

# Family & Consumer Sciences Newsletter

## December 2023

### In This Newsletter:

-Upcoming Events

-Homemaker Information

-Community Assessment Survey

Broccoli Chowder Recipe

-Money Wise Article: Becoming A Smart Saver at Mealtime

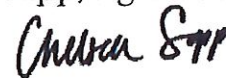
2024 Homemaker Lessons

### An Update from Agents:

Hello everyone, my name is Chelsea Sapp. I am the Marion County Agriculture and Natural Resources Agent. Myself, along with our 4-H Agent, Amanda Sublett will be keeping up with FCS and Homemakers until a new Family and Consumer Sciences Agent is hired in our office.

Please let us know if you have any questions or want to become a Homemaker. Amanda and myself will continue to send a monthly FCS newsletter and host monthly Homemaker events.

Chelsea Sapp, Agriculture Agent



Amanda Sublett, 4-H Youth Development Agent



### Cooperative Extension Service

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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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.



Disabilities accommodated with prior notification.

# Upcoming Events

December 6th

9:00am

## Homemaker Meeting

December 19th

9:00am- class full

4:30pm -has openings

## Christmas Candy Making Class

Learn how to make holiday favorites like Brown Sugar Candy and Coconut Mounds

January 4th

9:00am

## Homemaker Winter Mingle

Make sock snowmen, door hangers and hot cocoa snowmen jars

February 1st

6:00pm

## Homemaker How To Class: Make Hot Chocolate Bombs

Learn how to make this delicious winter treat



Next year's KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. The theme is "Blazing the Way with KEHA."



Reminder, the Extension Office will be closed December 25, 2023 until January 2, 2024.

Please call our office to sign up for any classes 270-692-2421.



Like our Facebook page. Marion County Cooperative Extension

## Cooperative Extension Service

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

## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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.



# Homemaker Information

Marion County Homemaker Officers:

President: Peggy Downs

Vice President: BJ Bevins

Secretary: Rita Spalding

Treasurer: Martha Potter

---

Dues: \$13 per person

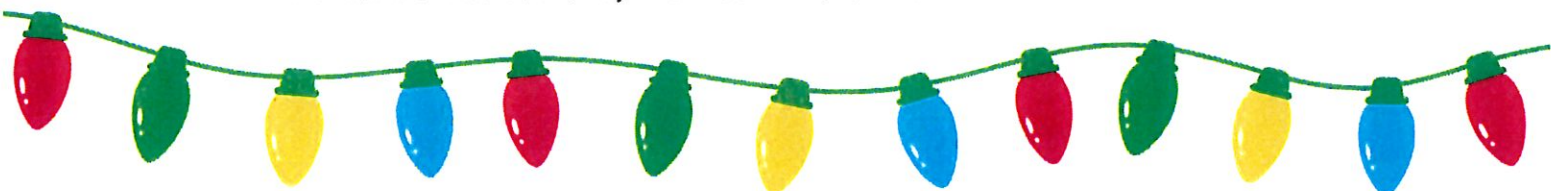
**Dues DEADLINE: Turn in money and member application to Marion County Extension office no later than December 22nd. Checks can be made to: Marion County Homemakers.**

**Who can be a Homemaker? ANYONE!**

Ask how you can join and be involved.

**What is Homemakers?** A volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

For more information, contact our office at 270-692-2421.



Date: \_\_\_\_\_

### Enrollment Form for

Marion County Extension Homemakers Association

Name \_\_\_\_\_ Address \_\_\_\_\_

Email \_\_\_\_\_

Name of Club \_\_\_\_\_

Phone: Home ( ) \_\_\_\_\_ Work ( ) \_\_\_\_\_

Cell ( ) \_\_\_\_\_ Fax ( ) \_\_\_\_\_

Birth year (Optional): \_\_\_\_\_

Race (Optional - circle one):      White      Black or African American  
   Asian/Pacific Islander      American Indian or Alaska Native      Other

Ethnicity (Optional - circle one): Hispanic      Non-Hispanic

Gender (Optional - circle one): Female      Male

First year of KEHA membership: \_\_\_\_\_ Total years of membership: \_\_\_\_\_

I, (print full name) \_\_\_\_\_ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.  
*Educational programs of the Kentucky Cooperative Extension Service serve all people regardless 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.*



**KENTUCKY**    
**COOPERATIVE EXTENSION**

HOW CAN WE  
**serve you??**

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit [go.uky.edu/serveKY](http://go.uky.edu/serveKY)

**Cooperative Extension Service**

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

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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.

Contact your local Extension Office for a paper copy of the survey.

