

Todd County Extension

Family & Consumer Sciences

Newsletter

Todd County Extension
240 Pond River Road
Elkton, KY 42220
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February 2024

Grocery Shopping at Your Local Dollar Store

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.



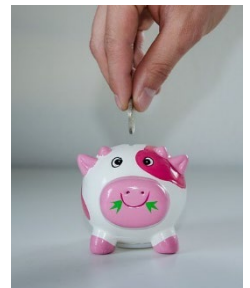
Lunch can be a tricky meal to create because you might need an on-the-go option. A great quick lunch idea is a packet of tuna, whole-grain

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.



Source: Lauren Turner, Dietetic Intern; Heather Norman-Burgdorf, Extension Specialist for Food and Nutrition



The Surgeon General Calls Attention to the Devastating Impact of Loneliness and Social Isolation

There are healing powers in human connection. Yet, many are at risk of loneliness. According to the surgeon general, loneliness is not only a health issue but a health crisis. Insufficient social connection leads to increased risk of heart disease, stroke, dementia, and premature death. In addition, isolation and loneliness challenge mental health, increasing the risk for depression and anxiety. According to the surgeon general, residents in communities who feel more connected with one another have a greater sense of “safety, community resilience when natural disasters strike, prosperity, and civic engagement.” To help foster human connection, the Surgeon General’s Advisory has established a National Strategy to Advance Social Connection. It is based on the following six pillars:

1. “Strengthen Social Infrastructure.” Design environments, establish programs, and make investments that bring people together.
2. “Enact Pro-Connection Public Policies.” National, state, local, and tribal governments can create policies that support connection among family and communities (paid family leave, accessible public transportation).
3. “Mobilize the Health Sector.” Because of the chronic health risk factors associated with loneliness and isolation, health-care providers can provide more prevention assessment.
4. “Reform Digital Environments.” Encourage people to evaluate their relationship and balance with technology so that it does not detract from meaningful social connections with others.

5. “Deepen Our Knowledge.” We need to learn more about the populations at risk of social disconnection, causes and consequences, and efforts that help boost it.
6. “Cultivate a Culture of Connection.” Within the norms and culture of how we live and engage, it is important to develop supportive, cooperative, and collaborative relationships.

Extension programs are a great way to help combat loneliness and build connection. Contact your county Extension agent today to find out what programs and opportunities are offered in your community.

References

Dabb, M. & Pay, C. (2023, September 26). *The need for connection for human connection in extension and the communities they serve*. [Conference presentation]. Epsilon Sigma Phi Annual Meeting, Billings, MT, United States.

Surgeon General Advisory. (2023). New Surgeon General Advisory Raises Alarm about the Devastating Impact of the Epidemic of Loneliness and Isolation in the United States. Retrieved October 6, 2023 from <https://www.hhs.gov/about/news/2023/05/03/new-surgeon-general-advisory-raises-alarm-about-devastating-impact-epidemic-loneliness-isolation-united-states.html>

Source: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging

The previous article said: *“Extension programs are a great way to help combat loneliness and build connection.”*

Our activities, even those that say Homemaker, are open to anyone who would like to participate, and they are a great way to build connections. Hope you will join us!

