

FAMILY AND CONSUMER SCIENCE NEWS

Boyd County Cooperative Extension Service

June, 2024



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

Family and Consumer Sciences

**Cooperative Extension
Service**

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Happy June Everyone!

I hope everyone had a nice Memorial Day and are planning some awesome vacations in the upcoming months! We have some fun programs this month! Starting with the Sunshine Homemakers club hosting this month's Cooking Through the Calendar on June 6th. We will be having a Building a Better Smoothie program on the 7th, June's Lunch & Learn will be on the 14th and we will be learning how to freeze fresh fruit! On the 18th, we will be having a program about traveling internationally!

I am also very excited to announce the Laugh and Learn Playdate, a program geared towards preparing children 0-5 years of age for kindergarten, will be starting this month on the 11th at the Frank's Building! I hope you bring your children, grandchildren or even a friend's child to the program, snacks will be provided, and children will get to play, do a craft, have story time, and just have FUN!

As always, my door is always open for discussion and ideas! Please feel free to stop by!

Jacqueline Doucet
County Extension Agent
for Family and Consumer Sciences



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**Cooperative
Extension Service**

Agriculture and Natural Resources
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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.



June



Message from the President

Hello Homemakers,

Well, summer is just around the corner. Gardening, vacations, schools out, it just keeps getting busier and busier. Take time to rest, go for walks, and enjoy the kids, grandkids, and HOMEMAKERS. The end-of-year banquet is coming on June 27th, so get your cultural arts ready to be shown. It has been a wonderful year so far, let's take it on through the summer. I want to thank everyone for participating in the programs, leading the lessons, stepping up, and taking charge. We couldn't do the things we do and accomplish everything that needs to be done without you standing in the gap. We have the best bunch of homemakers bar none! **(Agent note: YES WE DO!)** As always I'm keeping you in my prayers.

The Prez,

Kathy



Homemaker Upcoming Events & Announcements



- *Cooking with the Calendar: Sunshine, **June 6th at 10 a.m.**, Boyd County Extension Office. **June's Recipe: Fruited Coleslaw.***
- *Homemaker Council Meeting, **June 12th at 10 a.m.**, Boyd County Extension Office.*
- *End-of-Year Banquet, **June 27th at 6 p.m.**, Frank's Building, Boyd County Extension Education Center.*
- *Sewing/Quilting/UFOs: **Every Monday at 5 p.m.**, Boyd County Extension Office.*
- *Mats for Homeless: **Every Thursday at 10 a.m.**, Boyd County Extension Office.*



KEHA Upcoming Events & Announcements

~~May 7-9 – KEHA State Meeting in Bowling Green.~~

~~May 15 – 990N Deadline for 501(c)(3) organizations with fiscal year ending
Dec31.~~

- June 15 – Postmark deadline for NVON Conference registration.
- June 30-End of KEHA Year.

July 16-18 – NVON Conference in Asheville, N.C.

National Volunteer Outreach Network (NVON) Conference – The 25th annual NVON Conference will be **July 16-18, 2024**, in Asheville, N.C. Any KEHA member is eligible to register and attend. Meeting details are available at <https://www.nvon.org/nvon-conference/>. The hotel and registration deadline is **June 15**.

May 6-8, 2025-KEHA State Meeting, Hyatt Regency, Lexington, KY



Congratulations to Christi Clarke for receiving two blue ribbons at this year's KEHA State Cultural Arts for her color photography and her black and white photography!!

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Recipes from the 2024 Food and Nutrition Recipe Calendar



June's Recipe: Fruited Coleslaw

Join us at the Boyd County Extension office for our monthly cooking demonstration and sampling. Try tasty Nutrition Education Program Calendar recipes and discover strategies to eat healthier and cook at home!

June 6th

**at 10 a.m. Boyd County
Extension Office**



2024 Lunch and Learn Upcoming Dates

12 pm-1 pm

Boyd County Extension Office
2nd Friday of every month.

.Join us for a fun lunchtime discussion.
Lunch will be provided or you can bring your own!

Please call 606-739-5184 to Register.

This program is FREE

~~January 12th~~

~~Healthy Ways to Flavor Your Food~~

~~May 10th~~

~~Savvy Sellers & Bargain Hunters~~

~~February 9th~~

~~Stocking and Using Pantry Staples~~

~~June 14th~~

~~Freezing Fresh Fruits~~

~~March 15th~~

~~Savvy Online Grocery Shopping~~

~~July 12th~~

Savor the Flavor; Using Kitchen Tools &
Appliances

~~April 12th~~

~~Travel Safety: Know Before You Go.~~

~~August 9th~~

Clutter Free Living.

*Topics subject to change *Program subject to weather

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12 pm-1 pm

**Boyd County Extension Office
2nd Friday of every month.**

**Join us for a fun lunchtime discussion.
Lunch will be provided or you can bring your own!**

**Please call 606-739-5184 to Register.
This program is FREE**

September 13th

Cooking for 1 or 2

October 11th

Carbon Monoxide: Exposure and Prevention

November 8th

Managing Holiday Expenses

December 13th

Planning Holiday Meals on a Thrifty Budget

*Topics subject to change *Program subject to weather

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2024 Laugh and Learn Playdate: Upcoming Dates

1 pm-3 pm

Snacks will be
provided!

June 11th

Topic: Insects

October 15th

Topic: Pumpkins

July 9th

Topic: Summer/Sun

November 12th

Topic: Turkey/Thankfulness

August 27th

Topic: Apples

December 17th

Topic: Gingerbread

September 24th

Topic: Wind/Fall

*****Adults must accompany all
children during the program.**

Pre-registration is required to attend

To Register call 606-739-5184

Frank's Building

1758 Addington Road, Ashland, KY 41102

****Program will be canceled if there is no school in Boyd County.***

Building a Better Smoothie



Learn how to build nutritious smoothies using a variety of ingredients that aren't just fruit!

