

March 2025

FCS NEWSLETTER



SEE FLYER FOR UPCOMING PROGRAMS

- Homemaker Book Club
- Homebased Microprocessing Workshop
- Witts Workout
- Scrapbook Class
- Card Making Class
- Puerto Rico Cooking
- Spring Creative Camp
- Disaster Making Kit

HOMEMAKER UPCOMING DATES

1. Jefferson Homemaker Cultural Arts **March 7th 10am**. Jefferson County Extension Office (POTLUCK)
2. Homemaker Leader Lesson Day **March 11th 10am-2pm** Shelby County Extension Office
3. Louisville Area Cultural Arts **March 28th** Henry County Extension Office
4. HMKR Council Meeting **April 22nd 10am**
5. KEHA State Meeting **May 6-8th** Lexington KY
6. Jefferson Annual Meeting **May 29th 11-2pm** Jefferson County Extension Office
7. Louisville Area Homemaker Annual Meeting **June 17th 10am** Celebration Barn 166 Old Jericho Road, Smithfield



Martin-Gatton

College of Agriculture,
Food and Environment
University of Kentucky.



HOMEMAKER BOOK CLUB

JOIN TODAY!

**LOCATION: THE 2ND THURSDAY OF THE
MONTH AT BON AIR LIBRARY AT 11:30AM**

**DATE: MARCH 13TH, 2025 (DISCUSS
AND RETURN THE SILENT PATIENT.)**

**NEXT BOOK: SWEEPING UP GLASS BY
CAROLYN WALL, FOR DISCUSSION IN
APRIL**

Homebased Microprocessing Workshop

Homebased Microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

\$50
Fee

March 18, 2025
9:30 a.m. - 2:30 p.m.

Shelby County Extension Office
1117 Frankfort Road
Shelbyville, KY 40065

To register & for additional
dates/locations:
ukfcs.net/HBM

502-633-4593
elizabeth.coots@uky.edu

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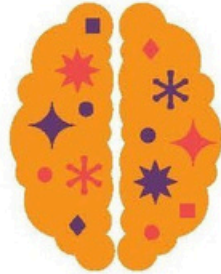
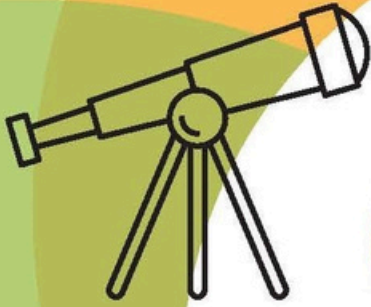
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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

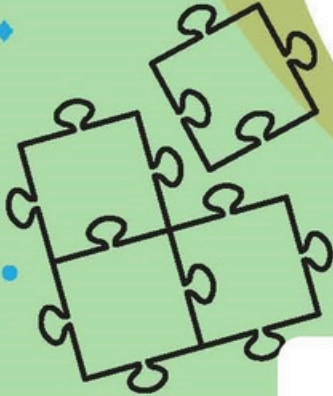
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Lexington, KY 40506





WITS WORKOUT

An engaging, interactive,
and educational
brain health program



Date: March 18th, 2025

Time: 10am-11am

Location: Spencer County Extension
Office

100 Oak Tree Way, Taylorsville, KY
40071

Agents: Beth Maxedon & Carolina
Robles



COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

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Disabilities
accommodated
with prior notification.

