

# FCS Extension News

Hickman County  
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[www.ca.uky.edu/ces](http://www.ca.uky.edu/ces)



## March/April

“In the spring, I have counted 136 different kinds of weather inside 24 hours.” That Mark Twain quote just about sums up how I’m sure quite a few of us feel about the weather in our area. From cloudy, to sunny, to dreary, and on, we all know the weather can change in a second and that constant change can be hard on vehicles. Use this newsletter as a reminder to make sure your vehicle is in good shape and safe to go on all those Spring Trips and Summer Vacations!! A checklist is included on page 4.



- 3/4 - Get Moving Night - HCES
- 3/16 - Cinderella’s Closet in Paducah
- 3/19 - Family and Consumer Sciences Advisory Council Meeting
- 3/21 - Laugh and Learn
- 3/22 - HCHS Health Fair
- 3/25 - Savor the Flavor with Spices Lesson
- 3/30 - Farmer’s Market Demo
- 4/12 - Truth and Consequences @ HCHS
- 4/18 - Laugh and Learn
- 4/26-4/27 - Chicken Fest & Chicken Fest 5K
- 4/30 - Prevent Osteoporosis Lesson

# Upcoming Lessons!!



## Apr - Savor the Flavor: Seasoning with Spices

*With Mike Keller - Hickman County FCS Agent*

Individuals preparing meals at home are more likely to meet the daily recommendations for fruits, vegetables, and whole grains. However, individuals share they find it difficult to add flavor while keeping their meals healthy. This lesson encourages participants to use spices to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

Graves County - 3/26    Marshall County - 3/27  
Hickman County - 3/25    McCracken County - 3/29

## May - Strong Bones for Life: Prevent Osteoporosis

*With Anna Morgan - Fulton County FCS Agent*

Keeping bones healthy and strong is important throughout the lifespan. Without proper nutrition, exercise, and even sunshine, the risk for osteoporosis increases. Osteoporosis is a bone disease that causes bones to become weak and more susceptible to breaks. This KEHA lesson will examine risk factors and lifestyle behaviors to help stop bone loss and rebuild bone to prevent breaks. It is never too early or too late to make bone health a priority.

Graves County - 5/1    Marshall County - 5/2  
Hickman County - 4/30    McCracken County - 5/3

## Jun - Radon: A Silent Killer

*KEHA Approved Mailout Lesson*

**A full list of this year's classes, dates, and locations are listed on the next page. Please be sure to contact the Hickman County Cooperative Extension at 270-653-2231 if you would like to attend any of these lessons so we can have your paperwork prepared for you. If you plan to attend at a different county location, please be sure to stop by the Hickman County office to pick up your paperwork.**

# PURCHASE LESSON SCHEDULE 2023-2024

	Lesson Hubs	Graves	Hickman	Marshall	McCracken
<b>Lesson</b>	Cosmetics				
<b>SEPT</b>	Sarah Drysdale	8/30	8/29	9/1	8/31
<b>Lesson</b>	Planning Thrifty and Healthy Holiday Meals				
<b>OCT</b>	Kelly Alsip	9/26	9/27	9/28	9/29
<b>Lesson</b>	Self-Care and Self-Pampering				
<b>NOV</b>	Brooke Hogancamp	10/25	10/24	10/27	10/26
<b>Lesson</b>	Time Well Spent: Organizing Tips for Increased Productivity				
<b>JAN</b>	Denise Wooley	12/1	11/28	11/29	11/30
<b>Lesson</b>	Elements and Principles of Art				
<b>FEB</b>	Vicki Wynn	1/30	1/29	2/1	1/31
<b>Lesson</b>	Handy to Have: Emergency Health Information Cards				
<b>MAR</b>	Debbie Hixon	2/26	2/27	2/28	2/29
<b>Lesson</b>	Savor the Flavor: Seasoning with Spices				
<b>APR</b>	Mike Keller	3/26	3/25	3/27	3/29
<b>Lesson</b>	Strong Bones for Life: Prevent Osteoporosis				
<b>MAY</b>	Anna Morgan	5/1	4/30	5/2	5/3
<b>Lesson</b>	Radon: A Silent Killer				
<b>JUNE</b>	Mail Out				



# Basics to Include in Vehicle

## Emergency Kits:



**STOP**

- Jumper Cables
- Flares or a Reflective Pop Up
- Map
- Phone Charger and/or Battery
- Extra Windshield Wipers
- Rags for Cleaning
- Blanket
- Bottled Water
- Plastic Tarp
- Extra Vehicle Fuses
- First Aid Kit



## Things to Adjust Seasonally

- Ice Scrapers during Winter , always have two in case one breaks
- Sand or Cat Littler during slick seasons to increase traction for tires
- Reflective shade during hot months, these can also be used in general to reduce heat in a parked car
- Windshield cleaning fluid during dry, dusty, or pollen heavy times

