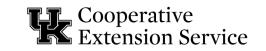
RUSSELL COUNTY EXTENSION OFFICE



Homemaker Newsletter July 2024

RUSSELL COUNTY EXTENSION OFFICE 2688 S. HWY 127 RUSSELL SPRINGS, KY 42642 (270) 866-4477 FAX: (270) 866-8645 RUSSELL.CA.UKY.EDU

Thought of the Month:

"Put the pedal to the metal If you want to ride"

Hot Rod Heart John Fogerty · 1997

Roll Call:

Full speed ahead for the new fiscal year! What is the fastest transportation you've ever taken?

Russell County Homemakers Welcome New Officers

The Russell County Annual Meeting was held on Tuesday, June 25th, at the Russell Community Center. During this program, we welcomed two new county officers, Barbara Sharpe Treasurer, as and Sue Hendrickson as Vice President.

Your current Council officers are:

- Sue Foley- President
- Sue Hendrickson- Vice President
- Donna Robertson- Secretary
- Barbara Sharpe- Treasurer

The next council meeting will be held on Monday, **August 26th** at 5 PM. <u>All club and county officers</u> should plan to attend the officer training following the meeting led by Mary Lynn Chaudoin.

Dylan Gentry, FCS Agent in Adair County, will offer a leadership program at 4 PM on the 26th.

Cooperative Extension Service

Agriculture and Natural Resources Ramily and Consumer Sciences 4-H Youth Development Community and Economic Development ${\bf MARTIN\text{-}GATTON} \ {\bf COLLEGE} \ {\bf OF} \ {\bf AGRICULTURE}, \ {\bf FOOD} \ {\bf AND} \ {\bf ENVIRONMENT}$

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Russell County Annual Meeting











The Russell County Extension Homemakers annual meeting was held on June 25th at the Russell Springs Community Room.

Club Meeting Information

Homemakers on the Go

The Homemakers on the Go will meet on August 8th, at 10 AM at the extension office for their first meeting of the new fiscal year. This meeting is to plan for the rest of the year. Please call 270–866–4477 to RSVP, or reach out to Donna Robertson.

Please RSVP by **August 5th**. If you plan to attend, please call the Extension Office at 270-866-4477.

Homemakers by Heart

Homemakers by Heart will meet on **July 15** at 6 p.m for their July meeting. Please reach out to Caitlyn Helm for more information.

Sunset Club

The Sunset Club will meet on **August 14th** at 6 p.m. for the first meeting of the fiscal year. Please reach out to Susan Adams for more information.

The Piecemakers Quilt Guild

The Quilt Guild be meeting on Monday, July 8th and Monday, July 22nd, for their monthly meeting. Please contact Cindy Mills for more information.

Crafty Bees

The Crafty Bees will meet on August 27th at 5:30 p.m. Please contact Melonie Eubank for more information.

<u>Homemaker Program</u>

Making Vanilla Extract

Taught By Cyndy Humble, Taylor County Extension
Homemaker

MONDAY, AUGUST 19, 2:30 P.M. AND 5:30 P.M. CST

(choose your class)

Call 270-866-4477 to RSVP. The \$10 fee for this class Includes supplies and instructions.

Limited Class Size \$10 Registration Fee Must be paid by August 15th.



Grocery Shopping at Your Local Dollar Store

SOURCE: SOURCE: LAUREN TURNER, DIETETIC INTERN; HEATHER NORMAN-BURGDOLF, EXTENSION SPECIALIST FOR FOOD AND NUTRITION

Creating nutritious meals that are low cost and enjoyable may seem like an impossible achievement. For many, grocery shopping takes place at a dollar or discount store. Fortunately, these food retailers offer low cost, highly nutritious food options and some include refrigeration and freezers which increases the nutritious options available. Let's walk through what these options look like.

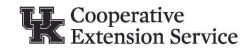
For breakfast, the dollar store has plenty of options to create a meal that tastes great and is packed with fiber. A meal high in fiber will keep you feeling full for longer. Common items high in fiber that you can find at the dollar store include oatmeal and, in some cases, frozen berries. Adding milk as a drink and stirring peanut butter into your oatmeal also adds protein to the meal to make it more balanced.

Lunch can be a tricky meal to create because you might need an on-thego option. A great quick lunch idea is a packet of tuna, whole-grain crackers, and a side of string cheese. This meal idea is high in protein, provides whole grains, and requires no cooking.

