

Newsletter

Family and Consumer Science

April

Cooperative Extension Service
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Calendar at a Glance

Congratulations to all the winners from the Ballard County Cultural Arts Day that advanced to the Area Cultural Arts Day. Winners from the Area will go to the State Cultural Arts Event at the KEHA State Meeting in Lexington.

The Ballard County Homemaker Yard and Bake Sale will be Friday May 2 and Saturday May 3. **You may start bringing your items starting on the afternoon of May 1.**

Also be on the look out for your State Homemaker Newsletter for information regarding the State Meeting. More information in under the KEHA News Section of this month's newsletter.

April 3 @ 10- noon Ballard County Health Department
Healthy Eating for All

April 3 @ 5:30- Hickman Co,
Best Start Family Event

April 7- 11 Ballard County Schools
Spring Break Week

April 14 @ Fulton County
Area Homemaker Advisory Council

April 17 @ 12:30 to 5:30
Blood Drive

April 18 @ 10- 11
Laugh and Learn Playdate

May 2-3
Homemaker Yard and Bake Sale

May 6-8 @ Lexington
KEHA State Meeting



Sarah E. Drysdale
Extension Agent for
Family and Consumer Science



KEHA News

Registration – Registrations are arriving daily for the KEHA State Meeting May 6-8, 2025, at Hyatt Regency in Lexington. The theme is “Discover KEHA – A Hidden Treasure.” Northeast is the host area. Visit the [State Meeting webpage](#) for information on registering, making room reservations, and other details. The following are a few important highlights to note.

- Registration for sessions and crafts is first-come, first-served, so make sure you sign up early! Discounted early-bird rates are available until April 7. Late registration must be postmarked by April 21 at the latest.
- Please check the [State Meeting](#) page before registering to see if any classes are full. Refunds of the class fee will be issued after State Meeting for anyone whose payment was received after a class reaches capacity.
- KEHA is once again utilizing a full conference or two-day registration pricing structure (Tuesday/Wednesday or Wednesday/Thursday). Please know that it takes great expense to reserve the amount of meeting space and equipment required to host all that KEHA State Meeting offers. Registration is critical to cover those costs.

Lifelong Learning Series

Gardening Safely
Debra Hixon

Gardening is a wonderful way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly. This lesson focuses on the health benefits of gardening, using proper motions for repetitive movement, and appropriate tools for the job at hand. If this lesson does not sound exciting at first, it will grow on you!

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|---------------|---------------|
| Hickman Co. | 03/27 @ 10 am |
| Graves Co. | 03/25 @ 10 am |
| Marshall Co. | 03/26 @ 10 am |
| McCracken Co. | 03/28 @ 10 am |

If you are going to the lesson. PLEASE call ahead to the lesson Hub in order to receive all materials for your club.



Lemon Broccoli Pasta



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

Prep time: 15 minutes
Cook time: 25 minutes

- 1 box (16 ounces) whole-wheat pasta (rotini, spaghetti, bowtie, elbow macaroni)
 - 1 package (12 to 14 ounces) frozen broccoli
 - Zest of one lemon
 - Juice of one lemon (about 2 tablespoons of lemon juice)
 - 2 tablespoons olive oil
 - 2 1/2 teaspoons garlic powder or 1 clove of garlic, minced
 - 2 cups spinach
 - 1 cup grated parmesan cheese
 - 1 cup reserved pasta water
 - Salt and pepper, to taste
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Boil water and prepare pasta according to package directions. Be sure to save 1 cup of pasta water for later use.

