

# Todd County Extension Homemaker Newsletter

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September, 2016

## Donating to Charity

Millions of Americans donate money and household goods to charities every year. Making donations is a great way to help others and is also a great way to save on your taxes at the end of the year.



- **Donate to approved charities.** Tax deductions only apply to gifts given to approved charities. Before making your donation, visit the IRS website to see if the charity you are interested in donating to is approved.
- **Ask for receipts.** In order to get your reduction, you must have a bank record or written document, such as a receipt, from the charity to which you donated. It is easiest to ask for a receipt when you make any type of donation.
- **Donate household goods.** You may donate household items including furniture, furnishings, electronics, appliances, and linens. Clothing must be in at least good condition. You should keep a list of items, noting the condition of the item for your tax records. For larger donations, such as vehicles, visit the IRS website for special instructions.

- **Be mindful of your budget.** If you are making a cash donation, be sure that the donation fits within your budget. It is easy to make small donations when asked to at the checkout counter of your favorite store but these donations can quickly add up.
- **Pick a charity that is important to you.** If there is a special cause that is close to your heart, look into charities that provide aid for the cause and be sure that it is an approved charity.

**Source:** Jennifer L. Hunter, Extension Specialist for Family Financial Management, University of Kentucky; College of Agriculture, Food and Environment

Kristyn Jackson, LMFT, Ph.D. Candidate, Department of Family Sciences

## Food and the Millennials

I often wonder — just who is the target audience for that commercial on TV, for a new grocery store or unique restaurant? Then I realize that as the Baby Boomers age and die, the Millennials are the next big generation and are posed to be the next consumers in the United States. After all, many Millennials are the Boomers' children and as such there are a lot of them. Immigration also is adding to this growth. Millennials look at food differently than the Boomers. They get bored with the everyday food and seek adventure,



entertainment, and food that will represent their style. They enjoy 'retro' items but with a new twist. They are willing to try new, unusual foods. They have less disposable income but spend it differently. They are willing to pay more for healthier foods but look more at the overall healthfulness of a food rather than the individual ingredients. They shop more often but will also buy in large quantities from 'warehouse' type stores. Combining the upscale and warehouse foods is how they get to eat and afford their distinctive food habits. Oh yes, back to my question—the target audience obviously is Millennials, our future.

**Reference:** <http://www.cornnaturally.com/interactive-whitepapers/millennials-its-complicated/>

**Source:** Janet Kurzynske, Extension Specialist for Food and Nutrition, University Of Kentucky; College of Agriculture, Food and Environment

**Reference:** Ratini, M. (2014). Top Concentration Killers. <http://www.webmd.com/add-adhd/ss/slideshow-top-concentration-killers>

**Source:** Nicole Peritore, Extension Specialist for Family Health; University of Kentucky; College of Agriculture, Food and Environment

## Healthier Tailgating

Football season is here. Across the state, many Kentuckians will mark the season by getting out their tastiest tailgating recipes and firing up the grill. Unfortunately, some tailgating favorites like hamburgers, hot dogs, chicken wing, and potato chips can cause you to pack on the pounds while cheering for your team. Below are some tips to help you make healthier choices this season.

- Include vegetables in the game plan. Cut them up and serve them with a low-fat dip or hummus. You can also grill them and serve as a side to your main course.

- Grill leaner meats like ground turkey, pork or chicken breasts for main courses.



- Choose water whenever possible. Alcohol and sugar-sweetened beverages contain a lot of calories and won't quench your thirst on those hot weekends that are typical of late summer and early fall.
- Substitute fresh salsa and either pita bread or baked chips for nachos and cheese. Below is a Plate It Up recipe for a healthier salsa option.
- Use lean beef or ground turkey to make chili.
- Serve a fruit-based dessert like fruit kabobs or fruit salad.

More healthy recipes and ideas that use local ingredients are available through Plate It Up! Kentucky Proud, a partnership of the University of Kentucky Cooperative Extension Service and Kentucky Department of Agriculture. They are available online at <http://fcs-hes.ca.uky.edu/piukp-recipes> or by contacting the Todd County Extension office.

## Tomatoes

While California might be the top tomato producing state in the country, nothing beats a sun ripened Kentucky tomato in the summer!



Tomatoes are a member of the Nightshade family and were thought to be poisonous until the early 16th century. Why? The Nightshade family of plants includes about 2,600 species which consist of crop and garden plants such as tomatoes, potatoes, eggplant, tobacco, and petunias. The family also includes many poisonous plants which

led to the belief that tomatoes were poisonous as well.

Tomatoes originated in South America and were spread around the world through settlers. Today, through cultivation there are thousands of varieties of tomatoes. Sizes vary from small, grape size to large, softball size. The most widely available varieties are classified in three groups: cherry, plum, and slicing tomatoes. Colors also vary from greenish white to yellow with red being the most popular.