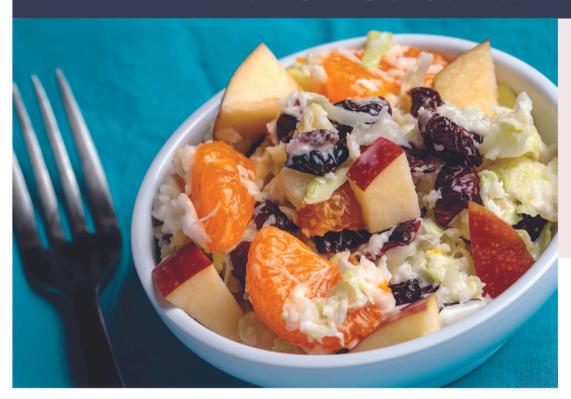
A nutritious dinner idea is brown rice, beans, and a vegetable as a side dish. You can prepare the rice with a variety of seasonings to make it flavorful. The dollar store has a wide variety of spices to choose from. Pair this with a low- or no-sodium can of beans and a canned vegetable such as corn, green beans, or carrots. This meal is packed with protein from the beans, is high in fiber from the beans and vegetables, and provides energy from the rice.

Let's not stop at just breakfast, lunch, and dinner ideas. The dollar store offers a variety of snack options such as trail mix with different types of nuts and seeds, cucumbers, string cheese, and whole-grain crackers. As you can see, eating and creating nutritious meals does not have to be overwhelming or impossible. The dollar store offers a wide range of food options that are low cost that you can use in a variety of ways.





Fruited Coleslaw



- 2 tablespoons mayonnaise
- 1/2 teaspoon apple cider vinegar (or any type of vinegar)
- 2 teaspoons sugar
- 3 tablespoons crushed pineapple canned in 100% juice, including juice
- 2 cups shredded or finely chopped cabbage
- 1/2 cup chopped apples (or fruit of choice: orange, mandarin oranges, pear)

Lexington, KY 40506

- 1/2 cup raisins or dried cranberries
- Wash hands with warm water and soap, scrubbing for at least 20 seconds.

- 2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
- **3.** Combine mayonnaise, vinegar, sugar, and pineapple in a small bowl. Stir to mix well.
- **4.** In another bowl, combine cabbage and other fruit.
- **5.** Pour dressing over cabbage and fruit. Stir to mix.
- 6. Serve right away.
- 7. Refrigerate leftovers within 2 hours.

Makes 6 servings Serving size: 1/2 cup Cost per recipe: \$1.57 Cost per serving: \$0.26

SNAP Supplemental Nutrition Assistance Program

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

Nutrition facts per serving:

100 calories; 3.5g total fat; 0.5g saturated fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 16g total carbohydrate; 2g dietary fiber; 14g total sugars; 1g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:

Adapted from Iowa State University Extension

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

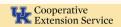
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July 2024

28 29 30	21 22 23 Sit & Sew 12-4 PM Outdoor Cooking- Desserts 6 PM	14 Cooking the Calendar 5 PM HM By Heart MTG 6 PM	7 8 9 Sit & Sew 12-6 Cooking 1 PM Herbs 12 Librar	Wit's Workout 10 AM 2	Sun Mon Tue
-		Calendar 5 Int MTG 6	Cook Herb Lil		n Tue
31	24	17	10 th M	3	Wed
	25	18 Dehydrating Herbs 11 AM Library Outdoor Cooking- Meals 6 PM	11	4 Closed	Thu
	26	19	12	5	Fri
	27	20	13	6	Sat





OUTDOOR



JULY 22ND: COOKING DESSERTS OUTDOORS 6:00 PM CST

Topics include cast iron cooking and care, outdoor cooking safety, fire safety and recipe sampling.

2688 S. HWY 127, RUSSELL SPRINGS, KY 42642

REGISTER: 270 - 866 - 4477



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



Cooperative **Extension Service**



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COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES



Martin-Gatton

NORKOUT

An engaging, interactive, and educational brain health program

When: The 1st Monday of the month, Starting July 1st (8/5, 9/9, 10/7, 11/4,

Where: 2688 S. HWY 127 Russell

Register: Call 270-866-4477 to RSVP

Time: 10 AM CST

Springs, KY 42642

ILLINOIS Extension







DATES & TOPICS:

August 1st: Making Sausage

August 8th: Breadmaking: Sourdough

August 15th: Rain Barrels

August 22nd: Canning Meat

August 29th: Herb Gardening

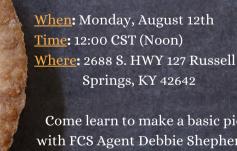
Where:

Russell County Extension Office 2688 S. HWY 127, Russell Springs, KY 42642 Call 270 - 866 - 4477 to register!



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT





Springs, KY 42642 Come learn to make a basic pie

Easy as Pie:

Beginner

Pie Class

with FCS Agent Debbie Shepherd. This class is limited in size, you must call 270-866-4477 to RSVP by

August 5th.

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

