

Family & Consumer Sciences



Cooperative Extension Service
Carroll County
500 Floyd Drive, Carrollton, KY 41008
(502) 732-2030 Fax: (502) 732-7032

FAMILY & CONSUMER SCIENCES

EXTENSION HOMEMAKER NEWSLETTER

March 2025



CHRISTY'S CORNER

As temperatures begin to rise and sunny days become more frequent, the community is buzzing with activities and events. Mark your calendars for March 10, when Bingoize starts—an exciting blend of bingo and exercise to keep everyone moving and having fun. On March 11 at 6 PM, Homemaker International Dinner will be held, focusing on Mexico, offering a delicious evening of global cuisine and camaraderie. Additionally, volunteers are needed for the 4-H Dollars and Sense event at the school on March 25, where you'll have the chance to make a positive impact on young minds. Contact Joyce if you can volunteer. Finally, don't miss the trip to Jungle Jim's on April 1, with departure from the office at 8:30 AM sharp. Let's make the most of these vibrant days ahead!

As we approach the first day of spring, the transition to daylight saving time often brings with it a renewed sense of energy and anticipation. On this day, clocks are set forward by one hour, effectively "losing" an hour of sleep, but gaining more daylight during the evening hours. This change, typically occurring in early to mid-March, signals the end of the winter season and the beginning of longer, warmer days. The extra daylight encourages outdoor activities, gardening, and social gatherings, fostering a sense of community and revitalization. As nature awakens and blossoms, the longer days provide more opportunities to enjoy the beauty of spring, making the shift to daylight saving time a welcome change for many.

How does daylight saving time affect you? Do you have any springtime traditions?

Sincerely, Christy

*Don't watch the clock;
do what it does.
Keep going.*



Christy Eastwood

Christy Eastwood, Carroll County Extension Agent for
Family & Consumer Sciences Education



Dates to Remember

March/April 2025

Remember to call the office at (502) 732-7030 to sign up!

March 10	1:30pm	Bingocize	CCES
March 11	6:00pm	Homemaker International Dinner	CCES
March 13	1:30pm	Bingocize	CCES
March 14	12 Noon	Lunch and Learn	CCES
Week of March 17 th		Recipes for Life (Need volunteers)	CCES
March 24	1:30pm	Bingocize	CCES
March 25	AM	4-H Dollars & Sense	CCMS
March 27	1:30pm	Bingocize	CCES
March 28	10:30am	Lunch Bunch	Ford's Garage-Florence
April 1	8:30am	Jungle Jim's Trip	Eastgate, OH
April 3	1pm	A Taste of Italy	CCES
April 7	1:30pm	Bingocize	CCES
April 8		Ovarian Cancer Screening	Lexington
April 9	1pm	Is It Safe? Smart Devices	CCES
April 10	1:30pm	Bingocize	CCES
April 14	1:30pm	Bingocize	CCES
April 17	1:30pm	Bingocize	CCES
April 17		Derby Dinner	
April 18	12 Noon	Lunch and Learn	CCES
April 21	1:30pm	Bingocize	CCES
April 23		N. KY Area Homemaker Mtg	Grant Co. Extension Office
April 24	1:30pm	Bingocize	CCES
April 28	1:30pm	Bingocize	CCES



• Homemaker International Dinner

The annual homemaker international dinner is scheduled for **Tuesday, March 11** at 6pm at the Carroll County Extension Office. The country is Mexico and presented by Mimi Quiroz. Please make plans to attend this informative dinner.

• Jungle Jim's trip scheduled for April 1st

We will be taking a road trip to Eastgate, Ohio to visit Jungle Jim's International Grocery Store. We will leave the office at 8:30am and return around 3:30pm. Please call the office at (502) 732-7030 to reserve your spot for transportation. Space is limited.

• Homemakers attending Derby Dinner

The Homemakers have planned for another outing to Derby Dinner for lunch on **April 17** for "*Singing in the Rain*." The cost per ticket is \$40. Call the office to reserve your spot. Any questions can be directed to Patty Kost.

