

March 2023



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



FCS Newsletter

Words from your FCS County Agent



Happy March

In This Issue:

- Upcoming Events
- Homemaker Officer Nomination Form and Duties
- Calendar Recipe
- Moneywise Leader Lesson
- Ballot

Contact Us:

Marion County Extension Office
416 Fairgrounds Rd,
Lebanon, KY 40033
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brittany.thomas@uky.edu

March is National Endometriosis Awareness Month, as well as Colorectal Cancer Awareness Month. For more information about these topics, make sure to check out the CDC Website (<https://www.cdc.gov/women/observances/index.htm>).

I am wanting to have programs, but I am looking for volunteers who would be interested in teaching one (or more) of the following: Sewing Basics, Crochet Basics, Knitting Basics, or Calligraphy. If you would be interested or know someone who would be, please reach out to our office so we can get these classes scheduled!

Be sure to take a look to see if any programs for this month interest you. If you have any ideas for programs related to Family and Consumer Science please let me know!

Best Wishes,

Brittany Thomas
Family and Consumer Science Agent

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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, or physical or mental disability, University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification

Upcoming Events

March 2nd

Generational Differences
10:00am
Marion County Extension
Office

March 3rd

Microprocessing Workshop
(registration required)
9:30am-2:30pm
Washington County Extension
Office

March 15th

Cooking Through the Calendar
6:30pm
Marion County Extension
Office

March 16th

Dining with Diabetes
11:00am
Maple Street Apartments

March 21st

Laugh & Learn
10:30am
Marion County Public
Library

March 30th

Move Your Way, Exercise
for Everyone
9:00am
Marion County Extension
Office

Have an idea for a
program or
something you would
like to see?

Feel free to contact
me to let me know!



**Marion County
Cooperative Extension**



**Tune in to 100.9 WLSK every
Wednesday morning
(8:30am) for office updates**



<https://marion.ca.uky.edu/>



Hi Homemakers,

I wanted to take this opportunity to let you know there are Homemaker Officer Positions available for the Homemaker Council. The current positions are available: President, Vice President, Secretary, and Treasurer. Behind this letter are descriptions of each of the officer positions.

Remember, I am here to help you all grow so do not feel nervous about taking on one of these positions. I have attached a Nomination Form to this letter. Please either fill this form out or call our office if you are interested in becoming an officer, starting July 1st, 2023. Each officer term is a total of two years. If you have any questions, please do not hesitate to contact me. I am here to help! Thank you for everything you do, and I am looking forward to this organization growing.

Best Regards,

Brittany Thomas

Cooperative Extension Service

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Duties of the County Officers:

President:

1. Plans, attends, and presides over all meetings of the County and the Executive.
2. Represents County Association to other organizations or delegates this responsibility.
3. Attends as official delegate to the Area/State Business Meetings of the Kentucky Extension Homemakers Association.
4. Reports to voting members at annual meeting on activities and business.
5. Appoints all committees as needed.
6. Responsible for the yearly Program of Work Report due to the State office.
7. Serve as an alternate signature on the county checks in the event of an emergency.

Vice President:

1. Attends all meetings of the County and Executive Board.
2. Serves as aid to the President.
3. Performs all duties of the President in their absence or inability to serve.
4. Serves as chairman of an annual meeting program.
5. Chair of membership
6. Serves as second delegate to the Annual Business Meeting of the Kentucky Extension Homemakers Association.

Secretary:

- 1) Attends all County meetings of the Executive Board recording and preserving minutes.
- 2) Furnishes a copy of all business sessions to the County President and County Extension Agent.
- 3) Attends to any correspondence upon the request of the County President and the Board.

Treasurer:

1. Attends all meetings of the County and Executive Board.
2. Keeps accurate records of all county Association funds.
3. Keeps separate records of General Funds, Special Projects, and Any Special Fund
4. Receives dues from the Family and Consumer Agent.
5. Gives treasurer's report at business meeting of the Executive Board and meetings of the county.

