

Newsletter

Family and Consumer Science

April

Calendar at a Glance

The Graves County Extension Office will be having an Emergency Health Information Card presentation on April 9 at 2:00 pm with Lois Pressgrove. Join them as she shares her story. Help Emergency Workers serve you better with an EHI Card. This is open to all community members within the Purchase Area.

Mark your calendars for the Spring Yard and Bake Sale! May 3-4 at the Extension Office. You can start bringing items on May 1st. Please have items priced already, if possible. All proceeds go toward the Homemaker Scholarship!



Sarah E. Drysdale
Extension Agent for
Family and Consumer Science

April 1-5: BCS Spring Break
April 8 @ 10:00
Area Homemaker Advisory Council

April 8 Solar Eclipse

April 11 @ 10-3 Calloway Co.
Beginning Serger Workshop

April 18 @ Hickman Co.
Best Start Family Event

April 18 @ 12:30-5:30
Blood Drive

April 19 @ 10-11 Wickliffe Park
Laugh and Learn Playdate

April 23 @ 9-11 Ballard Co. Senior Center
Ballard County Health Fair

May 3-4 Spring Homemaker Yard and Bake Sale

May 7-9 @ KEHA

May 15 @ McCracken Co.
Spring Into Green: Pride of KY

June 3 @ 3:30
County Homemaker Advisory Council



KEHA News

KEHA Merchandise – The KEHA website and merchandise order form has been updated to reflect items currently in inventory. New items include a two-handed potholder, a sewing kit, a toothpick holder, a whisk, and a collapsible bowl. These are in addition to the grocery bag, car coasters, regular coaster, mug, cups, and more. View photos, access the order form, Information available on the KEHA webpage under Member Resources tab

Calling all Quilters! The Center for Courageous Kids in Scottsville, Ky., needs new twin bed quilts. Needed size is 66 inches by 83 inches and can be homemade or store bought. Drop off at the Center in Scottsville or bring to KEHA State Meeting's collection point. Also, quilters are invited to participate in this year's Quilt Square Auction and Showcase at State Meeting by making a 12-inch finished quilt square. Details are in the KEHA Newsletter.

Lifelong Learning Series

Savor the Flavor: Seasoning with Spices
Mike Keller

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 several types of spices and how to incorporate them into food preparation and cooking

Lesson hubs

Hickman: 3/25 @ 10:00 am Marshall: 3/27 @ 10:00 am
Graves: 3/26 @ 10:00 am McCracken: 3/29 @ 10:00 am

Craft Class

Location: Ballard County Extension Office

Date & Time: April 25, 2024 at 2:00 pm & 6:00 pm

Cost: \$12



**LIMITED TO 10 PARTICIPANTS TO
REGISTER PLEASE CALL THE
OFFICE 270-665-9118 BY APR. 22**

Cooperative Extension Service

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Lentil Sloppy Joes



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

- 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)

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. Enjoy the finished sloppy joe mixture on a bun.
7. 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>



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2024

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THIS MONTH'S TOPIC: SHOPPING TIPS WHEN BUYING MAJOR APPLIANCES

Major appliances can make everyday life a little easier, but their convenience often comes with a hefty price tag. With this kind of investment, it's wise to do a little research and have a plan.

BEFORE YOU BUY

As with most high-dollar items, **assess your need for the item**. Do you really need it? In our present-day society, it's hard to argue that something like a refrigerator is not necessary. And even though our need is reasonable, we should **consider our budget** before we begin.

To ensure a good "fit" for your space, **measure the area** where the appliance will go, as well as any doors or hallways that it may need to pass through during delivery or installation. And **don't forget about the power source**. Some appliances require a 120-volt, 3-prong outlet, or a special 240-volt outlet. Regardless of what it needs, avoid using extension cords and outlet adaptors for major appliances.

WHERE TO BUY

Using the internet to research appliances and compare options is a good place to start, but it's worth going into stores to see the actual items. By shopping in a store, you'll be able to



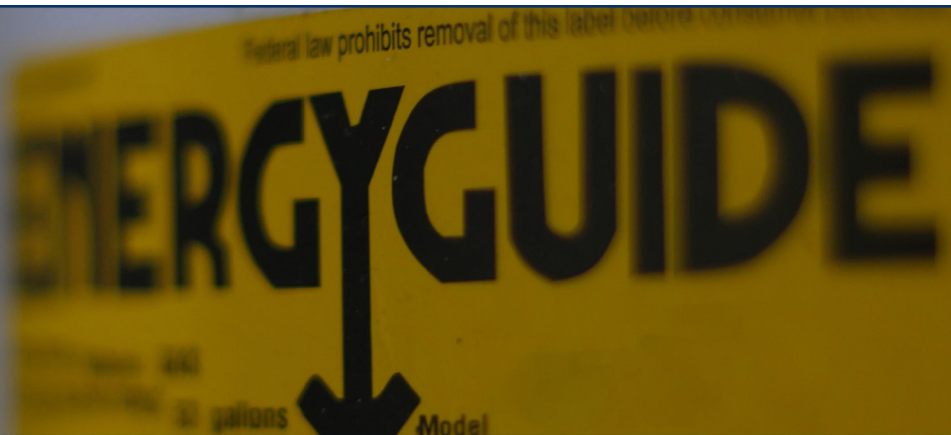
interact with a knowledgeable staff. **Buying locally** may cost a little more, but the personal connection may mean you'll get better customer service and help with any future repairs.

DON'T COMPARE APPLES TO ORANGES

When comparison shopping, **always check the model number** to make sure you're evaluating the same item. Manufacturers may produce versions of an appliance model with varied levels of quality to meet the needs of different stores. For example, the "same TV" sold at different stores with a price difference of \$200, could be two different model versions because the less expensive one has fewer cable inputs. Look at the item's



DON'T BE AFRAID TO NEGOTIATE, ESPECIALLY WHEN SHOPPING LOCALLY.



list of specifications to learn more; **compare the features and consider the benefits** to determine what is right for you.

GETTING A GOOD DEAL

You may be set on a specific brand or model, but if you're willing to **consider other options**, there may be significant savings. Sometimes there is a *floor model* available, or "*last year's*" *model* may be less expensive because it has fewer features. Stores may be willing to price match if you're comparing the exact model, but if you're waiting for a big sale, know that **most major appliance sales and rebates are manufacturer-driven**. That means the store is not setting the price, the manufacturer is. Therefore, discounts are going to be the same most everywhere. Don't be afraid to negotiate, especially when shopping locally. You are more likely to **"get a good deal"** if you shop at a local store that values your business.

OTHER "COSTS"

Finally, consider the **operating and maintenance costs**. Major appliances will have an EnergyGuide label to let you know the cost to run the item (based on average usage). The Federal Trade Commission notes, **an energy-**

efficient appliance may cost more up front, but it should save you money over time with lower utility bills. Also, in addition to keeping the appliance clean, your item may eventually require new filters, bulbs, or gaskets. Are there delivery or installation fees? What about hauling away an old appliance? Some stores include these services in the price, while others charge separately.

WARRANTY WISDOM

Read the warranty *before* you buy an item. Appliances should perform as advertised, and the **warranty should clearly define what you can do if the item breaks**. Before paying extra to buy an extended warranty or service plan, know what it covers. There's a chance the regular warranty is all you need, or if you used a special credit card for the purchase, the credit card company may include warranty coverage. In most cases, it's better to skip the extended warranty and set a little money aside for potential repairs.

REFERENCE:

<https://www.energy.gov/energysaver/shopping-appliances-and-electronics>

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