Sincerely,

Jill B. Harris

Extension Agent for Family & Consumer Sciences Education



Upcoming Classes & Activities

Homemaker Leader Trainings

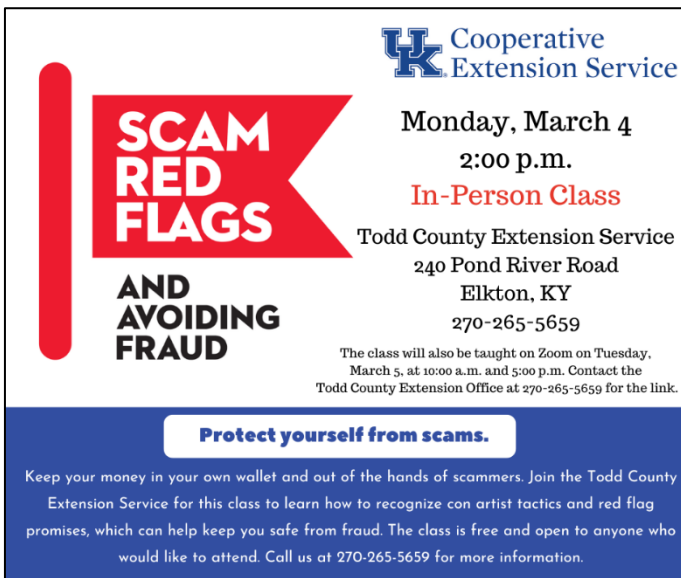
Learn how to keep your money in your own wallet and out of the pocket of scammers by attending *Scam Red Flags and Avoiding Fraud*, **Monday, March 4 at 2:00 p.m.** at the Todd County Extension Office. Please pre-register by calling the Todd County Extension Office at 270-265-5659.

Cooking Thru the Calendar

Join me for “Cooking Thru the Calendar” Facebook live demonstrations on the first Thursday of each month at 11:30 a.m. I, along with a guest, will be demonstrating how to make the recipe of the month and sharing tips for healthy eating. The next one is **Thursday, February 1, 2024 at 11:30 a.m.**, on the Todd Co. Extension Family & Consumer Sciences Facebook page <https://www.facebook.com/ToddCountyExtensionFCS>. Other upcoming dates are **Thursday, March 7**, with guest Angela McKee from the Todd County Health Department; **Thursday, April 4**, with Jill Collins from PADD Aging Services; and **Thursday, May 2**, with Tiffany Groves, with the Todd County Chamber of Commerce.

If you miss the live demonstration, you can watch the recording on the Todd County Extension Family & Consumer Sciences Facebook Page.

Recipe calendars are available at the Todd County Extension Office, 240 Pond River Road, Elkton, KY. The January recipe for Savory Winter Pork Stew was delicious.



The poster features a red banner with the text "SCAM RED FLAGS" and "AND AVOIDING FRAUD" below it. To the right, it lists the event details: "Monday, March 4 2:00 p.m. In-Person Class" and "Todd County Extension Service 240 Pond River Road Elkton, KY 270-265-5659". It also includes a Zoom link for Tuesday, March 5, at 10:00 a.m. and 5:00 p.m. At the bottom, a blue box contains the text "Protect yourself from scams." and a paragraph: "Keep your money in your own wallet and out of the hands of scammers. Join the Todd County Extension Service for this class to learn how to recognize con artist tactics and red flag promises, which can help keep you safe from fraud. The class is free and open to anyone who would like to attend. Call us at 270-265-5659 for more information."

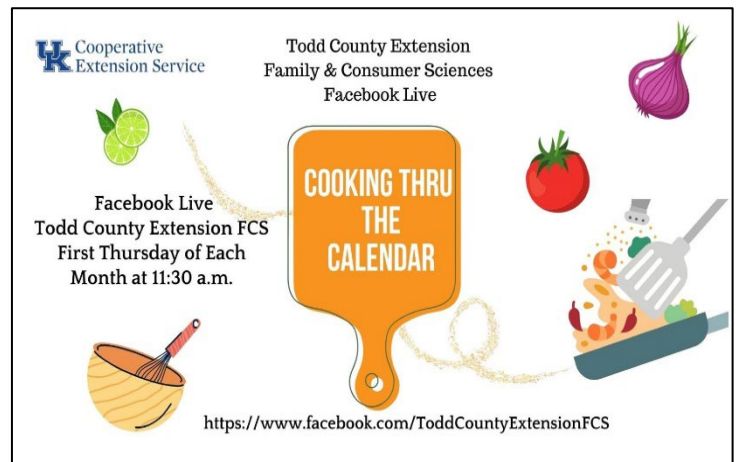
If you miss the in-person class, it will also be presented by Zoom on **Tuesday, March 5 at 10:00 a.m. and 5:00 p.m.** (request the link from us if you want to watch it on Tuesday).