Easy Chicken and Veggie Stir-Fry with Rice

Servings: Makes 4 servings

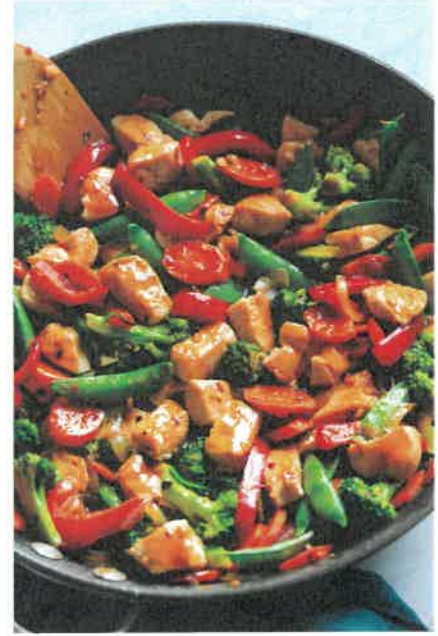
Serving Size: 2 cups Recipe Cost: \$5.35 Cost per Serving: \$1.34

Ingredients:

- 1 tablespoon canola oil
- 16- to 24-ounce package of stir-fry vegetables, frozen
- 1/2 cup sweet and sour sauce (packaged or using the recipe at the end)
- 2 cups brown rice, cooked using package directions
- 2 cups cooked chicken, chopped (cooked frozen strips/pieces, cooked leftovers, or cook your own)

Directions:

- Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- Heat a large skillet over medium-high heat.
- Add 1 tablespoon canola oil, and allow to heat.
- Place the package of frozen vegetables in the skillet and stir-fry vegetables quickly, moving them around the pan continuously. Cook until crisp-tender.
- Add 2 cups cooked, chopped chicken, and 1/2 cup sweet and sour sauce. Stir to combine, and cook until heated through.
- Turn off the stovetop when done cooking.
- Serve over brown rice.
- Store leftovers in a covered container within 2 hours. Eat within 3-4 days.



Sweet and Sour Sauce

Ingredients:

- 1 tablespoon corn starch
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons vinegar
- 2 tablespoons sugar
- 1/2 teaspoon garlic powder or 1 clove garlic, minced
- 2 teaspoons ketchup
- 1/4 cup water

Directions:

- In a small bowl, or jar, combine all ingredients.
- Whisk or shake ingredients until combined. Set aside until ready to use in recipe.



Source: Healthy Choices for Everybody Curriculum : Brooke Jenkins, Extension Specialist and Rosie Allen, Area Nutrition Agent, University of Kentucky Nutrition Education Program.

340 calories; 7g fat; 1g saturated fat; 0g trans fat; 60mg cholesterol; 230mg sodium; 44g carbohydrate; 2g fiber; 9g sugar; 0g added sugar; 25g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium.

BINGOsize

Nutrition Workshop

A 10-week health promotion program that combines bingo with fun, inclusive exercises for everyone!



Carroll County Senior Center

10:00 a.m.

3/10/25	5/5/25
3/13/25	5/9/25
3/24/25	5/12/25
3/27/25	5/15/25
4/7/25	5/19/25
4/10/25	5/22/25
4/14/25	5/28/25
4/17/25	5/29/25
4/28/25	
5/1/25	

Carroll County Extension Office

1:30 p.m.

3/10/25	5/5/25
3/13/25	5/9/25
3/24/25	5/12/25
3/27/25	5/15/25
4/7/25	5/19/25
4/10/25	5/22/25
4/14/25	5/27/25
4/17/25	5/28/25
4/28/25	

JOIN THE FUN!

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.

"A Taste of Italy!"

A Cultural and Culinary Experience

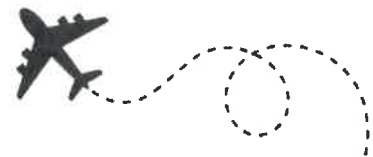
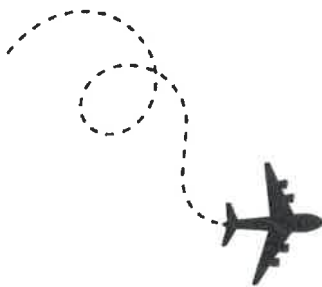


April 3, 2025

1:00 - 3:00 p.m.

