

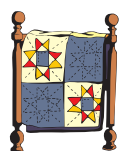
MARCH 2023

NEWSLETTER

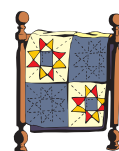
February Recap

February was a slow month for homemaker events because of the kitchen renovation and the 2 weeks of trainings that I had to attend.

Despite last month, I am happy to announce that the kitchen is finished and we can go into March at full force! We have some fun programs planned for March that you wouldn't want to miss out on. Keep your eye out throughout this newsletter, Facebook, and more!



Donations Needed



If you have never heard of Center for Courageous Kids (CCK) before they are a nonprofit organization that offers the camp experience to kids with various disabilities. They have asked KEHA for donations of quilts for their cabins. If you have a quilt that you are willing to donate, please drop it off at the extension office. We will be accepting quilts until May 5th.





Wisely use your tax refund



It's that time of year when we get excited about our tax refunds. By responsibly using this one-time infusion of cash, you can improve your financial standing.

You could wisely use your tax refund to add to your emergency savings account. Most of us do not have enough money saved in the event of job loss, illness or another unexpected event that prevents us from working. Most financial experts recommend having at least six months of income saved to help you work through financial hardship. This fund can also help cover unexpected or emergency household repairs.

You could also choose to reduce your debt with your tax refund. Paying off high-interest debt as quickly as possible is a financial win-win because it reduces the principal on your loan and lowers future interest payments.

Make an extra mortgage payment toward the principal. Much of a mortgage loan goes toward interest and not the principal itself.

Investing in your family's future is always a wise move as it will continue to guarantee future financial stability. You could use your return to start or add a college savings fund for your children or to start or add to your retirement account.

If you must spend your tax refund, make wise spending choices. Consider purchases that allow you to make improvements that add to the resale value of your vehicle or home or to make home improvements that lower energy costs.

You never get too old to learn a new skill. Use some of the refund to take classes or learn new skills or hobbies.

More information on family financial education is available by contacting the Green Extension office.

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BINGOCIZE

Bingo + Exercise = Bingocize

Bingocize is a 6 week health promotion program that combines the game of bingo with exercise. Come play bingo and meet new people while learning about various exercise techniques.

When?
April 10th, 12th, 17th, 19th, 24th, 26th
May 1st, 3rd, 8th, 12th, 15th, 17th

Where?
Green County Public Library: Community Center

Time?
12pm CST

Register at the Green County Extension Office at 270-932-5311 or email katelyn.squires@uky.edu

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification

Mark Your Calendars!



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SIMPLE WAYS TO GOING GREEN

Reusable Beeswax Wraps





Learn about the simple ways of going green within your home, one of those being Reusable Beeswax Wraps. Have some leftover fabric at home? Bring it with you. If not that is OK, we will have some provided.



Date: March 15th
Times offered: 12pm and 4pm
Location: Green County Extension Office



Register by calling Green County Extension at 270-932-5311. Be sure to mention what time you choose!

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Tuesdays 1:30p-2:30p CST

The Walking Club

Let's Walk For Health Together





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COOKING FROM THE CALENDAR

Cajun Seasoned Fish with Rice

Vegetarian Taco Soup




March 23rd, 2023 @ 12pm

Call the Extension Office at 270-932-5311 to register

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KEHA State Meeting Information

2023 KEHA State Meeting May 9-11, 2023

Crowne Plaza
Louisville, KY

<https://keha.ca.uky.edu/content/state-meeting-information>



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.



MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	1	2 County Cultural Arts 9a-11a Entries 12p-2p Judging	3	4
5	6	7 Walk & Talk 1:30-2:30 at the office	8	9	10	11
12	13 Town & Country at Connie Slinkers at 5p	14 Walk & Talk 1:30-2:30 at the office Summersville at 5:30	15 Reusable Beeswax Wraps Times 12pm & 4pm	16 Area Cultural Arts in Taylor County	17 ST. PATRICKS DAY DONT FORGET YOUR GREEN	18
19	20 Homemaker Council Meeting 4pm	21 Walk & Talk 1:30-2:30 at the office	22	23 Cooking from the Calendar 12p both Feb & March recipes	24	25
26	27	28 Circle of Friends 4:30	29	30 Lesson Leader Training: Making the Most of Meals While Traveling with Leah Vanmeter (McCreary FCS)	31	<i>Homemakers</i>

Holidays and Observances: 17: St. Patrick's Day

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Asparagus Tomato Salad

1 pound of fresh asparagus, trimmed and cut into 1-inch pieces
1 small zucchini, halved and cut into ¼ inch slices
3 tablespoons olive oil
2 tablespoons red wine vinegar
1 garlic clove, minced

¼ **teaspoon** seasoned salt
 ¼ **teaspoon** honey mustard
1 cup cherry or grape tomatoes, halved
 ¼ **cup** sliced green onions
 ¼ **cup** shredded fresh mozzarella cheese
 ¼ **cup** minced fresh parsley

Place the asparagus and zucchini in a steamer basket. **Place** in a saucepan over 1 inch of boiling water. **Cover** and **steam** for 2 minutes.

Rinse in cold water. In large bowl, **whisk together** olive oil, red wine vinegar, garlic, seasoned salt and honey mustard. **Pour** over asparagus mixture; **toss** to coat. **Toss** in

tomatoes and green onions. **Sprinkle** with mozzarella cheese and parsley.

Yield: 6 servings

Nutritional Analysis:

110 calories, 7 g fat, 1 g saturated fat,
 5 mg cholesterol, 35 mg sodium,
 5 g carbohydrate, 2 g fiber, 3 g sugar,
 4 g protein.



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



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2023

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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



CALCULATING AND COMPARING UNIT PRICES HELPS YOU COMBAT SHRINKFLATION



on its packaging so that customers can comparison 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-skipflation>

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-devious-cousin>

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