

GREENUP COUNTY FAMILY AND CONSUMER SCIENCES NEWSLETTER

Cooperative Extension Service
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Lora Pullin, Greenup County Family & Consumer Sciences Agent

NORTHEAST AREA ANNUAL MEETING

The Northeast Area Homemakers Annual Meeting will be hosted by the Boyd County Homemakers on October 14, 2023. The registration form is still in development. If you are interested in attending this event, please call the Greenup County Extension Office to be added on the list to receive the registration form.

Anyone who was awarded a first place ribbon at the Greenup County Homemakers Annual Meeting held on April 28, 2023 and plans to enter the item at the Area meeting, should take the item personally, or bring the item to the Extension Office by October 13, 2023, for transporting. Use the same entry card that was given to the item upon entry at our county meeting. ALL items must have these cards attached for entry at the October meeting.

HOMEMAKERS OPENING DAY MEETING SET FOR AUGUST 11, 2023

The Greenup County Homemakers Opening Day Meeting will be held at the Extension Office on Friday, August 11, 2023. A light breakfast will be served beginning at 9:30am and the meeting will begin promptly at 10:00am. Club officers are encouraged to attend as materials will be given out to begin the year. We understand there will be conflicts but please make every effort for at least one officer from each club to be present. Please come join us as we kick off our 2023-2024 year of fun!

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August 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	31		

SCHEDULE OF EVENTS

- Aug 9: Quilt Guild Sit 'N Sew— 9:00am-3:30pm at Extension Office
- Aug 11: HM Opening Day— 9:30am breakfast, 10:00am meeting begins at Extension Office
- Aug 17-27: Kentucky State Fair
- Aug 23: Quilt Guild meeting— 10:00am at Extension Office
- Aug 28-Sept 2: County Fair
- Aug 28: Decorate County Fair Booths— 9am-4pm
- Aug 29: Entry Check-in for County Fair 9am-4pm
- Aug 30 : Floral Arrangement Check-in 9am-noon

THOUGHT FOR THE MONTH

“Outside of a dog, a book is a man’s best friend. Inside of a dog it’s too dark to read.”
 ~ Groucho Marx



ROLL CALL

Celebrate the “dog days of August” by naming your favorite book— or dog!

September 2023

SCHEDULE OF EVENTS

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

- Sept 3: Exhibit pick-up for County Fair 2-3pm
- Sept 4: Labor Day— Extension Office Closed
- Sept 13: Quilt Guild Sit 'N Sew— 9:00am-3:30pm at Extension Office
- Sept 19-21: Enrichment Camp— Camp Caleb, Flat Gap, KY
- Sept 27: Quilt Guild meeting— 10:00am at Extension Office

Looking ahead:

- Oct 5-7: Old Fashion Days
- Oct 14: NEA Homemakers Annual Meeting in Boyd County— Meeting begins at 10am
- Oct 18: HM Executive Council Meeting at Extension Office—9am
- Oct 18: HM Council Meeting at Extension Office— 10am
- Oct 21: Ovarian Cancer Tea
- Nov 28— Decorate Lodge at Greenbo
- Dec 2 & 3— (Subject to change) Christmas Open House at Greenbo

ROLL CALL

Fall begins in September. What is your favorite type of tree?

THOUGHT FOR THE MONTH

“Every leaf speaks bliss to me, fluttering from the autumn tree.”

~ Emily Bronte



FCS EXTENSION SUMMER HIGHLIGHTS



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2023

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

THIS MONTH'S TOPIC: WAYS TO SAVE ON BACK-TO-SCHOOL

Sales ads and store shelves are now displaying backpacks, pens, sneakers, and tech. It's the time of year kids start asking for new gear for school. The costs of most goods and services have risen in recent years, and school supplies are no exception. The Consumer Price Index for the Southern Region shows that generally prices peaked last summer, but overall, the cost of goods is still high.

Back-to-school shoppers plan to stretch their dollars spent on supplies, clothes, shoes, and electronics in several ways, according to a recent National Retail Federation survey. Some will compare prices online before buying (45%). Others will shop sales (45%), buy generic or store brand products (39%), or use coupons (27%). The following tips provide more cost-saving suggestions.

BEFORE YOU SHOP

After you've received a list of the school supplies your child will need this year, take an inventory of the supplies you already have before heading out to buy new items. You might be able to use some of last year's supplies, such as backpacks, calculators, rulers, folders, and more.

Look through your child's clothing and shoes to see what fits and what you need to replace. Be sure to check the school's dress code to make sure your



clothing choices match the school's policies. If your children have outgrown anything, consider selling gently used clothing to a consignment store for cash or store credit.

