

Homemakers

March 2023

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Family & Consumer
Sciences Agent for
Logan County



Rachel Hance
Rachel Hance

White Elephant Silent Auction

Clean out your pantries and cabinets and invite your friends!!! The Logan County Homemakers are hosting a white elephant silent auction fundraiser on April 20, 2023 from 10 AM until 2 PM at the Logan County Extension Office. Proceeds from the fundraiser will help support ovarian cancer research at the University of Kentucky as well as other local charities.



Example of items to donate.

Donation Details:

- Looking for donations of gently used items for auction – NO CLOTHING ITEMS!
- Can drop off items at the Extension Office on April 18 between 9 AM – 1 PM
- All unsold items will be donated to Potter's Children's Home

Clubs are asked to donate food for the event as follows:

- All Seasons – Cookies
- Corinth – Pimento Cheese Sandwiches
- Getaway Girls – Chips & Dip
- Neighbors – Sausage Balls
- O & H – Lil Smokies
- Sew Fun – Meatballs/Brownie Bites
- South Union – Chips & Dip
- Rachel – Tea/Lemonade/Paper Products

Please plan for approximately 50 people.



Example of items to donate.

White Elephant Silent Auction Fundraiser
hosted by the
Logan County Homemakers

April 20, 2023

10 AM - 2 PM

Logan County Extension Office



Proceeds to benefit the
University of Kentucky
ovarian cancer research and
other local charities!

Homemaker Leader Trainings:

ANY CHANGES IN LEADER TRAININGS WILL BE ANNOUNCED!



April Leader Training
"Succulents and Perennials"
April 5, 2023 @ 10am
Logan County Extension Office

May Leader Training

"Entertaining Little Ones"

May 3, 2023 @ 10am

Logan County Extension Office

June Leader Training

"Medicine"

June 7, 2023 @ 10am

Logan County Extension Office



Mark Your Calendars!



Logan County Homemaker Executive committee meeting

March 14 @ 9 AM

Work on the Plan of Work for 2023-2024

Logan County Homemaker White Elephant Silent Auction

will be April 20, 2023 from 10 AM – 2 PM.



2023 Logan County Fair

June 17-30

Homemakers are welcome to enter craft projects, quilts, and baked goods in the Logan County Fair. Please plan to submit non-perishable entries in early June and perishable entries will be accepted on June 15th.



Logan County Homemaker Executive Committee Meeting

The homemaker executive committee will plan to meet on March 14, 2023 at 9AM at the Logan County Extension Office. We will be working on our plan of work activities for the 2023-2024 program year. Anyone is invited to attend! Please note the date change for this event.

Homemaker Club Meetings

All Seasons

President Sandra Kennedy
270-847-7860
Meets 3rd Tuesday @ 1PM

Corinth

President Sharon Travis
270-539-4604
Meets 3rd Thursday @ 10 AM

O & H Homemakers

President Donna Washington
270-893-1467
Meets 3rd Monday at 2:30 PM

Neighbors

President Emily Hayes
270-542-4287
Meets 4th Monday @ 4 PM

**ATTENTION
ALL MEMBERS
AT LARGE
AND ALL NEW
MEMBERS:**

OUR CLUBS WOULD LIKE TO INVITE YOU TO ATTEND THE MEETING DAY OF YOUR CHOICE, WHICHEVER WORKS BETTER FOR YOUR BUSY SCHEDULE.

South Union

President Judy Kirkland
615-337-0999
Meets 2nd Wednesday @ NOON

Sew Fun Quilting Homemakers

President Sue Jordan
270-542-6403
Meets 4th Saturday 9 AM—3 PM

HOMEMAKER HIGHLIGHT



O & H Homemakers celebrated Black History Month in February. Their topic was recognizing past members who had been in the Homemakers for over 20 years: Sis. Dorothy Forte and Sis. Essie McKinney. They ended their meeting with a soul food dinner.

National School Breakfast: What is it?

National School Breakfast Week Starts March 6th

Breakfast is the most important meal of the day! Students across the country enjoy breakfast at school every Monday through Friday throughout the school year. One program that helps support feeding children breakfast in schools is The National School Breakfast Program (NSBP). NSBP is a federal program used in schools to help children in qualifying low-income households. Since its creation in 1966, NSBP has served billions of free breakfasts to students in the United States. The NSBP follows specific guidelines to serve nutritious balanced meals to students. These guidelines require that schools serve fruits, grains, and milk with every meal. Eating breakfast has many benefits for school-aged children. Starting your day with breakfast can help improve focus, memory, mood, and problem-solving abilities. Many breakfast foods also have lots of fiber. Fiber is a nutrient that helps digestive health. You find fiber in breakfast foods like fruit and whole-grain cereals and breads. Milk is a great source of calcium. Calcium is a mineral that helps keep bones strong and healthy.

National School Breakfast Week's job is to spread the word about NSBP. The week raises awareness about the importance of the program. This awareness helps the program grow and lets families who qualify know how to enroll their children. From the beginning of National School Breakfast week, enrollment has reached 90,000 schools across the United States and 14.6 million students. Getting involved during National School Breakfast week can help raise awareness in your community. Donating to charities that help feed others, volunteering at local foodbanks, and spreading the word about the NSBP are a few ways you can get involved. National School Breakfast Week starts March 6.