## Other Useful Tips



- Always make sure you are following the recommended guidelines for vehicle maintenance
- Nonperishable foods are great to keep but be sure to check expiration dates and packaging for damage regularly
- Ensure a basic set of tools if available and is useful for your vehicle. Check that each bolt, nut, or screw you may need to get to can be adjusted with what you have.
- For More Useful Tips you can go to [transportation.ky.gov](https://transportation.ky.gov)



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)

## THIS MONTH'S TOPIC: ALLOWANCE: A LIFE SKILL BUILDER

Allowance plays a crucial role in shaping a child's development. It fosters important life skills, instills a sense of responsibility, and promotes financial literacy. Allowance can be a powerful tool for teaching important life lessons.

Allowance is money parents or caregivers give to their children on a regular basis to teach them money management skills. Giving children an allowance is a personal decision for each family that may depend on disposable income or household expectations. Some parents tie allowance to specific chores while others provide a fixed amount each week or month.

### FINANCIAL RESPONSIBILITY

One of the main benefits of giving children an allowance is to teach money management. When children receive a fixed amount of money regularly, it is easier to understand how to budget. They learn to save their money for various reasons, such as saving for a desired toy, spending on daily needs such as lunch, or giving to charitable causes. This early exposure to financial decision-making lays the foundation for responsible money management later in life.



### WORK ETHIC

Allowance also teaches children the value of hard work. Many parents give allowance for the completion of chores. By associating money with effort, children develop a strong work ethic and understand that rewards are earned through dedication and responsibility. This connection between work and reward prepares children and teens for adulthood.

### GOAL SETTING

Allowance is a practical tool for teaching children about goal setting. Whether it's saving for a new toy, a special event, or a long-term investment, children learn to set goals and work toward them. This is a valuable skill that goes beyond financial matters.

## 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.

## **ALLOWANCE ALSO PLAYS A ROLE IN NURTURING EMPATHY AND SOCIAL RESPONSIBILITY.**



### **DECISION-MAKING**

Receiving an allowance allows children to make choices about spending. “Do I buy what I can afford today, or do I wait and save more money for the nicer option?” This fosters critical thinking and decision-making skills. Children must evaluate their priorities, make trade-offs, and consider the consequences of their choices. Such decision-making experiences contribute to the ability to analyze and solve problems which are essential skills in life.

### **EMPATHY**

Allowance also plays a role in nurturing empathy and social responsibility. Parents can encourage children to give some of their allowance to charitable causes or community projects. This practice can expand a child’s understanding of others’ needs and teaches them to give back. These early lessons in generosity and compassion create individuals who are mindful of the needs of others.

### **FINANCIAL LITERACY**

As children grow, the lessons learned through allowance provide a foundation for understanding financial literacy concepts.

Understanding the basics of budgeting, saving, and making informed financial decisions is crucial in making wise decisions later. Individuals who have been exposed to these concepts through allowance are better equipped to manage money, avoid debt, and plan for their future.

The value of allowance extends far beyond the simple act of receiving money. It is a tool for building life skills, responsibility, and financial literacy. Allowance can contribute to the overall development of children, shaping them into more responsible, thoughtful, and money-wise individuals.

### **REFERENCES:**

Greenspan, A. (2005). The importance of financial education today. *Social Education*, 69(2), 64-66.

Rossmann, R. (2002). Involving children in household tasks: Is it worth the effort? University of Minnesota.

Trautner, T. (2017). The benefits of chores for your child. Michigan State University Extension.

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2024 FOOD + NUTRITION

# Recipe Calendar

Nutrition Education Program  
University of Kentucky Cooperative Extension Service

## Veggie Egg Rings

- 1 large bell pepper of any color, tomato, or onion
- Nonstick cooking spray
- 2 eggs (1/2 egg per ring)
- Pinch of salt
- Pinch of pepper
- 4 tablespoons grated cheese of your choice (1 tablespoon for each ring)

**Optional ingredients:** tomato, chopped spinach, herbs such as parsley, chives or dill, red pepper flakes, hot sauce, chopped onion, salsa, mushrooms, leftover chopped bell pepper

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Rewash hands after handling eggs.
2. Gently scrub vegetables and under cool running water and dry. Slice into 1/2-inch rings trying to make straight cuts to better hold the egg. Be sure to remove seeds and centers of peppers and tomatoes. If using onions, separate rings and use the larger ones.
3. Preheat a large skillet over medium-high heat and spray with nonstick cooking spray.
4. Sauté the vegetable rings until the rings are slightly soft. Bell pepper may take longer (5 to 10 minutes) than other veggies.