3. While the pasta cooks, microwave broccoli for about 5 minutes, or until thawed.
4. In a large saucepan over medium heat, add oil and sauté broccoli for 3-5 minutes.
5. Add cooked pasta to the saucepan with the broccoli. Add lemon zest, lemon juice, garlic, spinach, and reserved pasta water. Use tongs or a spoon to evenly combine everything. Cook until spinach is wilted, about 5 minutes.
6. Sprinkle over parmesan cheese and stir to combine. Reduce heat to low and cook for an additional 3 to 5 minutes or until it reaches desired texture.
7. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1 1/2 cups
Cost per recipe: \$8.56
Cost per serving: \$1.07

Nutrition facts per serving:

320 calories; 9g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 200mg sodium; 51g total carbohydrate; 7g dietary fiber; 2g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source:

Jeannie Noble, RD, Extension Specialist for Nutrition; and Jen Robinson, NEP Area Nutrition Agent, University of Kentucky Cooperative Extension Service



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2025

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THIS MONTH'S TOPIC: AVOID BUYER'S REMORSE WHEN CLOTHES SHOPPING

It happens to a lot of us. We buy clothing, and soon realize that we don't really like it or it doesn't fit well. Then, *those jeans* or *that shirt* hang unworn in the closet as wasted money. In fact, research estimates the average U.S. consumer tosses 81.5 pounds of clothing a year, wearing an item only 7 to 10 times before purging it.

If your closet is full of clothes you don't wear, this is a good example of the **"Pareto Principle,"** otherwise known as the "80/20 rule." So many of us wear only **20% of our clothes, 80% of the time.** This suggests many of us can make do with less. Especially if we have a closet full of unworn clothes. If this describes you, keep what you wear most, then donate or sell the rest.

REDUCING BUYER'S REMORSE

After decluttering your wardrobe, be intentional to only buy items you plan to wear moving forward. First, **choose quality over quantity.** You will get more use from a few clothes that are well made than having lots of clothes that are cheaply made and may "fall apart" after washing. Buy the best you can afford.



Also, make sure you **FEEL good** wearing your clothing. Buy items that fit well and are flattering for your body to help you feel confident and comfortable. Think about clothes you already own that you continually reach for day after day.

Consider the additional tips below to avoid buyer's remorse.

Don't buy clothing...

- **Just because it is on sale.** It's tempting to spend money to save money, but you'll get "100% off" when you don't buy it at all.
- **"Just in case."** Make sure you have a place to wear your new item; otherwise, it will never get worn. (But it's fine to have one or two outfits to wear "in case" of a funeral, job interview, formal event, etc.)

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IT'S TEMPTING TO SPEND MONEY TO SAVE MONEY, BUT YOU'LL GET "100% OFF" WHEN YOU DON'T BUY IT AT ALL.



- **Because it's trendy.** You'll get more wear out of classic styles. If you buy something trendy, make sure the fit and style are right for you.
- **As retail therapy.** It's best to shop when you can think clearly about your purchases and you're not in a bad mood. Instead, rest, go for a walk, or get some fresh air.
- **For a "someday" body.** Buy flattering clothes that fit your body now, not for when you lose 10 pounds. Don't buy or keep clothing that makes you feel bad about yourself.
- **That needs alterations.** If the item won't work until you hem it, add buttons, or shorten the straps, don't invest in another "project" unless you know you will mend the garment.
- **That's "high maintenance."** If you're not willing to hand-wash, iron, or take clothes to the dry cleaner, select easy-care items. Read the care label before buying.
- **Without knowing the return policy.** Clarify how long until the item is no longer returnable. 7 days? 30 days?

Some "final sale" items may not be returned, or returns may be for "store credit only."

REGRET YOUR PURCHASE?

- **Return it!** Take it back to the store for a refund. If you shopped online, don't let too much time pass! Follow the return procedures so you're not stuck with something you regret.
- **No receipt or already cut the tags (but not worn)?** Take it back to the store and be honest. If you bought it recently and never wore it, you may be able to at least get store credit to buy something you WILL wear.

If you're stuck with your mistake, offer the item to a friend, donate it, or consign it. It's OK to let go of clothing you regret buying, no longer wear, or that no longer fits you even if you "spent good money" on it. The money is already spent and keeping too many unworn items in your closet makes it harder to locate the clothes you DO love to wear.

REFERENCES

<https://earth.org/statistics-about-fast-fashion-waste/>

<https://www.simplypsychology.org/pareto-principle.html>

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