HOMEMAKER COUNCIL OFFICER NOMINATION FORM

Name of Nominee: _____

Address of Nominee: _____

Phone: _____

Email: _____

Nomination For:

-President: _____

-Vice President: _____

-Secretary: _____

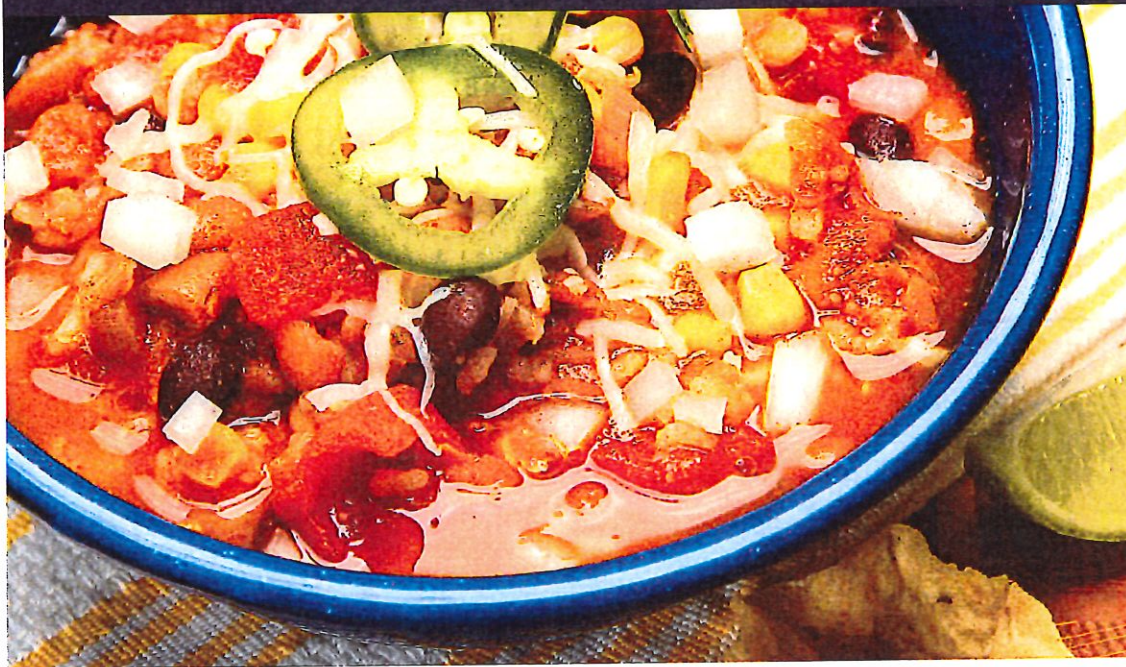
-Treasurer: _____

Personal Sketch of Nominee:

Hobbies



Vegetarian Taco Soup



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

Nutrition facts per serving:
220 calories;
3.5g total fat;
0g saturated fat;
0g trans fat; 0mg cholesterol; 340mg sodium; 40g total carbohydrate; 5g dietary fiber; 6g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source:
Andrea Wilde, Staff Support, Northern KY; and Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension

- 2 tablespoons olive oil
- 1 large onion, diced
- 1 can (46 ounces) no-salt-added tomato juice
- 2 cans (15 ounces) pinto beans, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) no-salt-added corn, drained
- 1 can (15 ounces) no-salt-added diced tomatoes
- 3/4 cup dry brown rice
- 1 packet reduced-sodium taco seasoning mix
- 2 tablespoons garlic powder
- 1/2 tablespoon cumin
- 4 cups water

Optional toppings: cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat olive oil in a large pot on the stovetop over medium heat.
3. Add diced onion and stir well.
4. Cook and stir for 4 to 5 minutes or until the onion starts to turn clear.
5. Add remaining ingredients and bring to a boil.
6. Reduce heat to low. Cover and simmer for 40 minutes, or until rice is tender.
7. Just as you would a taco, top each bowl of soup with ingredients like cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.
8. Refrigerate leftovers within 2 hours.

