

FAMILY AND CONSUMER SCIENCE NEWS

Boyd County Cooperative
Extension Service
March 2024

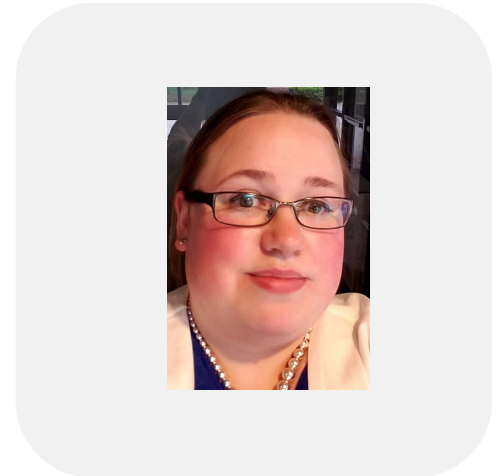


University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Family and Consumer Sciences

**Cooperative Extension
Service**

Boyd County
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Happy March Everyone!

Can you believe March is upon us and Spring is just around the corner? I am so looking forward to springtime, flowers, and warmer temperatures. I know you are as well!

We have some fun events here at the Extension Office this month. On the 7th we have Cooking at the Calendar at the office at 10 am. Lunch and Learn is on March 15th (rescheduled from March 8th) at noon and on March 22nd and 23rd we are having the Boyd County Extension 3rd Annual Sew Creative Expo and Quilt Show at the Expo and Frank's Building!

April will be here before you know it so keep your eyes on our Facebook page and the April Newsletter for more upcoming programs and events!

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

Best,

Jacqueline Doucet

Jacqueline Doucet
County Extension Agent For
Family and Consumer Science

In This Issue:

- Welcome
- Homemaker News
- Upcoming Events
- March Recipe
- MONEYWISE**

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

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Disabilities
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Message from the President

Hello Homemakers,

Springing into a new season. Lots of exciting events are coming up with plenty of opportunities to help, learn, serve, and earn those volunteer dollars. I know y'all will step up and get the jobs done. We have the best bunch of Homemakers in the state! (Agent note: YES WE DO!)

Keep up the awesome job. I am so thankful for all of you.

Love and Prayers,

Kathy



Homemaker Upcoming Events & Announcements



- *Cooking with the Calendar: Catlettsburg, March 7th at 10 a.m., Boyd County Extension Office. March Recipe: Veggie Egg Rings.*
- *Homemaker Council Meeting, March 13th at 10 a.m., Boyd County Extension Office.*
- *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



March



- **March 1** – Entry deadline for many KEHA grants, scholarships, and contests.
- **March 4-5** – KEHA Spring Board Meeting, Bowling Green.
- **March 15** – Area Showcase forms due to 1st Vice-President (see KEHA Manual Appendix, page 31).
- **March 15** – 2023 KEHA Leadership Academy Payback Report Forms due to state advisor
- **April 1** – Area lesson schedules for 2024-25 due to KEHA State Advisor.
- **April 5** – Postmark deadline for state officer and chair credentials.
- **April 6** – Reservation deadline for conference rate at State Meeting Hotel.
- **April 9** – Postmark deadline for early registration fee (and T-shirt orders) for the 2024 KEHA State Meeting.
- **April 23** – Final postmark deadline for 2024 KEHA State Meeting registration.
- **May 7-9** – KEHA State Meeting in Bowling Green.



2024 Food & Nutrition Recipe Calendar



**Now Available at the Extension Office
Limit 1 per person as supplies are
limited.**

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Recipes from the 2024 Food and Nutrition Recipe Calendar



March Recipe: Veggie Egg Rings

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!

**March 7th
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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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





BOYD COUNTY ANNUAL SEW CREATIVE EXPO AND QUILT SHOW

MARCH 22 - 23, 2024

Boyd County Extension Expo Building
1760 Addington Road, Rush, KY

Guest Speaker

*Brian McCoy, "The Redneck Quilter" owner,
Bolts & Quarters Quilt Shop, LLC*

We will offer classes on quilting, embroidery, sewing, crocheting and more.
For a complete list, please refer to the class schedule.

Quilt Viewing: March 22nd 10 a.m. – 7 p.m.
March 23rd 10 a.m. – 4:30 p.m.

Pre-Registration is required for the event.

\$30 Registration Fee must be paid prior to March 20, 2024.

Registration fee covers lunch, supplies for classes, and a chance to win door prizes.
Participants must bring a sewing machine and a user manual if you sign up for a sewing
class. *No refunds will be given.