5. While the vegetables soften, crack eggs in a small bowl and lightly beat with a fork until well mixed.
6. Spoon or slowly pour a small amount of egg mixture into veggie ring, allowing a seal to form. A small amount may leak out of the sides. Continue adding the mixture to the other vegetable rings.
7. Sprinkle with salt and pepper and cover.
8. Cook covered for about 2 to 3 minutes, flipping the ring to finish cooking if needed.
9. Top with optional ingredients of your choice, add cheese, and let melt.
10. Serve while hot and enjoy!
11. Refrigerate leftovers within 2 hours.

Makes 4 servings  
Serving size: 1 Veggie Egg Ring  
Cost per recipe: \$1.94  
Cost per serving: \$0.49

Nutrition facts per serving: 60 calories; 3.5g total fat; 1.5g saturated fat; 0g trans fat; 85mg cholesterol; 115mg sodium; 4g total carbohydrate; 0g dietary fiber; 4g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source: Benita Wade, Christian County SNAP-Ed Program Assistant

## Lentil Sloppy Joes

- 1 tablespoon olive oil
- 1 medium bell pepper, chopped
- 1 small onion, chopped
- 1/2 cup water
- 1 cup low-sodium vegetable broth
- 1 cup dried lentils
- 1 teaspoon garlic powder
- 1 can (6 ounces) tomato paste
- 1/3 cup ketchup
- 1 tablespoon Worcestershire sauce (optional)
- 2 tablespoons brown sugar
- 1 tablespoon chili powder
- 1 tablespoon Dijon mustard (or yellow)
- 8 whole-wheat hamburger buns

1. 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. Over medium heat, add oil to a medium-sized pot. Sauté bell pepper and onions until softened, about 4 minutes.

4. Add water, broth, and lentils. Bring to a boil. Reduce heat and simmer.
5. Cover and cook for 25 minutes.
6. Stir in garlic powder, tomato paste, ketchup, Worcestershire sauce, brown sugar, chili powder, and mustard.
7. Enjoy the finished sloppy joe mixture on a bun.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings  
Serving size: 1 lentil burger  
Cost per recipe: \$6.20  
Cost per serving: \$0.78

Nutrition facts per serving: 320 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 480mg sodium; 55g total carbohydrate; 11g dietary fiber; 13g total sugars; 6g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 20% Daily Value of iron; 15% Daily Value of potassium

Source: Adapted from <https://www.spendwithpennies.com/lentil-sloppy-joes>



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# Mental Exercises!!!

Keeping you mind active is another very important thing. One thing i like to do to keep my mind active is to do Sudoku puzzles. If you have never done one, the goal is to fill in each box with a number 1-9, without repeating the same number is any of the smaller boxes, or the row/column as well. They can be difficult but rewarding.

	1		3			2		8
				5			9	
	2		6	1		4	7	3
		2		3	1	6		
			4		6			
		3	7	2		8		
4	6	5		9	2		3	
	7			6				
3		9			7		6	

Easy

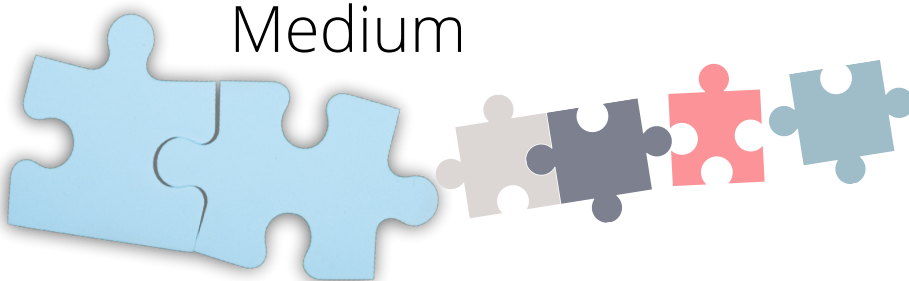


	5	4	7				1	
6		8	2	5				
			6				2	8
	7	1	4				6	
4								1
	2				1	7	8	
1	4				9			
				6	7	1		5
	6				5	8	9	

Medium

		8		9	7			
4								1
	5				2		8	
8							6	
	9	6	5	3	4	8	2	
	2							3
	3		2				7	
7								4
				8	3		5	

Hard



# Stay Connected

## Homemakers Association

State Website: <http://keha.ca.uky.edu/>

Local Facebook Groups: Purchase Area at Home

Hickman County Extension Homemakers

## Follow us on Facebook

Hickman County Cooperative Extension Service

Hickman County Cooperative Extension Family and Consumer Sciences

## Contact Us

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If there is anything else you would like to see in these newsletters, or if you ever have any questions, please feel free to reach out to Mike Keller at 270-653-2231 or via email at [mike.keller@uky.edu](mailto:mike.keller@uky.edu). Your input is very important.



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RETURN SERVICE REQUESTED

**Healthy Homes.**

**Healthy Families.**

**Healthy Communities.**

*It starts with us*