

# FAMILY AND CONSUMER SCIENCE NEWS

Boyd County Cooperative Extension Service

April 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 April!

Happy Spring time everyone! We have made it through the cold and grey of Winter to finally some warmer temps, sunshine, and flowers!

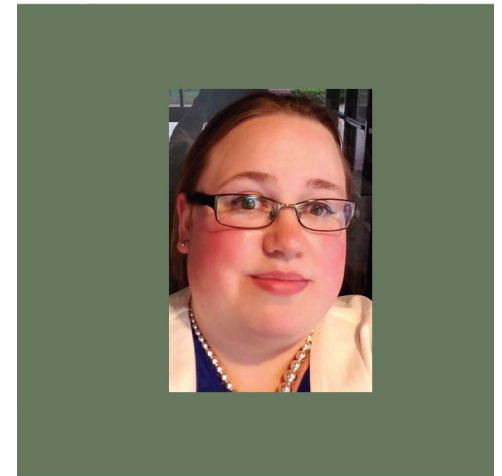
We have some fun events coming up! On April 4th, the Trace Homemakers will be preparing the April recipe of the NEP Recipe Calander, and on April 11th, Big Blue Bookclub starts with the book "Heartland". If you are interested in the book, I have 20 copies to hand out! April 12th is our Lunch and Learn about Traveling Safely, and that evening at 6 pm is our Volunteer Banquet. Finally, On April 25th, we will be having a Sourdough Class at the Frank's Building at 5:30. As always, call the Extension Office to register for these events!

May and Summer will be here before you know it so keep your eyes on our Facebook page and the May 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 Sciences



**In This Issue:**

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

**Cooperative Extension Service**

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

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Disabilities accommodated with prior notification.



# April



## *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



# April



- *Cooking with the Calendar: Trace, April 4th at 10 a.m., Boyd County Extension Office. **April's Recipe: Lentil Sloppy Joe's.***
- *Homemaker Council Meeting, April 10th at 10 a.m., Boyd County Extension Office.*
- *Volunteer Banquet, April 12th at 6 p.m., Frank's Building, Boyd County Extension Education Center.*
- *Derby Brunch, April 27th 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.***

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# KEHA Upcoming Events & Announcements



- ~~**February** — KEHA State Newsletter coming soon!~~
- ~~**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 2024 KEHA State Meeting.
- April 19 – Special rate ends on overflow rooms at Hilton Garden Inn.
- April 23 – Final postmark deadline for 2024 KEHA State Meeting registration.
- May 7-9 – KEHA State Meeting in Bowling Green.
- May 15 – 990N Deadline for 501(c)(3) organizations with fiscal year ending Dec. 31.





# Recipes from the 2024 Food and Nutrition Recipe Calendar



## April Recipe: Lentil Sloppy Joe's

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!

**April 4th**  
**at 10 a.m. Boyd County**  
**Extension Office**

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# 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

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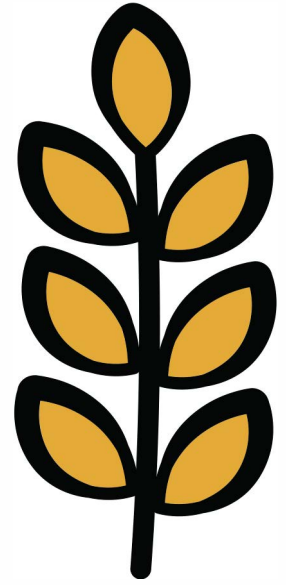
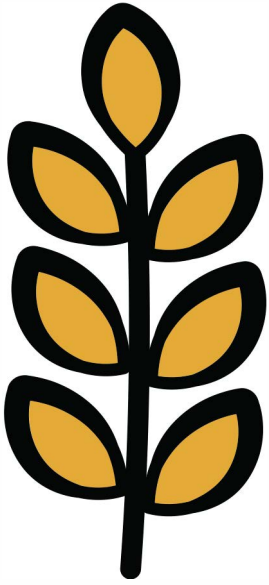
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# Sourdough Class



**Friday, April 12th, 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.**



*Jacqueline Doucet*

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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2024

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

## THIS MONTH'S TOPIC: SHOPPING TIPS WHEN BUYING MAJOR APPLIANCES

Major appliances can make everyday life a little easier, but their convenience often comes with a hefty price tag. With this kind of investment, it's wise to do a little research and have a plan.