# HEALTHY RECIPE

## Broccoli Chowder

- 2 tablespoons canola oil
- 1/2 cup chopped onion
- 3 cloves garlic, finely minced
- 1/2 cup chopped carrots
- 2 cups diced, unpeeled red potatoes
- 3 cups broccoli florets
- 1/2 teaspoon dried Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons all-purpose flour
- 3 1/2 cups low-sodium chicken broth
- 1/2 cup half-and-half
- 1/2 cup low-fat shredded cheese of your choice

1. In a large heavy pot, heat the oil over medium heat.
2. Add the onion and garlic and sauté 2 to 3 minutes.
3. Add the carrots, red potatoes, and broccoli one at a time; sauté each for about 2 minutes.
4. Add the Italian seasoning, salt, pepper, and flour and toss until vegetables are coated.
5. Cook 1 to 2 minutes.

6. Add the chicken broth and bring to a boil. Reduce heat to low, cover pot, and simmer for 15 minutes.
7. Remove lid and stir in the half-and-half.
8. Bring back to a simmer and remove from heat.
9. Ladle into bowls and top with whichever cheese you prefer.

Yield: 8, 1 cup servings

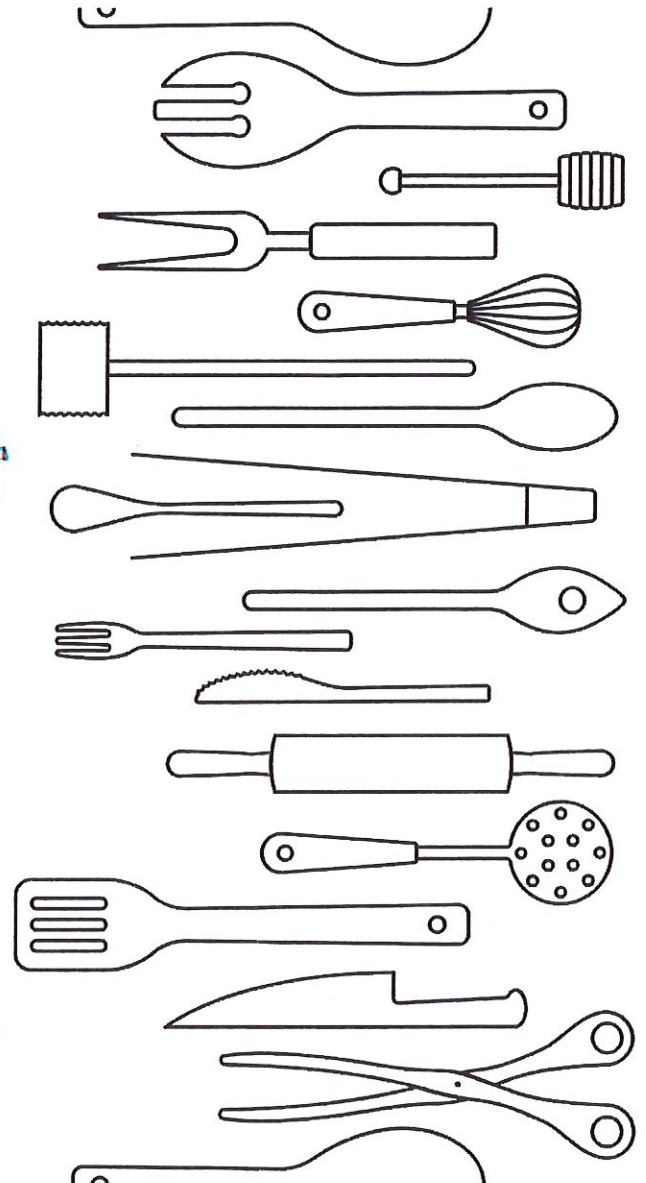
Nutritional analysis: 180 calories, 8 g total fat, 2.5 g saturated fat, 15 mg cholesterol, 340 mg sodium, 18 g total carbohydrate, 3 g dietary fiber, 4 g sugar, 8 g protein

**Plate it Up! Kentucky Proud Project**  
County Extension agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human Nutrition students  
October, 2014

**DOWN-LOAD**  
RECIPE CARD

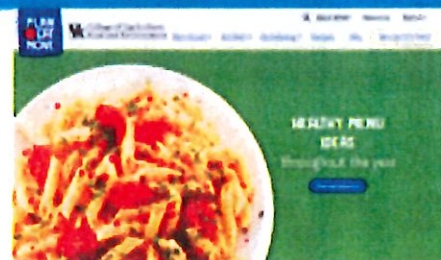


**SCAN**  
TO WATCH  
RECIPE VIDEO



## Connect with us!

-  [FCS.uky.edu](http://FCS.uky.edu)
-  [Facebook.com/UKFCSExt](https://Facebook.com/UKFCSExt)
-  [Instagram.com/UKFCSExt](https://Instagram.com/UKFCSExt)
-  [UKFCSExt.podbean.com](https://UKFCSExt.podbean.com)
-  [YouTube.com/UKFCSExtension](https://YouTube.com/UKFCSExtension)



Feeling better happens one small step at a time.