Contact your school district to find out if it participates in NSBP, and visit www.fns.usda.gov/sbp/sbp-fact-sheet to find out who is eligible to enroll in NSBP.

References

1. United States Department of Agriculture. (2017, November 20). SBP fact sheet. School Breakfast Program. <https://www.fns.usda.gov/sbp/sbp-fact-sheet>
2. United States Department of Agriculture. (2020, November). Make breakfast first class. School Breakfast Program. <https://www.fns.usda.gov/sbp/make-breakfast-first-class>

Source: Lauren Ginter, Master's Student in Department of Dietetics and Human Nutrition, and Courtney Luecking, Extension Specialist for Nutrition and Health



MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

Meet Your Kentucky State University Area FCS Agent

Megan Treadway is the new Area Extension Agent for Family and Consumer Sciences in Kentucky State University's West Regional Office. She earned a Bachelor of Arts in English for Secondary Education and Master of Arts in Adult Education from Western Kentucky University. She will be providing FCS programming in Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, and Warren counties.

Prior to joining Kentucky State University, Megan spent seven years working for the University of Kentucky Cooperative Extension Service. She looks forward to opportunities to collaborate with her former colleagues in the Mammoth Cave Area. Her favorite programs are those that encourage families to spend time learning together.

The Kentucky State University Extension Program's West Regional Office is located in Bowling Green, Kentucky and currently houses agents who specialize in Family and Consumer Sciences, Work-Life Education, Small Farms, and Agriculture Technology. Look for more to come from Megan and Kentucky State University in future newsletters. In the meantime, you are welcome to contact Megan or the West Regional Office with any questions.

Megan Treadway
Area Extension Agent for Family and
Consumer Sciences
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KY 42101
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Vegetarian Taco Soup



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

- 2 tablespoons olive oil
- 1 large onion, diced
- 1 can (46 ounces) no-salt-added tomato juice
- 2 cans (15 ounces) pinto beans, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) no-salt-added corn, drained
- 1 can (15 ounces) no-salt-added diced tomatoes
- 3/4 cup dry brown rice
- 1 packet reduced-sodium taco seasoning mix
- 2 tablespoons garlic powder
- 1/2 teaspoon cumin
- 4 cups water

Optional toppings: cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat olive oil in a large pot on the stovetop over medium heat.
3. Add diced onion and stir well.
4. Cook and stir for 4 to 5 minutes or until the onion starts to turn clear.
5. Add remaining ingredients and bring to a boil.
6. Reduce heat to low. Cover and simmer for 40 minutes, or until rice is tender.
7. Just as you would a taco, top each bowl of soup with ingredients like cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado. Refrigerate leftovers within 2 hours.

Makes 14 cups
Serving size: 1 cup
Cost per recipe: \$9.11
Cost per serving: \$0.65

Nutrition facts per serving:
220 calories;
3.5g total fat;
0g saturated fat;
0g trans fat; 0mg cholesterol; 340mg sodium; 40g total carbohydrate; 5g dietary fiber; 6g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source:
Andrea Wilde, Staff Support, Northern KY; and Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension



KEHA

STATE MEETING

MAY 9-11, 2023

CROWNE PLAZA LOUISVILLE

Please note: You may register for 2 days or the full 3 days but you can not register for just one day.

Opening Banquet Luncheon on Tuesday

Cultural Arts check-in will be from 8:30-11:00am Tuesday for 5 groups and 4:00-5:00pm Wednesday for 2 groups.

**Early Bird Deadline
is April 10th**

Late registration must be post-marked by April 24th.

Hotel Information:

A group rate of \$124/night is available until April 10 or until the block is full. Details are on the State Meeting webpage.

Registration forms:

- In your State Newsletter
- Available online at keha.org
- Available at the Extension Office

PACK THE PANTRIES

Donate a different food item
each month to help keep our
schools' food pantries stocked.

MARCH FOOD ITEMS:
Apple Sauce and Yogurt
Pouches (non-refrigerated)

DONATION SITE:
Logan County Extension Office





State newsletters have been printed and mailed and should be arriving in member mailboxes soon! The newsletter also will be posted online at www.keha.org by the end of the week. The state newsletter includes the registration form and details about State Meeting in May, as well as information about upcoming deadlines, state officer elections, and more. An electronically fillable copy of the registration form will also be posted online, or you can contact your local FCS agent for a copy.

The KEHA State Meeting will be held at the Crowne Plaza in Louisville May 9-11, 2023. The theme is "Let's Take a Hike with KEHA." Wilderness Trail Area will serve as the host area. Registration for sessions and crafts is first-come, first-served, so make sure you sign up early! New is year:

- Please note this year the state meeting is utilizing a new pricing structure. You may register for the full conference or two days. Discounted early-bird rates are available until April 10. Late registration must be postmarked by April 24 at the latest.
- State Meeting will begin with an opening banquet luncheon on Tuesday. Please check the full agenda in your newsletter or online and arrange your travel plans so you don't miss it!
- Cultural Arts check-in will be from 8:30-11 a.m. Tuesday in five groups of areas. Check out will be 4-5 p.m. Wednesday in two groups. Details are outlined in the state newsletter.

Overnight rooms at the group rate of \$124/night are available until April 10 or until the block is full. If you have reserved rooms you no longer need, please cancel those so others can take advantage of the reduced group rate. If you have not yet made your reservation, please do so soon! Details are on the State Meeting webpage.

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