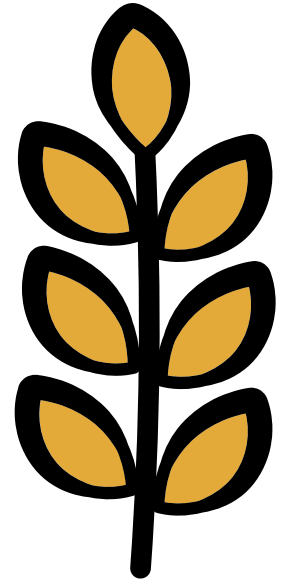
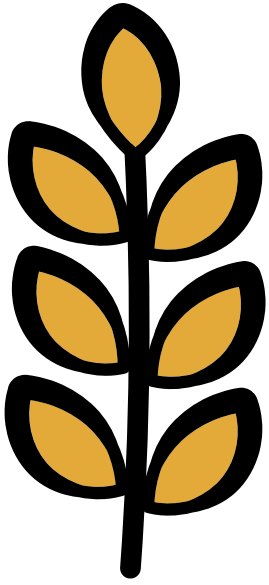


Jacqueline Doucet
County Extension Agent For
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For more information please visit our web-site at
www.boyd.ca.uky.edu or call
the Boyd County Extension Office at (606) 739-5184.



Sourdough Class



Thursday, April 25th, 2024 at 5:30 p.m.

**Frank's Building
Boyd County Education Facility
1760 Addington Road**

**Attendees
must bring
mixing bowl,
spatula, and
apron.**

**\$10.00 per Person
Pre-Registration is required
Call: 606-739-5184
Taught by Dawn Holland**



BOYD COUNTY HOMEMAKERS *Derby Brunch*

April 27, 2024

10 a.m. - 12 p.m.

Boyd County Extension Office

\$15 per ticket

Breakfast includes: quiche, waffles, hash browns, breakfast casserole, toast, fruit, juice, coffee, milk and tea

Contests will be held for: Best Derby Attire and Best Derby Hat

**Purchase your ticket from a Boyd County Homemaker.
For questions, please call the Boyd County Extension
Office at (606) 739 - 5184.**



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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2024

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

THIS MONTH'S TOPIC: ALLOWANCE: A LIFE SKILL BUILDER

Allowance plays a crucial role in shaping a child's development. It fosters important life skills, instills a sense of responsibility, and promotes financial literacy. Allowance can be a powerful tool for teaching important life lessons.

Allowance is money parents or caregivers give to their children on a regular basis to teach them money management skills. Giving children an allowance is a personal decision for each family that may depend on disposable income or household expectations. Some parents tie allowance to specific chores while others provide a fixed amount each week or month.

FINANCIAL RESPONSIBILITY

One of the main benefits of giving children an allowance is to teach money management. When children receive a fixed amount of money regularly, it is easier to understand how to budget. They learn to save their money for various reasons, such as saving for a desired toy, spending on daily needs such as lunch, or giving to charitable causes. This early exposure to financial decision-making lays the foundation for responsible money management later in life.



WORK ETHIC

Allowance also teaches children the value of hard work. Many parents give allowance for the completion of chores. By associating money with effort, children develop a strong work ethic and understand that rewards are earned through dedication and responsibility. This connection between work and reward prepares children and teens for adulthood.

GOAL SETTING

Allowance is a practical tool for teaching children about goal setting. Whether it's saving for a new toy, a special event, or a long-term investment, children learn to set goals and work toward them. This is a valuable skill that goes beyond financial matters.

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ALLOWANCE ALSO PLAYS A ROLE IN NURTURING EMPATHY AND SOCIAL RESPONSIBILITY.



DECISION-MAKING

Receiving an allowance allows children to make choices about spending. “Do I buy what I can afford today, or do I wait and save more money for the nicer option?” This fosters critical thinking and decision-making skills. Children must evaluate their priorities, make trade-offs, and consider the consequences of their choices. Such decision-making experiences contribute to the ability to analyze and solve problems which are essential skills in life.

EMPATHY

Allowance also plays a role in nurturing empathy and social responsibility. Parents can encourage children to give some of their allowance to charitable causes or community projects. This practice can expand a child’s understanding of others’ needs and teaches them to give back. These early lessons in generosity and compassion create individuals who are mindful of the needs of others.

FINANCIAL LITERACY

As children grow, the lessons learned through allowance provide a foundation for understanding financial literacy concepts.

Understanding the basics of budgeting, saving, and making informed financial decisions is crucial in making wise decisions later. Individuals who have been exposed to these concepts through allowance are better equipped to manage money, avoid debt, and plan for their future.

The value of allowance extends far beyond the simple act of receiving money. It is a tool for building life skills, responsibility, and financial literacy. Allowance can contribute to the overall development of children, shaping them into more responsible, thoughtful, and money-wise individuals.

REFERENCES:

Greenspan, A. (2005). The importance of financial education today. *Social Education*, 69(2), 64-66.

Rossmann, R. (2002). Involving children in household tasks: Is it worth the effort? University of Minnesota.

Trautner, T. (2017). The benefits of chores for your child. Michigan State University Extension.

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