If your household budget is tight, contact your school's Family Resource or Youth Services Center to see if there are local school supply drives planned in your community. Or consider having a clothing or "supply swap" with other families you know with similarly aged children.

Once you have inventoried your needs, make a shopping list. Put the most critical items at the top of the list. Talk to your kids about the difference between wants and needs. Sometimes we can't have both, and needs must come first.

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Disabilities
accommodated
with prior notification.

TRY TO SHOP RETAILERS WHO OFFER DISCOUNTS, ACCEPT COUPONS, OR HAVE CUSTOMER LOYALTY PROGRAMS.



AT THE STORE

In preparing to shop, consider your budget. Back-to-school expenses are probably not part of your regular monthly budget. Where might this occasional expense fit into your plans? You might not have to buy some items right away, such as winter coats or clothes. You can work those into a later month's budget if needed.

Compare prices online before shopping, especially for more expensive items such as technology. Try to shop retailers who offer discounts, accept coupons, or have customer loyalty programs. Also, hang on to your receipts in case your children don't use the supplies and you can return them.

STICK TO YOUR LIST

Colorful displays and marketing can be enticing, but it is better to stay within budget and stick to your list. Start with what your child needs most.

If they shop with you, perhaps set aside a designated amount that they can spend on a special item of their choice. For smaller items, it can be cheaper to buy in bulk, especially if you can split the cost with another family or if they are staple items you can put aside for next year, such as paper, pencils, or other goods. If your child's school requires a reading list, consider using the local library. Or talk with students from the grade ahead, who might be willing to lend or sell the books they read last year.

REFERENCES:

National Retail Federation. (2023). <https://nrf.com/insights/holiday-and-seasonal-trends/back-to-school>

U.S. Bureau of Labor Statistics. (2023). https://www.bls.gov/regions/southeast/news-release/consumerpriceindex_south.htm

Written by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

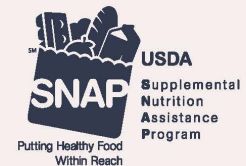
Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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Skillet Pork Chops with Peaches



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 1 tablespoon oil
- 4 center cut pork chops (about 1/2 inch thick), trim visible fat*
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon butter
- 2 cups diced canned peaches, drained**
- 2 tablespoons apple cider vinegar
- 2 tablespoons sugar

*Boneless pork loin chops can also be used in this recipe.

** Fresh in-season or frozen peaches may be substituted for canned peaches.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. If using fresh peaches, wash under cool running water, gently rubbing the skin. Dry. Dice for the recipe.
3. Heat a large skillet over medium-high heat. Add oil.
4. Season pork chops with garlic powder, salt, and black pepper. Add to pan.

5. Rewash hands after handling raw meat.
6. Brown both sides of pork chops, cooking until the meat reaches an internal temperature of 145 degrees F as measured on a meat thermometer. Remove from pan to rest.
7. Return skillet to the stove and increase heat to high. Add butter, peaches, apple cider vinegar, and sugar. Cook quickly, stirring often, allowing peaches to slightly turn brown and sauce to thicken (about 2 to 4 minutes).
8. Return pork chops to the pan with peaches and continue cooking until the mixture coats the pork chops (about 2 to 3 minutes).
9. Serve each pork chop topped with peaches.
10. Refrigerate leftovers within 2 hours.

Makes 4 servings

Serving Size: 1 pork chop

Cost per recipe: \$7.78

Cost per serving: \$1.95

Nutrition facts per serving:

280 calories;
10g total fat; 3g saturated fat; 0g trans fat; 70mg cholesterol; 400mg sodium; 21g total carbohydrate; 2g dietary fiber; 19g total sugars; 6g added sugars; 28g protein; 6% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

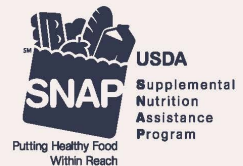
Source:

Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service





One Pan Shrimp and Veggies



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

- Nonstick cooking spray
- 16 ounces frozen uncooked shrimp*, peeled and deveined
- 2 medium zucchini, halved and sliced
- 1/2 pound (8 ounces) mushrooms, sliced
- 1 medium red bell pepper, sliced
- 4 tablespoons sweet chili sauce
- 1 tablespoon oil
- 1 1/2 tablespoons lime juice
- 1 tablespoon low-sodium soy sauce
- 3 green onions, chopped (optional)
- 1/4 cup cilantro, chopped (optional)
- Brown rice (optional)

*Using frozen, precooked shrimp (pink in color) may result in shrimp having a dry texture. Frozen, uncooked shrimp (gray in color) is preferred.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool, running water. Follow shrimp's package instructions for proper thawing.