**Carroll County Extension Office
500 Floyd Dr., Carrollton
(502) 732-7030**

**Presenters:
Christy Eastwood, Carroll County FCS Agent
&
Devon Fluty**



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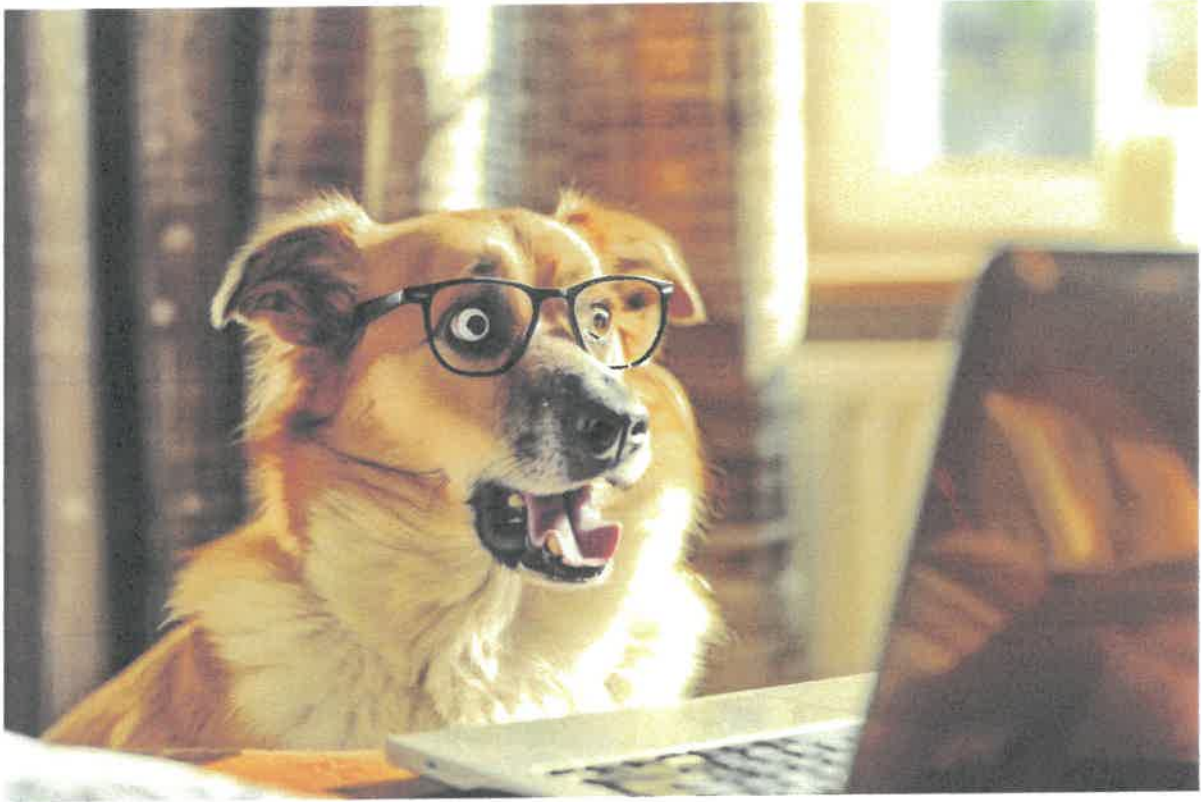
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Lexington, KY 40506

IS IT SAFE?



Please join us for a discussion on "smart devices" covering how they communicate with other devices inside or outside of your home.