At PlanEatMove.com, we offer inspiration to help you reach your goals. Our recipes, meal plans, and workout ideas are designed to help you live a healthier, more active life. Visit us today to learn more about our free classes and resources.

**PLANEATMOVE.COM**

Connect with or contact your county to learn about free classes in your community!  
Visit [PlanEatMove.com/free-classes](https://PlanEatMove.com/free-classes) to learn more.

The Kentucky Cooperative Extension Service (Extension) is the local outreach arm of the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment and Kentucky State University College of Agriculture, Communities, and the Environment. Extension provides practical, research-based education to address addresses issues (e.g., farming, gardening, parenting, budgeting, healthy living, and youth, community, and economic development) that are important to Kentuckians.

We are inviting you to complete a survey to help us understand the needs and priorities within your community. Your responses will help us tailor new and existing educational programs and outreach to address the issues that directly impact you, your family, and/or your community.

The survey should take about 10 minutes to complete.

Please submit your completed survey to your County Extension Office.

Kentucky residents 18 years of age or older are eligible to complete this survey. Please provide your **year of birth**.

In which Kentucky county do you reside?

Kentucky Cooperative Extension Service provides practical education to help people, businesses, and communities solve problems, develop skills, and build a better future. **In your opinion, to what extent is practical education/assistance in each of the following agriculture and natural resource topics a need in your community?**

	Not a Need	Low Need	Moderate Need	High Need	Very High Need	Not Sure/Not Applicable
Assisting farmers in agricultural production or profitability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Providing increased market opportunities for farmers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dealing with climate variation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Access to high-speed internet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strengthening/supporting the local food and agriculture industry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Preserving/managing agricultural land	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Market support for locally grown or produced foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Helping producers create carbon neutral businesses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sustainability of family farms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Issues affecting crops (e.g., pests, diseases and weed issues)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Helping individuals, families, farmers, and/or businesses prepare for natural disasters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Helping individuals, families, farmers, and/or businesses communities recover from natural disasters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Kentucky Cooperative Extension Service provides practical education to help people, businesses, and communities solve problems, develop skills, and build a better future. **In your opinion, to what extent is practical education/assistance in each of the following youth development topics a need in your community?**

	Not a Need	Low Need	Moderate Need	High Need	Very High Need	Not Sure/Not Applicable
Strengthening youth workforce readiness (including entrepreneurship, business development skills, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Youth life skill training opportunities (e.g., leadership and communication skill building opportunities)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Minimizing bullying and/or school violence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reducing youth obesity through nutrition education and/or exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strengthening youth-adult or mentorship relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strengthening youth peer-peer relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coping strategies to support youth wellbeing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social, emotional, and/or behavioral education for adults working with youth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Minimizing youth substance use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Engaging diverse and non-traditional youth audiences in programming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Promoting youth agriculture and natural resource literacy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Maximizing youth voice in issues that matter to them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Kentucky Cooperative Extension Service provides practical education to help people, businesses, and communities solve problems, develop skills, and build a better future. **In your opinion, to what extent is practical education/assistance in each of the following family and individual development topics a need in your community?**

	Not a Need	Low Need	Moderate Need	High Need	Very High Need	Not Sure/Not Applicable
Ensuring individuals and families have access to affordable nutritious food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Educational opportunities about home food safety practices (e.g., food preservation and canning)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food as health: addressing food insecurity and diet related chronic diseases	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Support for substance use addiction prevention/recovery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Improved access to mental health and well-being resources	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prepare community members for formal/informal leadership and/or volunteer roles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Senior citizen support programs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stronger parenting and relationship-building skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Building financial literacy and/or resource management skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Building employee soft skills (e.g., communication, productivity, and teamwork skills)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Educational opportunities to promote healthy homes (e.g., mold prevention/treatment and home safety)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Building life skills of community members	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Kentucky Cooperative Extension Service provides practical education to help people, businesses, and communities solve problems, develop skills, and build a better future. **In your opinion, to what extent is practical education/assistance in each of the following community and economic development topics a need in your community?**