3. Preheat oven to 400 degrees F. Spray a 15-by-10-inch baking pan with nonstick spray. Be sure to use a baking pan with a rim.
4. Place the shrimp, zucchini, mushrooms, and bell pepper on baking pan.
5. Wash your hands after handling raw shrimp.
6. Combine chili sauce, oil, lime juice, and soy sauce in a small bowl and pour over the shrimp and vegetables. Use tongs to toss and combine.
7. Bake 12 to 15 minutes, or until vegetables are tender and shrimp is cooked through and reaches 145 degrees F using a food thermometer. Shrimp will turn pink as it cooks.
8. Top with green onions and cilantro and serve over brown rice, if desired.
9. Store leftovers in the refrigerator within 2 hours.

Makes 5 servings

Serving size: 1 cup

Cost per recipe: \$9.97

Cost per serving: \$1.99

Nutrition facts per serving:

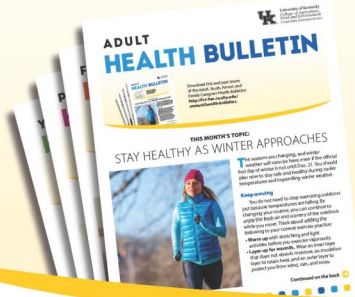
290 calories;
14g total fat; 2g saturated fat; 0g trans fat; 135mg cholesterol; 650mg sodium; 22g total carbohydrate; 2g dietary fiber; 10g total sugars; 1g added sugars; 17g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source:

Margie Hernandez,
Russell County
SNAP-Ed Program
Assistant Senior



ADULT HEALTH BULLETIN



AUGUST 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Greenup County Extension Office
35 Wurtland Ave
Wurtland, KY 41144
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THIS MONTH'S TOPIC:

LUNG CANCER SCREENINGS



August 1 is World Lung Cancer Day, a day to bring awareness to the importance of lung cancer screening and taking active steps to reduce the likelihood of negative outcomes.

Lung cancer is the leading cause of cancer deaths in Kentucky. However, early diagnosis increases the odds for successful treatment. Evidence-based screening among eligible Kentuckians is a safe way to catch lung cancer early and increase a person's odds of beating the disease.

The Kentucky Lung Cancer Screening Program has three goals:

1. Increase lung cancer screening,
2. Reduce morbidity and mortality from lung cancer, and
3. Reduce the cost of treating lung cancer.

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Disabilities accommodated with prior notification.

Lung cancer is the leading cause of cancer deaths in Kentucky.



For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit quitnowkentucky.org.

→ Continued from the previous page

The U.S. Preventive Services Task Force (USPSTF) recommends yearly lung cancer screening with low-dose computed tomography (LDCT) for people who have the following risk factors:

- A 20 pack-year or more smoking history
- Smoke now or have quit within the past 15 years
- Are between 50 and 80 years old

A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history by smoking one pack a day for 20 years or two packs a day for 10 years.

The recommended screening test for lung cancer is low-dose computed tomography (also called a low-dose CT scan). Screening is recommended for adults who have no symptoms but are at high risk.

The best way to reduce your risk of lung cancer is to not smoke and to avoid

secondhand smoke. Lung cancer screening is not a substitute for quitting smoking.

For more information on the Kentucky Cancer Screening Program, or to find screening options and locations near you, visit ky.gov and search “lung cancer screening.”

For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit quitnowkentucky.org.

REFERENCE:

https://www.cdc.gov/cancer/lung/basic_info/screening.htm

ADULT
HEALTH BULLETIN

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Lunch & Learn

HOMEMAKER LEADER

LESSONS

FALL 2023

SEPTEMBER 7- TRANSFERRING
CHERISHED POSSESSIONS

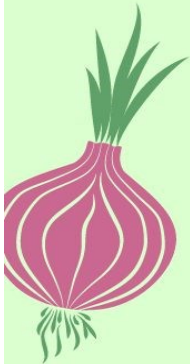
OCTOBER 12- SAVOR THE FLAVOR:
COOKING WITH SPICES

NOVEMBER 9- PLANNING THRIFTY
HOLIDAY MEALS

(ALL SESSIONS WILL MEET AT NOON)

Join us for some fun learning and
fellowship throughout the fall season!
Mark your calendars and make sure to
call the office to reserve your spot!

Call the Greenup County Extension to
register
606-836-0201





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

Greenup County Extension Services
35 Wurtland Avenue
Wurtland, KY 41144

RETURN SERVICE REQUESTED

Sincerely,

Lora Pullin,
Greenup County
Extension Agent for
Family and Consumer
Sciences

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