Savor the Flavor: Seasoning with Spices will be taught on **Tuesday, March 26, 10:00 a.m.** at the Todd County Extension Office. We will have spice identification activity and taste testing a recipe made with different spices. A 5:00 p.m. Zoom only will also be offered; contact us for the link.

Let's Play Pickleball will be taught on **April 30, 10:00 a.m.** More information to follow.

Health Literacy for the Win will be mailed to everyone with the June newsletter.

Classes for 2024-25 will be available in May.



The poster features the Cooperative Extension Service logo and "Todd County Extension Family & Consumer Sciences Facebook Live". It includes the text "Facebook Live Todd County Extension FCS First Thursday of Each Month at 11:30 a.m." and "COOKING THRU THE CALENDAR". At the bottom, it provides the URL "https://www.facebook.com/ToddCountyExtensionFCS". The background is decorated with illustrations of various kitchen items and ingredients like lemons, tomatoes, onions, and a whisk.

Area Cultural Arts & Area Homemaker Seminar

The Pennyriple Area Homemaker Cultural Arts Contest will be held in conjunction with the Area Seminar this year. It will be held on **Friday, March 8** at the Christian County Extension Office and Expo Center.

Cultural Arts entries will be taken at the Expo Center from **9:00 to 9:30 a.m.** Registration for the seminar will be in the meeting room of the main building from **9:30 to 10:00 a.m.**

Pizza Party A 'More, the seminar, is about Italian foods—pizza, pasta, pasta sauce, etc. We will have demonstrations and some sampling. Lunch will be lasagna, salad, breadsticks, and dessert. The registration fee is **\$15/person**, due February 28. Cultural arts viewing will begin at 12:30.

If you have cultural arts items, please contact the Extension Office for information on pre-registering the items.



SAVE THE DATE

Pizza Party A'More

Area Homemakers

When: March 8, 2024

Where: Christian County Extension Office
2850 Pembroke Road, Hopkinsville, KY 42240

COST: \$15.00

When: Pennyriple Area Spring Seminar
Cultural Arts Day 2024

Four Seasons Catering will be catering the meal. Please plan accordingly.

MENU:

- LASAGNA
- SALAD
- BREAD
- DESSERT
- Tea, Lemonade, & Water

CULTURAL ARTS EXHIBIT CHECK-IN: 9:00 AM – 9:30 AM
(At Christian County Expo Center)

DOORS OPEN FOR PROGRAM: 9:30 AM
(At Christian County Meeting Room)

PROGRAM BEGINS: 10:00 AM

Join us for a fun-filled day learning all about
Pizza, Pasta, Oils and so much more!

Door Prizes and lunch provided!

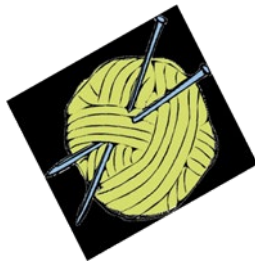
**REGISTER AT YOUR LOCAL EXTENSION OFFICE
BY FEBRUARY 28, 2024**

Martin-Gatton College of Agriculture, Food and Environment
Cooperative Extension Service
University of Kentucky

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
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Cultural Arts Categories Are:

- Apparel
 - Accessory
 - Applique
 - Basic sewing
 - Quilted
 - Specialty
- Art, 3-Dimensional
 - Carving
 - Sculpture
- Art, Natural
 - Wood
 - Other
- Art, Recycled (include before/after photo)
 - Clothing
 - Household
 - Other
- Basketry
 - Cane
 - Dyed Material
 - Miniature
 - Novelty
 - Plain