WEDNESDAY APRIL 9, 2025 @ 1PM




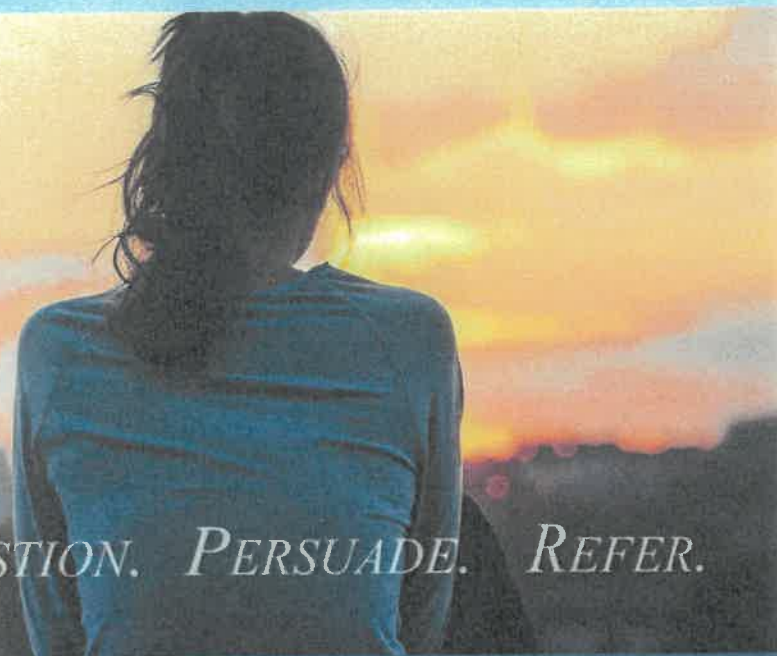
500 Floyd Dr, Carrollton, KY

REGISTER AT: caroll.ca.uky.edu or (502) 732-7030



Recognizing the warning signs for suicide.

 Cooperative Extension Service



What You'll Learn:

- Recognize the warning signs and risk factors for suicide.
- Intervene and ask tough questions when someone is at risk for suicide.
- Refer someone at risk of suicide to an appropriate lifesaving resource.

**Wednesday,
June 4, 2025**

Carroll County Extension Office
500 Floyd Drive | Carrollton, KY 41008

10:00-11:30 a.m.

Presented by: Kate Thompson, Campbell County FCS Agent

**To register, call the Carroll County Cooperative Extension Service
502-732-7030**

QPR stands for Question, Persuade, and Refer - three simple steps that anyone can learn to help save a life from suicide. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g. parents, friends, neighbors, teachers, coaches, caseworkers, police officers). QPR is a simple educational program that teaches ordinary citizens how to recognize the warning signs of a mental health emergency and how to get a person at risk of suicide the help they need.

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Wire Tree Sculpture



Thursday, June 5th

5:30 P.M.

Carroll County Extension Service
500 Floyd Drive, Carrollton
(502) 732-7030

Call to register by May 28th.
FREE!

"Come bend branches, twist trunks and rotate roots
as you sculpt a wire tree."

We'll touch on a few sculpture basics, and you'll
create a small tabletop tree.

Program Presented By:

Susan Miller

Community Arts Agent
University of Kentucky
Boone County Cooperative Extension

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March is National Nutrition Month

The benefits of healthy eating add up over time, bite by bite, and small changes matter. Start simple with MyPlate.

AMERICAN DIABETES ASSOCIATION ALERT DAY

American Diabetes Association Alert Day is observed annually on the fourth Tuesday in March. This one-day "wake-up call" informs the American public about the seriousness of diabetes and encourages all to take the diabetes risk test and learn about your family's history of diabetes.

#AmericanDiabetesAssociationAlertDay



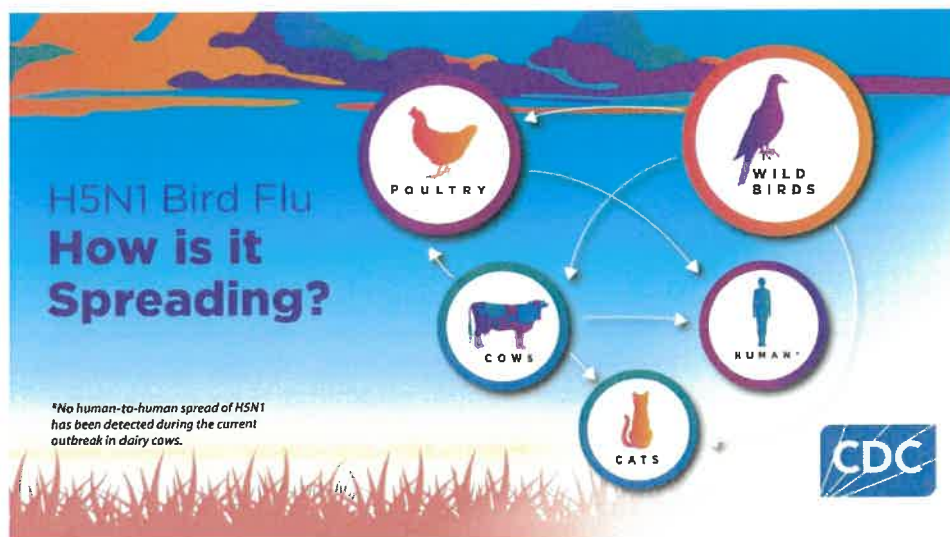
Diabetes Facts:

- Diabetes impacts approximately 34.2 million Americans. That's about 10.5 percent of the U.S. population.
- Of those living with diabetes, 7.3 million - 1 in 7 adults - don't know they have it.
- The risk of developing diabetes increases with age. But there are other factors, too. Ethnic background may increase your risk.
- An additional 1.5 million Americans are diagnosed with diabetes each year.

