



## 2023 NEWSLETTER

Jessamine County  
95 Park Drive  
Nicholasville, KY 40356  
(859) 885-4811  
Jessamine.ca.uky.edu



### A Note from the Agent

Hello March! Spring is near, and I am hopeful the warm weather will continue.

Please review the newsletter of all the upcoming programs at the Extension Office. We have a variety of instructors to teach classes in March and April.

As most of you know, I will be on maternity leave from the beginning of March through May. If you would like to sign-up for classes, you will need to call our office to register at 859-885-4811. Also, if you have any other Extension-related questions, please call our office, and they will help.

I look forward to spending time at home with baby Giles as soon as he decides he wants to make his grand entrance.

Karli Giles

County Extension Agent  
Family & Consumer Sciences

### Calendar of Events

Mar 2, 9, 16, & 23	10 a.m.	Big Blue Book Club
Mar 17	1 p.m.	Painted Door Hanger
Mar 23	10 a.m.	Say Yes to Dessert
Mar 29	12 p.m.	Lunch N' Learn
Mar 30	10 a.m.	Quilted Table Runner
Apr 4	1 p.m.	Rope Bowl
Apr 13-14		It's Sew Fine Sewing Seminar
Apr 18		Area Cultural Arts Contest
Apr 26	12 p.m.	Lunch N' Learn
Apr 28	10 a.m.	Living with Loss

### Follow us Online!

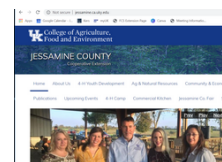
\*\*We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.



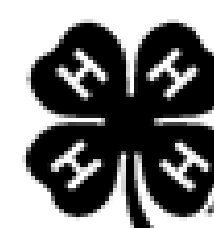
Jessamine County Family and Consumer Sciences on Facebook: <https://www.facebook.com/JessamineCountyFCS/>



University of Kentucky Family and Consumer Sciences Extension Podcast: <https://ukfcsext.podbean.com/>



Check out our county website for information on all program areas: <http://jessamine.ca.uky.edu/>





## Upcoming Leader Lesson Schedule

### Say Yes to Dessert

March 23rd @ 10 a.m.

Jessamine County Extension Office

Taught by Wendy Hood, Fort Harrod Area  
Homemaker President

### Living with Loss

April 28th @ 10 a.m.

Jessamine County Extension Office

Taught by Kayla Lunsford, Garrard County  
FCS Agent

## Jessamine County Extension Homemaker Clubs

### Hearts N' Hands

First Tuesday of the month, 10 a.m. at the Extension Office

### Town N' Country

First Tuesday of the month, 6 p.m. at the Extension Office

### Happy

Second Tuesday of the month, 6:00 p.m. in a member's  
home

### 4-H Mothers

Third Wednesday of the month, 9:30 a.m. in a member's  
home

### Edgewood Evening

Fourth Monday of the month, 6:00 p.m. at the Extension  
Office

### Piece Quilters

Every Tuesday, 9:30 a.m., Ag Center Room A

## Say Yes to Dessert Leader Lesson

### 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.

## Doctors Without Borders Update

The Jessamine County Extension Homemakers have actively contributed to the Doctors without Borders campaign. A total of 327 empty medicine bottles were delivered last fall and an additional 443 bottles have been collected and will be delivered in the next couple of months.

You can donate your empty medicine bottles by dropping them off at the Jessamine County Extension Office. Please make sure the bottle is empty, and the label is removed.





# Big Blue Book Club

March 2, 9, 16, & 23 at 10 a.m.

Zoom [Link to register: https://ukfcs.net/BBBC23Book1](https://ukfcs.net/BBBC23Book1)

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, *Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition*. This book removes the moral stigma from food and breaks down the science to provide easy, accessible evidence-based advice on how to live your healthiest and happiest life. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science.

Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition.

**IS BUTTER A CARB?**  
UNPICKING FACT FROM FICTION IN THE WORLD OF NUTRITION  
**MARCH 2023**

- March 2 Intro - Chapter 3
- March 9 Chapters 4-7
- March 16 Chapters 8-11
- March 23 Chapters 12-14

**BIG BLUE BOOK CLUB**  
Cooperative Extension Service

MORE INFO [ukfcsext@uky.edu](mailto:ukfcsext@uky.edu)

## Lunch N' Learn

**LUNCH N' LEARN**  
*March Recipe- Vegetarian Taco Soup*

**March 29th, 12 p.m.- 1 p.m.**  
Jessamine County Extension Office  
95 Park Drive Nicholasville

**Registration is required by calling 859-885-4811!**

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

**LUNCH N' LEARN**  
*April Recipe- Rainbow Pasta Salad*

**April 26th, 12 p.m.- 1 p.m.**  
Jessamine County Extension Office  
95 Park Drive Nicholasville

**Registration is required by calling 859-885-4811!**

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LEXINGTON, KY 40546





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

# Painted Door Hanger

*with Vivian*

**March 17th at 1 p.m.**



Come paint a door hanger at the Jessamine County Extension Office! A variety of patterns will be available for you to choose from.

