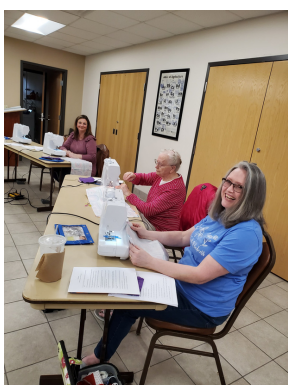




University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
Family and Consumer Sciences

Whitley County  
P.O. Box 328  
4275 N HWY 25 W  
Williamsburg, KY 40769  
(606)549-1430  
whitley.ca.uky.edu

# Whitley County Extension Homemakers Newsletter



Photos of some of our Extension Homemakers enjoying programming from the last month!  
Check out the recipe for the Breakfast Pizza inside!



# Club News



## Work Days to Prep for State Meeting

**Tuesday, April 18th and Wednesday, April 19th 10 am - 3 pm**

Drop in any time during these two days as we craft our submissions for the KEHA State Meeting goodie bags. We will be mod podging and stringing wooden ornaments with a design that honors Whitley County. Please plan to attend as we need as many hands as possible. Come both days all day, or just drop in for an hour if and when you can.

## WTA Annual Meeting Planning Committee & Homemaker Advisory Council Meetings

**Thursday, April 27, 2023**

**Planning Committee Meeting - 11:00 AM & Advisory Council Meeting - 1:00 PM**

Located at the Whitley County Extension - Goldbug office. Please consider staying for both meetings if possible. Lunch will be provided.

## Does Your Club Have News or an Event to Share?

If you'd like to share your club news or event in the Whitley County Extension Homemaker newsletter, just let Linda or Reagan know. You can call us at **606-549-1430**, or email us at [linda.burgard@uky.edu](mailto:linda.burgard@uky.edu) or [reagan.weedman@uky.edu](mailto:reagan.weedman@uky.edu)

## What's Going On In Extension?

We have lots of great classes coming up, not just in Family and Consumer Sciences, but office wide! These classes include options for all ages and all interest areas. Please call us at 606-549-1430 for more information and we will get you in touch with the program area providing the class.

**April 11** - Cooking Through The Calendar at Corbin Public Library, 11 am

**April 14, 21, 28** - Chair Yoga at Community Art Center, 10 am. Call 549-7373 for more information.

**April 20** - Yeast Rolls Workshop (Repeat class), 6-8 pm. \$5 per person. Limited spots. Payment required to secure your spot.

**April 22** - Earth Day Event at River Fog Park, Williamsburg, 2-6 PM

**April 28** - Let's Go Hiking - Anglin Falls, Mt Vernon, KY, 8:30 am. Call 549-7373 or 549-1430 for more info.

**April 29** - Chicken Processing, 10 am

**May 2** - Cooking Through the Calendar at Corbin Public Library, 11 am

**May 5** - No-Knead Bread (Repeat class), 6-8 pm. \$5 per person. Limited spots. Payment required to secure your spot.

**YOU MAY PAY AND REGISTER ONLINE AT [ukywhitley.pacecommunity.net](http://ukywhitley.pacecommunity.net)**



*Linda P Burgard*

**Linda Burgard  
Whitley County**

**Extension Agent for Family and Consumer Sciences**

4275 N. Hwy 25W, Williamsburg, KY 40769

606-549-1430 Fax: 606-549-9029

[linda.burgard@uky.edu](mailto:linda.burgard@uky.edu)



[www.whitley.ca.uky.edu](http://www.whitley.ca.uky.edu)



[www.facebook.com/whitleyfcs](http://www.facebook.com/whitleyfcs)

With Easter upon us, many of us will be coloring, decorating and hunting eggs. If you plan to eat those eggs, remember these tips to keep yourself and your loved ones from developing a food-borne illness.