	Not a Need	Low Need	Moderate Need	High Need	Very High Need	Not Sure/Not Applicable
Efforts that support local and small businesses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Preparations for community-wide disasters and/or climate impacts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Addressing housing issues (e.g., affordable housing, evictions, and unhoused populations)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Collaborations among community organizations and local government, particularly organizations representing or working with underserved populations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Assisting local government and businesses with land use decisions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Building the capacity of local nonprofits and community leaders	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Opportunities that promote a sense of local community (e.g., community events, creative expression, and community gardens)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Assisting more populated communities in addressing issues associated with community, social and/or economic development	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Programs/information to build capacity for community arts & design, placemaking and infrastructure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Creating inclusive involvement of diverse populations in community efforts/events and decision-making	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strengthening adult workforce readiness (including entrepreneurship, and business development skills)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Safe, accessible community places for outdoor physical activity (walk, run, bike, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please describe other issues in your community that (in your opinion) need practical education and/or assistance.

How familiar are you with the programs and services of the Cooperative Extension Service?

- Not familiar
- Somewhat familiar
- Very familiar

Have you or someone in your family ever participated in any Cooperative Extension Service programs?

- Yes
- No

Are you in a household with children under the age of 18?

- Yes
- No
- Prefer not to answer

Please select the option that best describes your gender.

- Male
- Female
- Non-binary
- Prefer not to say

Please select the option that best describes your race/ethnicity.

- Caucasian or White
- Black or African American
- American Indian or Alaskan Native
- Asian American
- Hispanic/Latino(a)
- Two or more races (please specify):

- Prefer not to answer

Please select the option that best describes the highest education level you have achieved.

- Less than high school
- High school diploma or GED
- Some college, no degree
- 2-year college degree (e.g., associate degree, vocational training)
- 4-year college degree (e.g., bachelor's degree)
- Graduate or professional degree (e.g., master's, MBA, JD, PhD)
- Prefer not to answer

Please select the option that best describes your employment status in the past twelve months.

- Employed full-time, year round
- Employed less than full-time, year round
- Unemployed
- Retired
- Student
- Other (please specify)

- Prefer not to answer

Please provide an estimate of your current annual household income.

- Less than \$10,000
- \$10,000 - \$14,999
- \$15,000 - \$24,999
- \$25,000 - \$34,999
- \$35,000 - \$49,999
- \$50,000 - \$74,999
- \$75,000 - \$99,999
- \$100,000 - \$149,999
- \$150,000 - \$199,999
- \$200,000 or more
- Prefer not to answer

# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2023

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

## THIS MONTH'S TOPIC: BECOMING A SMART SAVER AT MEALTIME

As the cost of food continues to rise, you might find yourself surprised by the grocery bill. According to the U.S. Department of Agriculture, from 2018 to 2022, food price inflation (20.4%) was the second-highest category increase, rising faster than other expenditure categories like medical care and housing. If rising costs are surprising, look for ways to squeeze your food budget. Avoid unhealthy ways to cut costs, such as foregoing healthy choices or reducing the size and frequency of meals. Instead, use the following strategies to stretch your food budget and reinforce healthy eating habits.

### THRIFTY FOOD HACKS

**Use what you have.** Tightening your grocery budget should start before you head to the store. Be intentional in using your existing food stock before buying new. Inventory your freezer, fridge, and pantry at least twice a month to keep track of the items nearing their expiration dates. Then, create meal plans centered around these ingredients.