### BEFORE YOU BUY

As with most high-dollar items, **assess your need for the item**. Do you really need it? In our present-day society, it's hard to argue that something like a refrigerator is not necessary. And even though our need is reasonable, we should **consider our budget** before we begin.

To ensure a good "fit" for your space, **measure the area** where the appliance will go, as well as any doors or hallways that it may need to pass through during delivery or installation. And **don't forget about the power source**. Some appliances require a 120-volt, 3-prong outlet, or a special 240-volt outlet. Regardless of what it needs, avoid using extension cords and outlet adaptors for major appliances.

### WHERE TO BUY

Using the internet to research appliances and compare options is a good place to start, but it's worth going into stores to see the actual items. By shopping in a store, you'll be able to



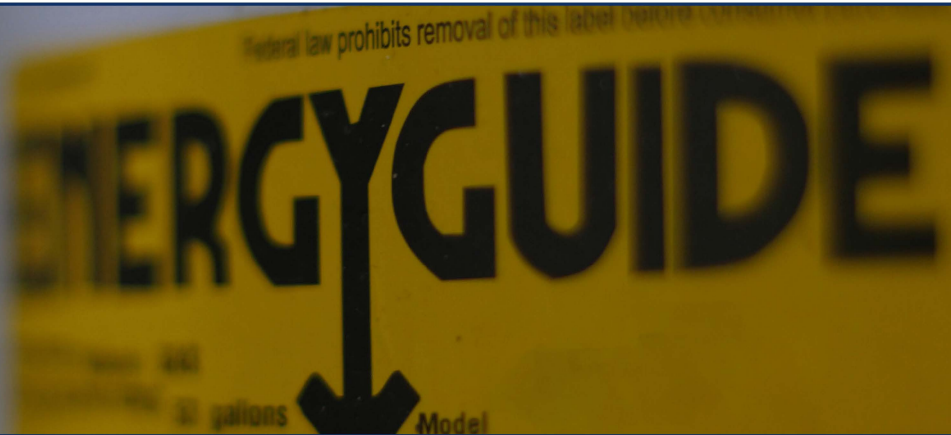
interact with a knowledgeable staff. **Buying locally** may cost a little more, but the personal connection may mean you'll get better customer service and help with any future repairs.

### DON'T COMPARE APPLES TO ORANGES

When comparison shopping, **always check the model number** to make sure you're evaluating the same item. Manufacturers may produce versions of an appliance model with varied levels of quality to meet the needs of different stores. For example, the "same TV" sold at different stores with a price difference of \$200, could be two different model versions because the less expensive one has fewer cable inputs. Look at the item's



## DON'T BE AFRAID TO NEGOTIATE, ESPECIALLY WHEN SHOPPING LOCALLY.



list of specifications to learn more; **compare the features and consider the benefits** to determine what is right for you.

### GETTING A GOOD DEAL

You may be set on a specific brand or model, but if you're willing to **consider other options**, there may be significant savings. Sometimes there is a *floor model* available, or "*last year's*" *model* may be less expensive because it has fewer features. Stores may be willing to price match if you're comparing the exact model, but if you're waiting for a big sale, know that **most major appliance sales and rebates are manufacturer-driven**. That means the store is not setting the price, the manufacturer is. Therefore, discounts are going to be the same most everywhere. Don't be afraid to negotiate, especially when shopping locally. You are more likely to **"get a good deal"** if you shop at a local store that values your business.

### OTHER "COSTS"

Finally, consider the **operating and maintenance costs**. Major appliances will have an EnergyGuide label to let you know the cost to run the item (based on average usage). The Federal Trade Commission notes, **an energy-**

**efficient appliance may cost more up front, but it should save you money over time with lower utility bills**. Also, in addition to keeping the appliance clean, your item may eventually require new filters, bulbs, or gaskets. Are there delivery or installation fees? What about hauling away an old appliance? Some stores include these services in the price, while others charge separately.

### WARRANTY WISDOM

Read the warranty *before* you buy an item. Appliances should perform as advertised, and the **warranty should clearly define what you can do if the item breaks**. Before paying extra to buy an extended warranty or service plan, know what it covers. There's a chance the regular warranty is all you need, or if you used a special credit card for the purchase, the credit card company may include warranty coverage. In most cases, it's better to skip the extended warranty and set a little money aside for potential repairs.

### REFERENCE:

<https://www.energy.gov/energysaver/shopping-appliances-and-electronics>

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