- Beading
 - Bead Weaving
 - Non-Jewelry Item/Wearable
 - Miscellaneous
- Ceramics
 - Hand-formed
 - Molded
 - Pre-Made
- Counted Cross Stitch
 - 14 count and under
 - 16-22 count
 - Specialty Cloth (linens, etc.)
- Crochet
 - Accessories
 - Fashion
 - Home Décor and Afghans
 - Thread
- Doll/Toy Making
 - Cloth
 - Handmade toy
 - Porcelain/China

12. Drawing

- a. Pastels
- b. Pen & Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

13. Embroidery

- a. Basic
- b. Candlewicking
- c.
- d. Crewel
- e. Machine
- f. Ribbon
- g. Smocking
- h. Swedish
- i. Tatting/Lace Making
- j. Miscellaneous



14. Felting

- a. Needle Method
- b. Wet Method

15. Holiday Decorations

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

16. Jewelry

- a. Beaded
- b. Mixed Media
- c. Original Design

17. Knitting (Hand)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

18. Knitting (Other- machine/loom)

19. Needlepoint

- a. Cloth Canvas
- b. Plastic

20. Painting, Art

- a. Acrylic
- b. Oil
- c. Watercolor



21. Painting, Decorative

- a. Metal
- b. Wood
- c. Other

22. Photography (mounted or framed)

- a. Black and white
- b. Color

23. Quilts

- a. Baby or lap (hand quilted)
- b. Baby or lap (machine quilted)
- c. Hand Applique (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Applique (machine quilted)
- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (hand quilted)
- i. Novelty (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

24. Paper Crafting

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking (1-2 pages)

25. Rug Making

- a. Braided
- b. Hooked
- c. Punch Needle
- d. Woven

26. Wall or Door Hanging

- a. Fabric
- b. Other

27. Weaving

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

28. Miscellaneous (items not included in other categories)

Notes:

- Each article must be the work of an Extension Homemaker member and must have been completed during the last 2 years).
- Quilts must be completely done by the KEHA member exhibitor (including quilting).

A complete list of categories and subcategories is available on the at the Extension Office or online at <https://keha.ca.uky.edu/>.



Pizza Perfected

Learn tips, tools, and techniques for making pizza dough on **Tuesday, February 13, 10:00 a.m.**, at the Todd County Extension Office. The class will be part instruction, demonstration, hands-on, and tasting. You will leave with 2 different types of doughs to take home. Pre-registration is required and there is a limit of 12 adults (we have space for 2 more). This is a one-time only class. Call 270-265-5659 to register.



PIZZA PERFECTED

February 13
10:00 a.m.



Tips, tools, and techniques for making pizza dough
Tuesday, February 13, 10:00 a.m.
Todd County Extension Office
240 Pond River Road, Elkton, KY
Instruction, demonstration, hands-on, and tasting
Limit 12 Adults
Pre-registration required, 270-265-5659



The registration deadline is February 9. For those who have already registered, please wear close-toed shoes, bring an apron, and bring 2 (2-quart) containers to take pizza dough home.



Cooperative Extension Service

**READY SET BAKE:
BISCUITS**

MARCH 21, 2024

10:30 AM OR 5:30 PM
Todd County Extension Office
240 Pond River Road, Elkton, KY



YOU WILL LEARN:
How to measure ingredients
About different types of flours
Basics of leavening agents
How to knead and cut dough

\$5.00 registration fee for supplies
Each class limited to 12 people
Adults only
Pre-registration & payment required by March 7.

To register, call the Todd County Extension Office at 270-265-5659
or email jill.harris@uky.edu.

Ready, Set, Bake: Biscuits

Learn how to measure ingredients, about different types of flour, the basics of leavening agents, and techniques for kneading and cutting dough in this hands-on biscuit-making class on **Thursday, March 21, at 10:30 a.m. or 5:30 p.m.** There is a \$5.00 fee per person. To register and/or pre-pay, contact the Todd County Extension Office at 270-265-5659. Registration deadline is March 7.