**Cost: \$20**

*covers all materials needed*

**You must RSVP by March 13th.**

To RSVP, call 859-885-4811

*\*a minimum of 8 participants are needed for the class. If the class does not reach this number it will be canceled.*







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

# WINDMILLS QUILTED TABLE RUNNER

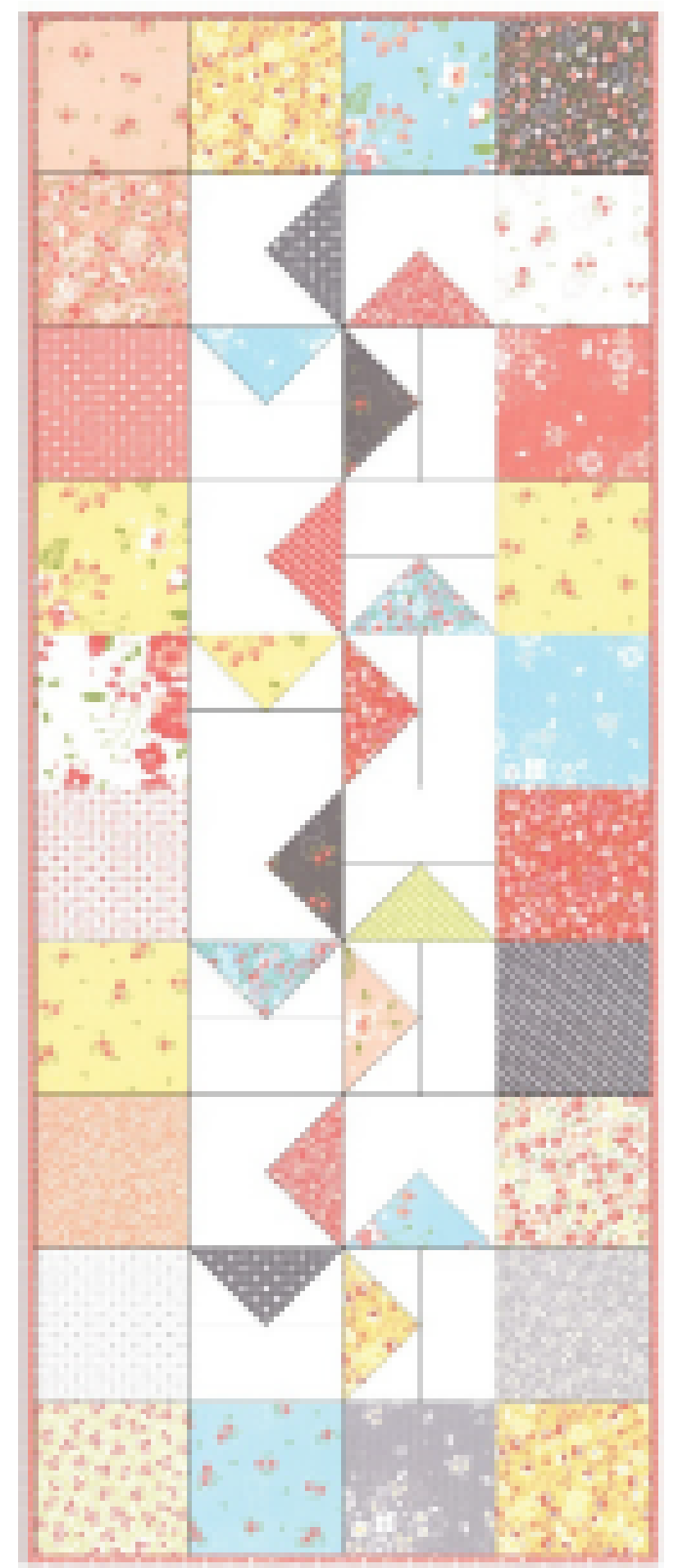
Taught by Liz Kingsland

**March 30th**

**10:30 a.m. - 3:30 p.m.**

**Cost: \$16**

1. Beginner Skill Level
2. Please pack a lunch.
3. A supply list will be sent out to those who register from the instructor.
4. Class Location: Jessamine County  
Extension Office, 95 Park Dr. Nicholasville, KY40356



**To register, please call 859-885-4811**

**Registration deadline is March 20th**







University of Kentucky  
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# Rope Bowl

Taught by Peggy Mitchell

April 4th from 1 p.m. - 3 p.m.