Tomatoes are a fruit but are eaten as a vegetable. Tomatoes are one of the most common vegetables consumed in the United States.

When selecting tomatoes, choose those with bright, shiny skins, and firm flesh.

Store tomatoes at room temperature (above 55 degrees) until they have fully ripened. This will allow them to ripen properly and develop good flavor and aroma. Try to store tomatoes out of direct sunlight otherwise they will ripen unevenly. Use within one week after ripened. Cold temperatures damage tomatoes. Tomatoes taste best if not refrigerated; refrigerate only if you can't use them before they spoil.

Tomatoes are nutritious. A medium size tomato contains 25 calories, and 20 mg of sodium. Tomatoes are fat and cholesterol free, high in vitamins A and C, and a great source of potassium.

Tomatoes are easy to grow and grow well in containers or in the garden. You can start the plants indoors from seed about mid-March, but you may have better success if you wait until May and buy plants ready to transplant. The best varieties for Kentucky are Better Boy, Celebrity, Jet Star, and Mountain Fresh.

Liven up a summer get together with this delicious dip!

## ***Bacon and Tomato Dip***

1 cup fat free sour cream  
1 cup low fat mayonnaise  
2 large tomatoes, diced, reserve excess juice  
4 slices bacon, cooked crisp and crumbled  
1 teaspoon garlic powder

Directions: Combine all ingredients. Add reserved tomato juice until dip reaches desired consistency. Serve with fresh vegetables or reduced fat crackers.

Yield: 16, 2 tablespoon servings.  
Nutrition Analysis: 50 calories; 3 g fat; 1 g saturated fat; 5 mg cholesterol; 160 mg sodium; 6 g carbohydrate; 0 g fiber; 3 g sugar; 1 g protein.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

## ***Coming Soon!***

Mark your calendars for this year's "Maintain, Don't Gain" challenge. It will start October 31 with weigh-in at the Extension Office and will end January 19. The purpose is to help people maintain—not gain—weight during the winter holiday season. There will be a \$5 fee to participate in the class.

The FIT Together classes were so successful, we will start a new 16 week series on Thursday, January 19, 10:00 a.m. The previous class lost 136.5 pounds, experienced decreases in blood pressure, triglycerides, cholesterol, body mass index, and lost 19.5 inches in the waist!

Watch for details about both of these events.

Sincerely,  
*Jill B. Harris*

Jill B. Harris  
Extension Agent for  
Family & Consumer Sciences



# Announcements...

## PACS Food Bank

September – Allegre  
October – Country Pals  
November – Folks & Friends



## The Buzz About Honey

The first leader training of the year will be “The Buzz About Honey.” It will be taught Wednesday, August 31, 3:30 pm at the Extension Office meeting room.

## Upcoming Basket Classes

On September 24, 9:00 a.m., Ida Colley will be teaching the Casserole Basket (not for beginners) for a cost of \$25. The deadline for signing up is September 16. To sign up, contact the Todd County Extension Office at 270-265-5659.



She will also teach the Pie Basket (not a beginner) on Saturday, October 22, 9:00 a.m. at the Extension Office Meeting Room. The cost is \$40 and the deadline for signing up is October 7. To sign up, contact the Todd County Extension Office at 270-265-5659. Payment is due within 3 days of sign-up and there is a minimum of 6 participants to have each class.



## Homemaker Annual Meeting

“Rock and Roll” will be the theme of the Homemaker Annual Meeting, which will be held September 26 at the Senior Citizens Center in Elkton. Entertainment will be provided the 4-H Performing Arts Troup. You won’t want to miss this! Tickets may be purchased at the Todd County Extension Office or you may pay for your ticket at your September Club meeting. The deadline for purchasing your ticket is September 15.



## Lesson Suggestions

How many times have you said or thought, “I wish we would have a lesson on...”? Well, now’s your chance to submit your suggestions for lessons for 2017-2019! Your club presidents will be asking for those suggestions at your September meeting so be thinking and take your suggestions to the next meeting.

## Officer Training

The *Love Works* officer training scheduled for Monday, August 29, 5:30 p.m. has been POSTPONED. For the training, we will be reading and discussing the book *Love Works –Seven Timeless Principles for Effective Leaders* by Joel Manby (featured on the TV series *Undercover Boss*). If you are a council or club officer, please call the Todd County Extension Office and let us know if you would like a book (no charge) to use to participate in the discussion. The deadline for reserving a book is September 30. The date for the discussion/training will be announced at a later date.

## Remind me

Sign up for reminder texts about homemakers (council meetings, lessons, classes, deadlines, etc.). Go to TEXT messages on your cell phone, and type:

To: 81010

Message: @homemaker

- (note: there is not an “s” on the end of homemaker)
- If you have not used “Remind Me” before, you will be asked to reply with your name. Disregard the message about replying parent, teacher, or student.



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