

# Anderson County Extension Family & Consumer Sciences Newsletter March 2023 Building Strong Families

**Cooperative Extension Service**

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## Important Dates:

- March 4**—Basket Guild Meeting, 10 a.m.
- March 6**—Quilt Guild Meeting, 6:00 p.m.
- March 9**—Project Day, 9:00 a.m.—4 p.m.
- March 11**—2nd Saturday Sew, 10:00 a.m.—4 p.m.  
(Making Candy's Great Big Tote Bag)
- March 13**—Little Circle, 12 p.m.  
Friendship Circle, 5 p.m.
- March 23**—Homemaker Council Meeting, 10 a.m.
- March 23**—Leader Training, 10 a.m. "Say Yes to Dessert" (Zoom/Watch Party at Extension Office)
- April 6, 2023**—County Cultural Arts Contest
- May 9-11, 2023**—KEHA Annual Meeting, Crowne Plaza, Louisville

## Second Saturday Sew Project: Candy's Great Big Tote Bag March 11th, 10 a.m.—4 p.m.



*If interested, call the Extension Office at 839-7271 for supply list.*

### Leader Lesson:

### Say Yes to Dessert

March 23 at 10:00am

Taught by Wendy Hood

- Why America has an obesity epidemic
- The problem with the explanation "carbs make you fat"
- Why "eat less, exercise more" does not work for weight loss
- Are food companies out to get us?
- The culprit behind diabetes

We will be emphasizing why we should cut sugar out of our diet, and how to cut it out (hint: it is not to replace with artificial sweeteners). We will demonstrate how to make two healthy sweet treats that do not use sugar.



## Wisely Use Your Tax Refund



It's that time of year when we get excited about our tax refunds. By responsibly using this one-time infusion of cash, you can improve your financial standing.

You could wisely use your tax refund to add to your emergency savings account. Most of us do not have enough money saved in the event of job loss, illness or another unexpected event that prevents us from working. Most financial experts recommend having at least six months of income saved to help you work through financial hardship. This fund can also help cover unexpected or emergency household repairs.

You could also choose to reduce your debt with your tax refund. Paying off high-interest debt as quickly as possible is a financial win-win because it reduces the principal on your loan and lowers future interest payments.

Make an extra mortgage payment toward the principal. Much of a mortgage loan goes toward interest and not the principal itself.

Investing in your family's future is always a wise move as it will continue to guarantee future financial stability. You could use your return to start or add a college savings fund for your children or to start or add to your retirement account.

If you must spend your tax refund, make wise spending choices. Consider purchases that allow you to make improvements that add to the resale value of your vehicle or home or to make home improvements that lower energy costs.

You never get too old to learn a new skill. Use some of the refund to take classes or learn new skills or hobbies.

More information on family financial education is available by contacting the Anderson County Extension office.

*Source: Kelly May, Senior Extension Associate for Family Finance and Resource Management*

*Educational programs of the Cooperative Extension Service 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 expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.*

## A Dozen Egg Safety Tips

Coloring and hunting eggs is a traditional part of Easter celebrations. If you are planning to decorate eggs this year, here are a dozen food safety tips to help make sure your hunt is safe and no one gets sick.

1. When buying eggs, look for eggs that are clean, free of cracks, and stored in a refrigerated case.
2. Keep eggs refrigerated until use. Store eggs in the carton on a refrigerator shelf and not on the door. The refrigerator temperature should be 40 degrees F or below.
3. Wash your hands with soap and warm water before and after handling eggs when cooking, cooling, coloring, and hiding.
4. Use only food-grade dyes for coloring. It's safe to use commercial egg dyes, liquid food coloring, or fruit-drink powders.
5. After coloring, return eggs to the refrigerator within 2 hours. Do not let them sit out on the counter.
6. When hiding eggs for a hunt, choose hiding places that are protected from dirt, insects, animals, and other sources of bacteria.
7. Do not hide eggs in areas treated with lawn chemicals or pesticides.
8. Handle eggs carefully. If the shells crack, bacteria can enter the egg and cause foodborne illness. Discard any cracked or dirty eggs.
9. Total time for hiding and hunting eggs should not exceed 2 hours. Do not eat hard-boiled eggs that have been above 40 degrees F for more than two hours. Throw them away.
10. Consider using one set of eggs for decorating and hunting and another for eating. To be safe, use plastic, wooden, or paper eggs for your egg hunt instead of real ones.
11. Eat hard-boiled eggs within one week if you have refrigerated them properly.
12. If a hard-boiled egg has a greenish ring around the yolk, it just means you overcooked it. It is still safe to eat.