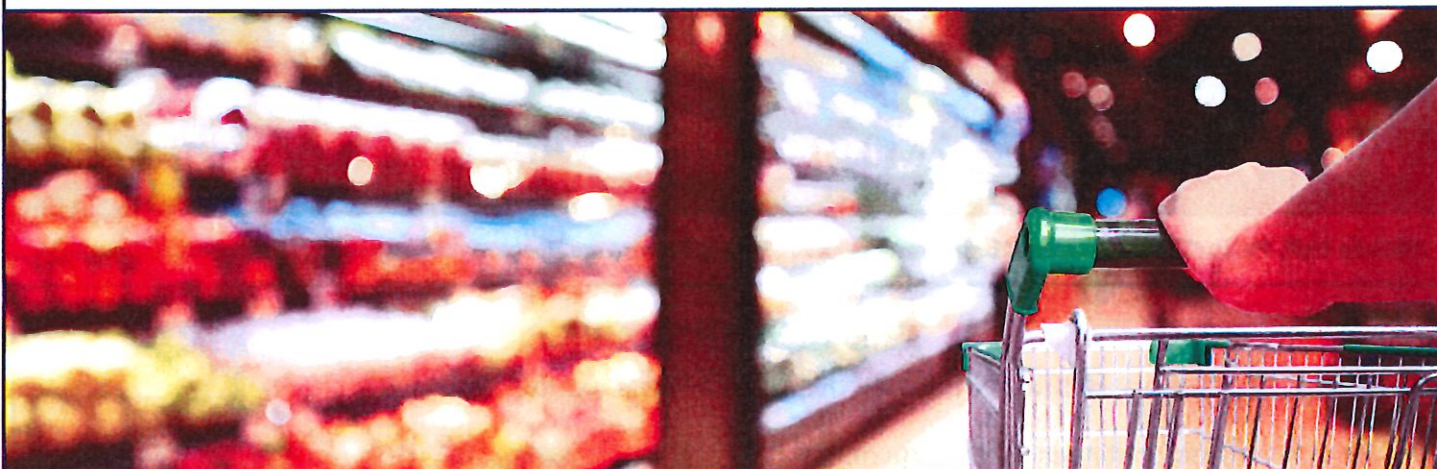
**Browse a cookbook.** Planning your recipes is an excellent way to ensure an affordable and healthy diet that meets your nutritional goals. Find multiple recipes that use similar ingredients you can mix and match to save time in the grocery and kitchen.



Also, when selecting recipes, prepare enough to have leftovers. This can save time and help you cut costs by reducing food waste. Invent new recipes with past meals or ingredients.

**Meatless Mondays.** The USDA reports nine food categories whose prices rose more than 10% in 2022, which include eggs (32%), poultry (14.6%), and other meat (14.2%). Fresh vegetables and fruits were reported to have the lowest increase in prices. Plant-based proteins may offer more nutrients for your money over meats. Items such as beans, legumes, potatoes, and protein-rich vegetables like broccoli or kale, are often more affordable options. You can increase meal size, enhance nutritional values, and squeeze your budget with a meatless meal plan.

## DO NOT LET FOOD INFLATION BE A REASON TO FOREGO HEALTHY EATING HABITS



### THRIFTY SHOPPING HACKS

**Make a list.** A shopping list makes your shopping trip quicker, helping you avoid buying things on a whim. It also keeps your pantry well-supplied. Stick to the list, but allow some flexibility to take advantage of sales. Estimate needed food quantities and be careful when buying large quantities of perishable items you cannot use within a week. Shop for the freshest produce, noting that, usually, groceries stack new inventory toward the back of the shelves.

**Clip coupons.** Look for digital coupons that match the items on your list. Even coupons with small discounts can accumulate savings. Check in-store sales including customer loyalty savings and discounted produce carts or other deals. These might contain fruits and vegetables that are slightly older but still delicious if you eat them within a day or two. Also, selecting frozen and canned foods may be less costly and last longer.

**Buy in bulk.** Bulk purchases may lead to larger savings in your food budget if your household will eat through an item in larger quantities. However, buying bulk treats (such as soda, cookies, and candies) may save you money but move you away

from your dietary goals. When buying in bulk, consider also if you have room to store the items in your fridge, freezer, or pantry, and if you can use them before their expiration date.

Remember, eating healthy is not “too expensive.” Do not let food inflation be a reason to forego healthy eating habits. Instead, consider it an opportunity to refresh your shopping hacks and cooking skills. A well-balanced diet is a wise investment in your health that can create value in both your physical and financial well-being.

### REFERENCES:

Centers for Disease Control and Prevention. *6 Tips for Eating Healthy on a Budget*. <https://www.cdc.gov/diabetes/healthy-eating-budget.html>

The Nutrition Source. *Strategies for Eating Well on a Budget*. <https://www.hsph.harvard.edu/nutritionsource/strategies-nutrition-budget/>

Economic Research Service, U.S. Department of Agriculture. *Food Prices and Spending*. <https://www.ers.usda.gov/data-products/ag-and-food-statistics-charting-the-essentials/food-prices-and-spending/>

Written by: Samadhi Weeraratne | Edited by: Kelly May and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)



Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)



# 2024 Homemaker Lessons

**Organizing Tips for  
Increased Productivity**



January 3rd  
10:30am

Marion County Extension Office

**Healthy Eating Around  
the World**



February 1st  
11:00am

Washington County Extension Office

**Self Care**



February 29th  
10:30am

Marion County Extension Office

**Herbs and Spices**



March 27th  
10:30am

Washington County Extension Office

**Understanding and  
Preventing Suicide**



April 30th  
Time: TBD  
Virtual ZOOM