Samples will be available.

Friday, June 7th, 2024
5:30 p.m.

Boyd County Extension Office

Pre-registration is required.
Call: 606-739-5184 to register.





International Travel: What You Need to Know Before You Go.



**Friday, June 18th, 2024
6 p.m.**

Boyd County Extension Office

**Pre-registration is required.
Call: 606-739-5184 to register.**

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Fruited Coleslaw



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

Nutrition facts per serving:
100 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 16g total carbohydrate; 2g dietary fiber; 14g total sugars; 1g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:
Adapted from Iowa State University Extension

- 2 tablespoons mayonnaise
 - 1/2 teaspoon apple cider vinegar (or any type of vinegar)
 - 2 teaspoons sugar
 - 3 tablespoons crushed pineapple canned in 100% juice, including juice
 - 2 cups shredded or finely chopped cabbage
 - 1/2 cup chopped apples (or fruit of choice: orange, mandarin oranges, pear)
 - 1/2 cup raisins or dried cranberries
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. Combine mayonnaise, vinegar, sugar, and pineapple in a small bowl. Stir to mix well.
 4. In another bowl, combine cabbage and other fruit.
 5. Pour dressing over cabbage and fruit. Stir to mix.
 6. Serve right away.
 7. Refrigerate leftovers within 2 hours.

Makes 6 servings
Serving size: 1/2 cup
Cost per recipe: \$1.57
Cost per serving: \$0.26



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2024

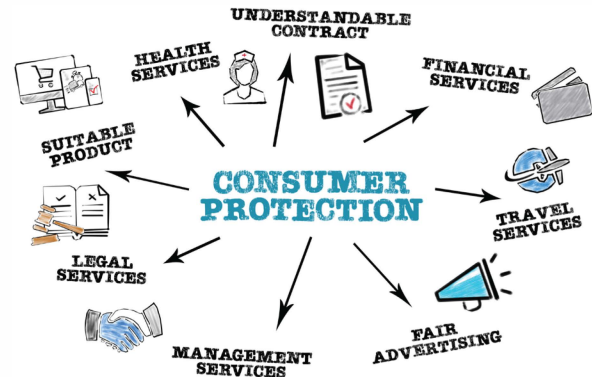
Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

FAIR AND SAFE: THE ROLE OF CONSUMER PROTECTION AGENCIES

When you shop, you probably expect that the seller will treat you fairly, offer a reasonable price, and sell a safe product. Consumer protection agencies exist to ensure that these expectations are true. They safeguard your rights and interests as a buyer. Three of these agencies are the Federal Trade Commission (FTC), the Consumer Financial Protection Bureau (CFPB), and the Food and Drug Administration (FDA). Let's explore how these agencies help keep the marketplace balanced and secure.

FEDERAL TRADE COMMISSION (FTC)

The FTC makes sure that competition is fair and that buyers are protected in different industries. They investigate and stop unfair competition, scams, and misleading advertising. For example, if someone tries to trick people into buying something with false claims, the FTC steps in to stop it. They also help people who have had their identity stolen by providing resources, assisting in recovery, and raising awareness. In 2021, they helped nearly 24 million identity theft victims, according to the Bureau of Justice Statistics. By promoting fair competition, the FTC encourages lower prices and better-quality products, giving consumers more choices. They also teach people about their



rights and give information to help them make smart choices, especially with big purchases or money matters.

CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)

The CFPB is a government agency that monitors how consumers interact with banks, mortgage companies, payday lenders, and other financial businesses. Their main job is to make sure consumers are treated fairly by enforcing laws that protect them from being financially harmed or deceived. If you have a problem with a financial product or service, like a bank account or a loan, you can reach out to the CFPB for help. By filing a complaint online or over the phone, they will investigate and try to resolve the issue. The CFPB also provides educational



THE FTC, CFPB, AND FDA ARE ONLY A FEW U.S. CONSUMER PROTECTION AGENCIES.



CONSUMER FINANCIAL PROTECTION

resources to help people better understand their financial choices. They offer tools and programs to teach consumers about important financial topics such as managing money, understanding credit, and avoiding financial scams. For instance, the CFPB ensures that mortgage companies follow rules to prevent people from losing their homes through foreclosure. They also require credit card companies to clearly explain their fees and terms so consumers can make informed decisions.

FOOD AND DRUG ADMINISTRATION (FDA)

The FDA is another federal agency that looks after the safety and effectiveness of products that we use every day, like food, medicines, and medical devices. They play an important role ensuring the food we buy is safe to eat and food labels are accurate. The FDA also verifies the safety of new medicines and medical devices before they are sold to the public. This protects consumers from using products that could be dangerous or might not work as they should. Along with their role in product safety, the FDA teaches

people about important health topics. They provide information on how to use medications safely and how to handle food to avoid getting sick. They also warn about the dangers of risky behaviors like smoking. By setting rules and making sure companies follow them, the FDA plays a key part in keeping consumers healthy and informed.

The FTC, CFPB, and FDA are only a few U.S. consumer protection agencies. Understanding the functions and roles of agencies like these helps consumers make informed decisions and avoid or address problematic issues with services and products.

REFERENCES:

Federal Trade Commission.
<https://www.ftc.gov/>

Consumer Financial Protection Bureau.
<https://www.consumerfinance.gov>

U.S. Food and Drug Administration.
<https://www.fda.gov/>

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