Makes 14 cups
Serving size: 1 cup
Cost per recipe: \$9.11
Cost per serving: \$0.65





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2023

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SHRINKFLATION: INCREASING PRICES, DECREASING QUANTITY

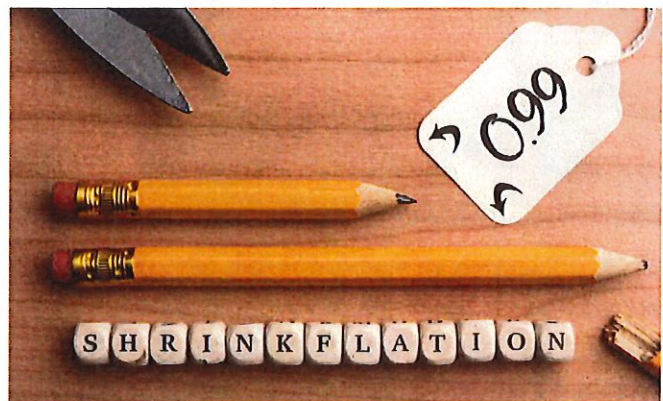
You have likely noticed increased prices when shopping lately, but have you also noticed packaging sizes are shrinking? This is known as “shrinkflation.” Let’s unpack what this means for your household and explore ways to be more mindful when shopping.

UNDERSTANDING SHRINKFLATION

Sometimes called downsizing, *shrinkflation* occurs when companies maintain current prices (or even increase prices ever so slightly) while giving you less product. The size differences are often small enough to keep the physical packaging the same, such as a bag of chips shrinking from 13 ounces to 11 ounces, or a package of bacon shrinking from 16 ounces to 12 ounces. These small changes can easily go unnoticed. In fact, manufacturers are counting on consumers not paying attention to the amount of product in their packages, especially when it comes to shrinking sizes.

WHY SHRINKFLATION MATTERS

Even small changes in the amount of a food or household item can add up quickly and impact your monthly budget. The less of the item you receive, the more often you need to repurchase it. Take toilet paper, for example, which was quite the commodity in 2020. Would you notice if your toilet paper contained just 312 sheets per roll instead of its usual 340 sheets? For the same price, there would be less than 92% as many sheets per roll



than before it was downsized, and you will likely go through each package approximately 8% faster.

TIP #1: NOTICE PACKAGING CHANGES

To combat shrinkflation, pay attention to slight changes in packaging on the products you buy, from cereal to toilet paper to shampoo. While not all shrinking products will come with new packaging or a “new look,” some companies may make boxes or bottles taller and narrower to trick the eye into believing it holds more product than it does. Also, be wary of ‘bonus buys’ that promise additional product. Compare the ‘bonus buy’ to the regular product to ensure it contains more.

TIP #2: CALCULATE UNIT PRICE

Shrinkflation is a legal tactic companies can use to save money from a production standpoint. The Fair Packaging and Labeling Act requires businesses to clearly label an accurate weight



CALCULATING AND COMPARING UNIT PRICES HELPS YOU COMBAT SHRINKFLATION



on its packaging so that customers can comparison shop between like items. However, it doesn't prohibit companies from decreasing an item's weight if they clearly label the amount of product contained in the package.

Calculating and comparing unit prices helps you combat shrinkflation. Unit prices help you compare different brands and different sizes of the same brand. Unit prices show you the price per unit, such as pounds or ounces, and are located on the shelf price tag, not on individual packages. You can also calculate the unit price of an item by dividing the price of the item by the number of units.

For example, let's compare the unit price of two packages of bacon. Bacon #1 is priced at \$4.69 and contains 12 ounces. Bacon #2 is priced at \$5.38 and contains 16 ounces. When we divide price by units, Bacon #1 has a unit price of \$0.39 per ounce, and Bacon #2 has a unit price of \$0.33 per ounce. Although Bacon #2 costs more, you get more bacon in the pack, and it has a lower unit price than Bacon #1.

TIP #3: SAVE WHEN YOU CAN

Finally, keep an eye out for sales and consider stocking up on freezer or self-stable household staples when you find a deal. Between inflation (the rising costs of goods and services) and shrinkflation (the shrinking amount of goods we receive), many households may find it difficult to "bring home the bacon" because it's getting harder to afford it! Using smart shopping strategies like couponing, buying generic brands, and utilizing customer loyalty programs can also help you maximize your resources.

REFERENCES:

<https://research.stlouisfed.org/publications/page1-econ/2022/12/01/beyond-inflation-numbers-shrinkflation-and-skimpflation>

https://consumerfed.org/press_release/coping-with-shrinkflation-tips-on-making-ends-meet-as-packages-get-smaller-and-inflation-carries-on/

<https://www.npr.org/sections/money/2021/07/06/1012409112/beware-of-shrinkflation-inflations-devious-cousin>

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