WWW.DONNASTAMPS.COM

Lets Get SCRAPPIN'

Monthly Scrapbooking Class - 3rd Thursday

Starting March 20, 2025 6:00pm-8:00pm

Jefferson Co Extension Office
4200 Gardiner View Dr, 40213

Together we will make 2 12x12 pages
Cost is \$30

**Call Donna at 502-876-9133
to reserve your spot!**

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Card Making Class



Every 4th Thursday of the Month
Starting March 27th
6-8pm
Jefferson County Extension
Office
Materials Provided
Cost \$18

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Lexington, KY 40506



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Puerto Rico Cooking Class



Date: April 11, 2025
Time: 10am-12pm
Location: Spencer County Extension
Office
100 Oak Tree Way, Taylorsville, KY
40071

Limited Space **RSVP** by **March 28th**
(502) 477-2217
elizabeth.maxedon@uky.edu

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SPRING CREATIVE CAMP

Join us for an all day spring creative camp. Bring your own supplies/projects . There will be giveaways, table gifts, and raffles throughout the day. As an additional offering, there will be an optional Card Buffet where people can make a wide variety of cards for \$3.00 each. Register with the following link:

<https://tinyurl.com/SpringCC2025>

SATURDAY APRIL 19, 2025

9AM-6PM

**Jefferson County Extension Office
4200 Gardiner View Lane,
Louisville KY 40213
Lunch & Dinner Provided**

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LEARN HOW TO MAKE A:

DISASTER TOOLKIT

Program Information



Date

May 20th, 2025
5-6pm



Location

Jefferson County Extension Office
4200 Gardiner View lane Louisville
KY 40213



Bring

Bring ONE
canned good of
your preference

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ADULT

HEALTH BULLETIN



MARCH 2025

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

THIS MONTH'S TOPIC

THE POWER OF POSITIVE LANGUAGE AROUND FOOD



The way we talk about food can have a big impact on how we feel about it and how we take care of our bodies. When we use positive, respectful language around food, it helps us build a healthier relationship with what we eat. A healthy relationship with food means not feeling guilty or stressed about what we eat but instead enjoying food as something that nourishes and energizes us.

Words have a lot of power. The language we use can shape our thoughts and feelings. If we call food "bad" or "unhealthy," we might start feeling bad about eating it. For example, saying things like, "I shouldn't eat this," or "this is so unhealthy," can make us feel guilty when we enjoy our favorite foods. But when we use words like "balanced" or "nourishing," it reminds

Continued on the next page →



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While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad.

➔ **Continued from the previous page**

us that food is not the enemy — it's something our bodies need to stay strong and healthy.

We often talk about food in ways that make it seem like some foods are “good” and others are “bad.” While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad. All foods can be good for us in one way or another. Whether it's the nutrients it provides us or the enjoyment we get from eating it. The key is to focus on balance, not perfection. If we can learn to talk and think about food without judgment, it can help us feel more relaxed and less stressed about eating.

Talking about food in a mindful way can also help us enjoy it more. Mindful eating means paying attention to what we're eating, how it makes us feel, and how much we're eating of it. When we use words like “enjoying,” “savoring,” or “appreciating,” we remind ourselves to slow down and notice the flavors, textures, colors, and smells of our food. This helps us be more aware of when we're full and prevents overeating. Instead of rushing through a meal or eating while distracted, we can focus on the experience of eating and truly enjoy it.

Language around food is also important in the way we talk about it with others. If we constantly talk about dieting, weight loss, or food rules, it can create stress and pressure around food. Instead, focus on how food makes us feel good, how it helps our bodies grow, and how it brings people together. When we talk about food in a positive, relaxed way, it can help create a more supporting environment for everyone.

The words we use around food matter. They can help create a healthy, positive relationship with food. By avoiding judgment, focusing on balance, and practicing mindful eating, we can build a better relationship with food.

REFERENCES:

- Satter, E. (n.d.). Are you feeling bad about your eating? Elyn Satter Institute. <https://www.elynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating>
- Elyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Elyn Satter Institute <https://www.elynsatterinstitute.org/how-to-eat/the-joy-of-eating-being-a-competent-eater>



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 16 • ISSUE 3

Jefferson County Extension Office | 4200 Gardiner View Lane | Louisville, KY | 40213 | (502) 569-2344

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



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.”



FOR MORE INFORMATION

Contact FCS Agent:

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502-569-2344

or visit our website

<https://jefferson.ca.uky.edu/>

MORE INFO