Supplies to bring:

Sewing Machine with the capability  
to do a zig-zag stitch

\*A limited quantity of sewing  
machines are available upon request

White thread

Bobbins

Sharp Scissors

80/12 Sewing Needles

All other supplies will be provided



**Cost: \$15**

Jessamine County Extension Office

95 Park Dr. Nicholasville, KY 40356

To register, please call 859-885-4811

Registration deadline is March 28th

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

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



# It's Sew Fine Sewing Seminar

April 13-14, 2023

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

Full-day and half-day classes.

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



Register &  
pay online!

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



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

**FAMILY &  
CONSUMER  
SCIENCES**  
Creating Healthy & Sustainable Families

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.





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2023

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

## 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-skipflation>

[https://consumerfed.org/press\\_release/coping-with-shrinkflation-tips-on-making-ends-meet-as-packages-get-smaller-and-inflation-carries-on/](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>

Written by: Nichole Huff | Contributing Author: Miranda Bejda | Edited by: Mindy McCulley  
Designed by: Kelli Thompson | Images by: 123RF.com

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



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## 2023-2024 Fort Harrod Area Extension Homemakers Lesson Ballot



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

Please check one: Individual Ballot \_\_\_\_\_ Club Ballot, please name club \_\_\_\_\_

Please choose the top 8 lessons you would like taught in the 2023-2024 Extension Homemaker year. Return your ballot to your County Extension Office no later than April 28, 2023.

### \_\_\_\_\_ Smart Homes

Bring your home into the 21st century by adding useful tech around the house. Learn about all sorts of home tech, from security systems and doorbell cameras to digital thermostats and door locks you can control from your smart phone.

### \_\_\_\_\_ Savor the Flavor: Cooking with Oils and Vinegars

Many of us know there are a variety of cooking oils and flavored vinegars out there, but may not be sure how and when to use them. Join us for this class in which you will learn about adding flavor to foods and dishes with cooking oils and vinegars. We will learn about some of the most common types of cooking oils and flavored vinegars found in your grocery store — or they may be already in your cupboard!

### \_\_\_\_\_ Cast Iron Cooking Outdoors (and indoors)

Learn the basics about cooking outdoors (and indoors) with cast iron! This session will focus on learning techniques for enjoying outdoor cooking in a safe and healthy way. Learn more about a basic outdoor cooking kit as well as improvised low-cost cooking methods. Outdoor cooking is great for recreation but is also useful in emergency preparedness situations such as the recent floods in eastern Kentucky and tornados in west Kentucky.

### \_\_\_\_\_ Bread Making

Making your bread at home can save you money AND it tastes better because it is fresh! This lesson will focus on sourdough and whole-grain recipes from artisan bakers!

### \_\_\_\_\_ Basic Clothing Mending

Learn how to do basic clothing mending techniques such as hemming pants and patching holes.

### \_\_\_\_\_ Transferring Cherished Possessions

Estate planning can be a complicated process, especially when considering how to transfer personal property to people who will want and care for it after your death. Charting a course of action as you begin is a way to provide clarity when creating an estate plan for your non-titled possessions.

More options on back →





## **Makeup Basics**

Confused on how to apply makeup the right way? Or are you unsure what products will work best for you? This lesson will help you identify your skin type and what products will work best for you! Plus, you will learn professional application tips for a flawless finish that will last all day!

## **Mindfulness**

No one is immune to feeling and experiencing stress. Chronic stress can have negative health effects on the body and brain. Mindfulness techniques can be a healthy habit to manage and reduce stress and lead to better mental and physical health. This lesson will introduce participants to a variety of mindfulness techniques to help find something that works for you.

## **Basic First Aid**

Are you ready for an emergency? Having first aid skills can be extremely helpful in a variety of situations one may find themselves in. This lesson will provide participants with some skills, tools, and knowledge about providing first aid.

## **Entertaining Little Ones**

Keeping little ones entertained can be rather difficult at times. Participants in this workshop will learn three simple steps used to identify activities children enjoy. Then use that information to create a 5- day activity routine to keep little ones engaged and active. Digital resources are discussed.

## **Basic Technology**

Mobile apps, podcast, social media, and smart devices are advances in 21<sup>st</sup> century technology. Questions that baffle our non-tech individuals include: What are these smart devices? How can a device be so smart if I do not know how to use it? This lesson will provide participants with the basic tools to understand the mystery of modern technology.