**References:** <https://www.fda.gov/food/buy-store-serve-safe-food/what-you-need-know-about-egg-safety>; <https://hgic.clemson.edu/easter-egg-safety/>

**Source:** Anhall Norris, Extension Specialist, Food Preservation and Safety

## From KEHA News and Notes:

**State Meeting** – The KEHA [State Meeting](#) will be held at the Crowne Plaza in Louisville May 9-11, 2023. The theme is “Let’s Take a Hike with KEHA.” Wilderness Trail Area will serve as the host area. Registration for sessions and crafts is first-come, first-served, so make sure you sign up early!



- Please note this year the state meeting is utilizing a new pricing structure. You may register for the full conference or two days. Discounted early-bird rates are available until April 10. Late registration must be postmarked by April 24 at the latest.

- State Meeting will begin with an opening banquet luncheon on Tuesday. Please check the full agenda in your newsletter or online and arrange your travel plans so you don't miss it!

Cultural Arts check-in will be from 8:30-11 a.m. Tuesday in five groups of areas. Check out will be 4-5 p.m. Wednesday in two groups. Details are outlined in the state newsletter.

Overnight rooms at the group rate of \$124/night are available until April 10 or until the block is full. If you have reserved rooms you no longer need, please cancel those so others can take advantage of the reduced group rate. If you have not yet made your reservation, please do so soon! Details are on the [State Meeting](#) webpage.

**Homemaker Showcase at State Meeting** – Area Showcase forms are due to 1<sup>st</sup> Vice President Henrietta Sheffel by March 15. See [KEHA Manual Appendix](#), page 31 for the form. Each area is allowed to bring to State Meeting up to two displays that highlight a specific program that has been successful within the area. These may be club, county, or area projects. Each state educational chairman also can submit one showcase display.

**Master Farm Homemakers Guild Luncheon and Meeting** – Once again the MFHG luncheon and meeting will be held in conjunction with the KEHA State Meeting. However, this year there will be a separate registration for the MFHG luncheon and meeting. Members will receive details from Faye Korthaus.

**Quilt Square Showcase and Auction** – The Quilt Square Showcase and Auction will return to the 2023 KEHA State Meeting! Members are invited to make a 12-inch finished quilt square for entry in the showcase and auction. Additional details are included in the KEHA newsletter.

**KEHA Choir** – Do you love to sing? Join the Kentucky Extension Homemaker Choir! They rehearse for one hour and do one performance during State Meeting. To join or to get more information, contact Wendy Hood at [Wendy7hood@icloud.com](mailto:Wendy7hood@icloud.com). (NOTE: Pre-registration before State Meeting is required.)

### Dates to Remember

- March 1 – KEHA development grant, mini-grant, scholarship, and contest entry deadlines.
- March 1-3, 2023 – KEHA Leadership Academy at Blue Licks Battlefield State Resort Park.
- March 13-14 – KEHA Spring Board Meeting, Crowne Plaza Hotel, Louisville, Kentucky.
- March 15 – Area Showcase forms due to 1st Vice-President ([see KEHA Manual Appendix, page 31](#)).
- April 8 – Postmark deadline for state officer and chair credentials ([see KEHA Manual Appendix, pages 6-9](#))
- April 10 – Postmark deadline for early registration fee for 2023 KEHA State Meeting AND ending date for the group room block at the Crowne Plaza.
- April 24 – Final postmark deadline for 2023 KEHA State Meeting registration.
- May 9-11, 2023 – KEHA State Meeting at the Crowne Plaza in Louisville.

You can view this newsletter & find a variety of other information & upcoming events on our county website.

Visit us at: <http://anderson.ca.uky.edu>

Follow us on Facebook: <http://www.facebook.com/andersoncountyCES>

Let us know if you have any questions about this newsletter or need additional information.

A handwritten signature in cursive script that reads 'Susan Campbell'.

Susan Campbell, Anderson County Extension Agent for 4-H/Youth Development





# It's Sew Fine Sewing Seminar

April 13-14, 2023

- Join us for classes on:
- clothing accessories
  - garment construction
  - quilting
  - home decoration

View schedule & details online:  
[tinyurl.com/3fvpb5vx](https://tinyurl.com/3fvpb5vx)



Register & pay online!

Full-day and half-day classes.

Held at Boyle County Extension Office  
 99 Corporate Drive, Danville, KY



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

For questions, contact:  
 Mercer County Extension Office  
 859-734-4378    [tara.duty@uky.edu](mailto:tara.duty@uky.edu)



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Most live programming will be available with live captioning.