H5 Bird Flu: Current Situation

WHAT TO KNOW

- H5 bird flu is widespread in wild birds worldwide and is causing outbreaks in poultry and U.S. dairy cows with several recent human cases in U.S. dairy and poultry workers.
- While the current public health risk is low, CDC is watching the situation carefully and working with states to monitor people with animal exposures.
- CDC is using its flu surveillance systems to monitor for H5 bird flu activity in people.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 16 • ISSUE 3

Carroll County Extension Office | 500 Floyd Drive | Carrollton, KY | 41008 | (502) 732-7030

THIS MONTH'S TOPIC:

STRETCHING YOUR DOLLAR: WHAT TO DO WHEN THE "ENDS" DON'T MEET

"Making ends meet" is getting harder in today's economy. If you've ever wondered how to make your dollars and resources go farther, think about these tips for managing your money in tough financial times.

SPENDING WISELY

There are two basic ways to balance a budget: either **increase your income** or **reduce your expenses**. Scaling back on spending may be the quicker and easier of the two strategies. Start by taking a look at your spending habits to see where your money goes each pay period. List small purchases (like fast food, hobbies, and other "wants") and large expenses (like housing, insurance, and your family's "needs").

Next, use a highlighter to mark more **flexible** categories where you can cut back (or cut out altogether). While not always pleasant, looking for small ways to save in the present allows you to redirect that money where it matters most. This increases your family's future financial stability. Cancel "wants" until you can make ends meet again, like streaming services or monthly subscriptions. Or, cut back on things like eating out or buying name brands. For example, saving



\$10 a week is \$520 a year; saving \$20 weekly is \$1040 annually; saving \$50 a week is \$2,600 a year; and so forth. Small savings really do add up.

PRIORITIZING YOUR FINANCES

Household expenses fall along a continuum of fixed and variable costs. **Fixed costs** are the same amount each month. These may include bills such as mortgage or car payments, insurance premiums, cell phone plans, internet, and streaming services. You can budget fixed expenses more precisely because you know the exact amount that will be due and when.

Variable costs, on the other hand, include charges that are different each month. Food costs, utility bills, revolving credit card

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NOTE EACH MONTHLY “PAY DAY” (OR ANY DATE YOU EXPECT MONEY TO COME INTO YOUR ACCOUNT)



payments, and “extras” are all variable costs. Some of these expenses may be necessary (e.g., food and electricity are essential), but often there are ways to cut costs in each category.

To begin prioritizing your finances, use a blank calendar and note every recurring monthly payment your family has (fixed or variable) on its due date. Also keep a running list of family expenses that are due quarterly or annually, like property taxes or insurance.

Next, note each monthly “pay day” (or any date you expect money to come into your account rather than go out of it). Do you have enough income to cover the required payments in between pay periods? If not, talk with the collector about the due date. Most companies offer flexibility in choosing a payment date that works for your financial situation. Be sure to pay bills on time to avoid late fees and additional finance charges or interest.

SAVING WHEN EXPENSES ARE TIGHT

To save on groceries, gas, utilities, clothing, and other household essentials, begin by

shopping your home. For example, don’t go grocery shopping until you’ve shopped your pantry, fridge, and freezer. Eat or repurpose leftovers, get creative with the ingredients you have on hand, and use food before it expires. When we toss food in the trash, we’re trashing our cash too.

The same goes for clothing or other household goods. Look for items to sell, trade, refresh, or repurpose before going shopping. To save money on gas, group your errands and limit your shopping trips to one day a week or certain days a month. You can also carpool or use public transportation. For utilities, use energy-saving practices to lower your costs (like wearing layers and monitoring the thermostat).

LOOK TO THE PAST

As you explore ways to save, consider the penny-pinching practices of past generations. They used what they had and weren’t wasteful. They borrowed from friends and neighbors. They sold and traded goods. They repurposed furniture, fabric, and clothing. They lived within their means and considered “a penny saved is a penny earned.”

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

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