Rain/Spring!

Rosemary Focaccia Workshop April 19 | 6 - 7 PM | \$5.00

Hailing from Italy, focaccia is a flat bread characterized by its dimpled top that is sprinkled with herbs, flaky sea salt and generous amounts of olive oil. Participants should bring a mixing bowl, whisk or wooden spoon and baking pan. A pizza pan or jelly roll pan are perfect for focaccia.



Extension Homemaker Advisory Council Meeting April 25 | 1-2:30 PM

All county officers and club presidents (or their representative) should plan to attend.

10th Annual Earth Day Celebration!

Join us on April 22nd at the Green Space on Main, Downtown Williamsburg, 4-7 PM. Free!

There will be a tree giveaway, free books, environmental education, bounce house, reptile exhibit, art projects, and more!

Register at ukywhitley.pacecommunity.net

For more info or to be involved, call the Extension Community Art Center at 606-549-7373.





Homemaker News



Homemaker Advisory Council Meeting

April 25, 2024 at 1 PM
held at Goldbug Office

All county officers and club presidents (or their representative) should plan to attend.

Let us know what your club is doing so we can share with the other Homemaker Clubs!

Reminders

All Members: keep recording those volunteer hours!

Club Secretaries: Keep track of club activities for the end of year summary (a.k.a. the brag book!)

Please send your Monthly Club Reports to us here at the office.

This enables us to keep a correct record of club attendance. Mail to us at P.O. Box 328, Williamsburg, email to reagan.weedman@uky.edu, or call in at 606-549-1430.



Club News



Busy Bee Club helps Dress a Girl Around the World

Founded in 2009, the "Dress a Girl Around the World" program and volunteer sewing groups have burst forth across the United States and other countries to make dresses. Hope 4 Women distributes the dresses through Hope 4 Kids' international teams as well as other organizations traveling around the world. Since its birth in October of 2009 more than two million dresses have been distributed to 90 countries.

Our very own Busy Bee Extension Homemaker Club participated in this initiative over the last month or so. These magnificent Homemakers created a total of 55 dresses! Thanks for your hard work and serving hearts!



Rockholds club continues Support for Pregnancy Center

The Rockholds Extension Homemaker Club met at David's Steakhouse in Corbin for lunch and their monthly meeting on March 19th. After the meeting, club members visited AA Women's Services, a pro life pregnancy center for mothers and children ages two and under. Club members enjoyed a tour of the center.

Our thoughtful Rockholds members collect essential baby items at every meeting, then donate those items to the center. Thank you for your hard work and devoted service to such a worthy cause!



Become a Smoothie-Making Pro with these Simple, Nutritional Steps

Source: Heather Norman-Burgdorf, UK Extension Specialist for Food and Nutrition; Anna Cason, UK Senior Extension Associate

Smoothies are a convenient way to add nutrients to your diet, adding variety to what and how you eat. Smoothies are simple because you combine all the ingredients into one spot, then blend and enjoy.

With a little practice and these tips listed, you can become a smoothie-making pro.

- Add over-ripened fruits and vegetables. Over time, this can reduce food waste and save food dollars in your home.
- Consider buying single-serving blenders. These are typically less expensive than a true blender. You can also buy blenders secondhand or refurbished, generally discounted around the holiday season. If you do not have a blender, make smoothies in a food processor or with an immersion blender instead.
- Enjoy smoothies right after you prepare them. When you have leftovers, you can drink smoothies within 24 hours if you store them in an airtight container in the refrigerator. You can also pour leftovers into an ice tray with a toothpick or a popsicle tray to freeze and enjoy later.
- Smoothies are a healthy way to supplement meals. They are an easier way to take in calories when eating a meal may be difficult. This is an important consideration during sickness, if someone is managing a chronic condition, or needs to gain weight.
- Smoothies offer variety. You can easily change smoothies to your liking. The next time you make one, try adding a new ingredient or removing one you may not have liked.
- Store-bought smoothie options can be more convenient, but not typically healthier. These options are generally more expensive, high in added sugar and less nutritious than homemade. At home, you can add what you want and simultaneously save food dollars.
- You may have heard of “juicing.” When you juice a fruit or vegetable, you remove fiber and most micronutrients. This is what makes a smoothie a more nutritious option. Smoothies include fiber, vitamins, minerals, antioxidants and phytochemicals you only get when you eat the entire fruit or vegetable.
- With the right ingredients, smoothies can be a balanced meal. Add multiple food groups to your smoothie to meet nutrient needs. For example, a smoothie made with yogurt, strawberries, a banana, spinach and oats provide nutrients from the dairy, fruit, vegetable and grain food groups.
- Smoothies are an easy clean up. To make clean up a breeze, fill the blender or food processor halfway up with water, add a dash of dish soap, and blend. It’s that simple. For other creative ideas for adding nutritious foods to the diet, look for upcoming programs and classes at your local Whitley County Extension office.

Carrot Cake Smoothie

- **1 medium** frozen ripe banana
- **2 medium** carrots, chopped
- **1/2 cup** canned-in-juice pineapple tidbits, drained
- **1/4 cup** low-fat vanilla yogurt
- **1/2 cup** nonfat milk
- **4-5** ice cubes
- **Dash** cinnamon (optional)
- **1/2 teaspoon** vanilla extract (optional)

Wash hands with soap and warm water, **scrubbing** for at least 20 seconds. **Rinse** carrots under cool running water and scrub with a clean vegetable brush to remove any dirt before chopping. **Add** banana, carrot, pineapple, yogurt, milk, ice, and cinnamon and vanilla (if using) to a blender, and **blend** until smooth. If needed, **add** more milk to encourage blending. **Refrigerate** leftovers.

Yield: 2, 1.5 cup servings. **Nutrition Analysis:** 160 calories, 1g total fat, 0g saturated fat, 5mg cholesterol, 90mg sodium, 36g total carbohydrate, 4g fiber, 26g total sugars, 2g added sugars, 5g protein, 6% DV vitamin D, 10% DV calcium, 6% DV iron, 15% DV potassium.



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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



DATES TO REMEMBER:

- 1st- Small Steps to Health & Wealth
- 2nd- Yoga is for Every Body
- 8th- Small Steps to Health & Wealth
- 8th- Recovering Your Finances
- 9th- Yoga is for Every Body
- 11th- Cooking Through The Calendar
- 15th- Recovering Your Finances
- 18th- Laugh & Learn
- 19th- Rosemary Focaccia Workshop
- 22nd- Earth Day Celebration
- 23rd- Yoga is for Every Body
- 25th- HM Advisory Council Meeting
- 30th- Yoga is for Every Body