- Make sure you use only food-grade dyes for coloring. It's safe to use commercial egg dyes, liquid food coloring or fruit-drink powders.
- Wash your hands thoroughly with soap and warm water before and after handling raw eggs or cooked eggs.
- Do not keep eggs out of the refrigerator for hunting or decorating longer than two hours.
- Choose egg hiding places that are free from dirt, moisture, pets and other sources of bacteria.
- Discard any cracked or dirty eggs as they could contain harmful bacteria.
- Eat properly refrigerated, hard-boiled eggs within one week of cooking.
- A greenish ring around the yolk of a hard-boiled egg is a sign of overcooking. It is still safe to eat.

To be extra cautious, you may consider decorating two sets of eggs. Use one for hunting and the other for eating. Another option is to hunt plastic eggs and eat the decorated, hard-boiled ones. For more information on food safety, contact the Whitley County Extension office.

Educational programs of the Cooperative Extension Service 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 expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

## Breakfast Pizza

Servings: 12 Serving Size 1/12 pizza (3-inch square) Recipe Cost: \$9.45 Cost per Serving: \$0.79

### Ingredients:

- Cooking spray
- 2 (8 ounce) tubes reduced-fat crescent rolls
- 1/2 pound breakfast sausage
- 1 cup (4 ounce) fresh mushrooms, chopped or sliced
- 1/2 cup onion, chopped
- 1/2 cup green pepper, chopped
- 1/2 cup tomatoes, chopped
- 4 eggs, well beaten
- 1 cup shredded cheddar cheese

### Directions:

1. Preheat oven to 375 degrees F. Spray a cookie sheet.
2. Press crescent rolls onto the cookie sheet with fingers to create one even sheet of dough.
3. Pinch up the edges to hold toppings.
4. In a skillet, brown sausage and drain.
5. Sprinkle sausage, mushrooms, onion, green pepper, and tomatoes evenly over the dough.
6. Pour eggs over top and sprinkle with cheese.
7. Bake for 20 minutes or until lightly browned.
8. Cut into squares with a pizza cutter and serve.

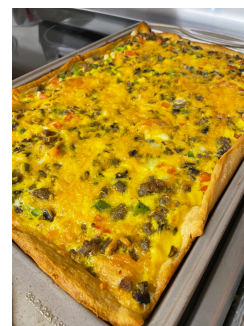
**Option:** Fat and cholesterol content can be reduced by using low-fat cheese and 6 egg whites instead of 4 eggs.

**Source:** Megan Finney, former student, University of Kentucky

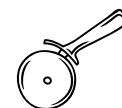
**Nutrition facts per serving:** 250 calories; 17g total fat; 7g saturated fat; 0g trans fat; 75 mg cholesterol; 580mg sodium; 18g carbohydrate; 0g fiber; 3g sugar; 10g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium



College of Agriculture,  
Food and Environment



Here's another photo of the pizza we made here at the office! So good!





# MONEYWISE

## VALUING PEOPLE. VALUING MONEY.

APRIL 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

### BEING A RESPECTFUL GIVER: HOW TO HELP AFTER A NATURAL DISASTER

After a natural disaster or emergency, there is often widespread need. The desire to help those most affected is a normal and often well-intended response from those not affected. However, despite the best of intentions, most aid and donations after a disaster do not best help those in need. Many areas are overwhelmed with unusable in-kind donations that need to be sorted, distributed, and even discarded. This adds to the chaos that often engulfs communities after a disaster strikes. Instead, learn tips for how to help after a natural disaster by being a respectful giver.

#### SO. MUCH. STUFF.

When a natural disaster hits a neighboring community, a knee-jerk reaction is to go through your home and gather things your family no longer wears, wants, or needs to give to storm survivors. When hundreds or thousands of people do this, however, disaster-affected areas can quickly become overwhelmed with stuff. Most often the stuff is not needed; rather it is tattered, dirty, or broken – or the donated items are irrelevant. Used clothing is one of the most-donated but least-needed items after an emergency. Unless an organization specifically requests clothing (for example, winter coats after an ice storm), wait to donate clothing.



#### DONATE MOST-NEEDED ITEMS

If you choose to donate goods or items after a natural disaster, confirm that your items are needed. Reach out to the county Cooperative Extension Office, a local community center (like the YMCA or Red Cross), or a local place of worship, for example, which will be familiar with the specific needs of community members.

Also, consider providing new items that support common donations. An example of this would be manual can openers (as canned goods are frequently donated), or new baby bottles along with canisters of unopened, non-expired baby formula. Dry shampoo, baby wipes, diapers, feminine hygiene products, and work gloves are other examples of needed items that go overlooked after a large-scale disaster.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic status, race, ethnicity, gender, religion, political belief, sex, sexual orientation, gender identity, gender expression, ancestry, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities  
accommodated  
with prior notification.

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development  
LEXINGTON, KY 40546

### CONTACT RECOGNIZED AND TRUSTED ORGANIZATIONS WHO KNOW IF AND WHERE VOLUNTEERS ARE NEEDED



#### DONATE TIME, ENERGY, MONEY, OR GIFT CARDS

According to FEMA, financial contributions are the most flexible and most effective method of donating. Contact recognized charitable organizations who are on the ground in an affected area. They know what items and quantities are needed – and who needs them. Your time and energy may also be helpful in the days, weeks, and months after a disaster. However, never “self-deploy” to disaster areas. Again, contact recognized and trusted organizations who know if and where volunteers are needed. Disaster response and recovery efforts must be well-coordinated within a local community to be safe and effective.

#### BE WARY OF SCAMS

Finally, be wary of donation-related scams after an emergency. Unfortunately, scammers prey on generosity and compassion during times of widespread need. Before donating – especially cash or gift cards – research the charity. Also, be careful of crowdfunding scams. These happen when a person asks for help through a crowdfunding

website, which is an online site where you can make financial contributions to an individual, family, or personal cause. Some crowdfunding sites do little to make sure the money goes where the organizer says it will.

Contact your local County Extension Office for suggestions of community organizations collecting money or in-kind donations.

#### REFERENCES:

- <https://www.fema.gov/disaster/recover/volunteer-donate>
- Huff, N. (2023). *Financial Management After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FRM-IFD.002. [https://fcs-hes.ca.uky.edu/files/frm-ifd.002\\_financesafterdisaster.pdf](https://fcs-hes.ca.uky.edu/files/frm-ifd.002_financesafterdisaster.pdf)
- Norman-Burgdorf, H., & Norris, A. (2023). *Keeping Food and Water Safe After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FN-IFD.002. [https://fcs-hes.ca.uky.edu/files/fn-ifd.002\\_foodwaterafterdisaster.pdf](https://fcs-hes.ca.uky.edu/files/fn-ifd.002_foodwaterafterdisaster.pdf)

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



Become a fan of MONEYWISE on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

# Earth Day Celebration

In memory of Marion Collet

Date: Saturday, April 22  
Time: 2:00–6:00pm  
Location: River Fog Park  
Main Street, Downtown  
Williamsburg



On April 22, 1970, millions of Americans came together to protect the right of all life to live free from environmental hazard and harm. We must continue this fight. Let's come together once again to celebrate our spectacular planet and learn ways to protect and care for it, everyday of the year. Our Earth Day celebration will include tree give aways, informational booths, food vendors, and lots of fun activities for the entire family! You don't want to miss this!





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

Whitley County  
P.O. Box 328  
4275 N Hwy 25W  
Williamsburg, KY 40769

Return Service Requested

NON-PROFIT  
ORG  
US POSTAGE  
PAID  
WILLIAMSBURG, KY  
PERMIT NO. 4

# April 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## DATES TO REMEMBER:

- 1st - Introduction to Tatting
- 11th - Cooking Through The Calendar at Corbin Public Library
- 18 & 19th - KEHA State Meeting work days
- 20th - Repeat Yeast Rolls Class
- 22nd - Earth Day Celebration at River Fog Park, Williamsburg
- 27th - WTA Annual Meeting Planning Committee & Homemaker Advisory Council Meeting