

# Homemaker Newsletter

## July 2024

RUSSELL COUNTY EXTENSION OFFICE  
2688 S. HWY 127  
RUSSELL SPRINGS, KY 42642  
(270) 866-4477  
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RUSSELL.CA.UKY.EDU

## Thought of the Month:

"Put the pedal to  
the metal If you  
want to ride"

Hot Rod Heart  
John Fogerty · 1997

## Roll Call:

Full speed ahead  
for the new fiscal  
year! What is the  
fastest  
transportation  
you've ever taken?

## Russell County Homemakers Welcome New Officers

The Russell County Annual Meeting was held on Tuesday, June 25th, at the Russell Springs Community Center. During this wonderful program, we welcomed two new county officers, Barbara Sharpe as Treasurer, and Sue Hendrickson as Vice President.

### Your current Council officers are:

- Sue Foley- President
- Sue Hendrickson- Vice President
- Donna Robertson- Secretary
- Barbara Sharpe- Treasurer

The next council meeting will be held on Monday, **August 26th** at 5 PM. All club and county officers should plan to attend the officer training following the meeting led by Mary Lynn Chaudoin.

Dylan Gentry, FCS Agent in Adair County, will offer a leadership program at 4 PM on the 26th.



# Russell County Annual Meeting



The Russell County Extension Homemakers annual meeting was held on June 25th at the Russell Springs Community Room.

# Club Meeting Information

## Homemakers on the Go

The Homemakers on the Go will meet on August 8th, at 10 AM at the extension office for their first meeting of the new fiscal year. This meeting is to plan for the rest of the year. Please call 270-866-4477 to RSVP, or reach out to Donna Robertson.

Please RSVP by **August 5th**. If you plan to attend, please call the Extension Office at 270-866-4477.

## Homemakers by Heart

Homemakers by Heart will meet on **July 15** at 6 p.m for their July meeting. Please reach out to Caitlyn Helm for more information.

## Sunset Club

The Sunset Club will meet on **August 14th** at 6 p.m. for the first meeting of the fiscal year. Please reach out to Susan Adams for more information.

## The Piecemakers Quilt Guild

The Quilt Guild be meeting on Monday, July 8th and Monday, July 22nd, for their monthly meeting. Please contact Cindy Mills for more information.

## Crafty Bees

The Crafty Bees will meet on August 27th at 5:30 p.m. Please contact Melonie Eubank for more information.



# **Homemaker Program**

## **Making Vanilla Extract**

**Taught By Cyndy Humble, Taylor County Extension  
Homemaker**

**MONDAY, AUGUST 19, 2:30 P.M. AND 5:30 P.M.  
CST  
(choose your class)**

**Call 270-866-4477 to RSVP. The \$10 fee for this  
class Includes supplies and instructions.**

**Limited Class Size**

**\$10 Registration Fee Must be paid by August 15th.**





# Grocery Shopping at Your Local Dollar Store

**SOURCE: SOURCE: LAUREN TURNER, DIETETIC INTERN; HEATHER NORMAN-BURGDOLF, EXTENSION SPECIALIST FOR FOOD AND NUTRITION**

Creating nutritious meals that are low cost and enjoyable may seem like an impossible achievement. For many, grocery shopping takes place at a dollar or discount store. Fortunately, these food retailers offer low cost, highly nutritious food options and some include refrigeration and freezers which increases the nutritious options available. Let's walk through what these options look like.

For breakfast, the dollar store has plenty of options to create a meal that tastes great and is packed with fiber. A meal high in fiber will keep you feeling full for longer. Common items high in fiber that you can find at the dollar store include oatmeal and, in some cases, frozen berries. Adding milk as a drink and stirring peanut butter into your oatmeal also adds protein to the meal to make it more balanced.

Lunch can be a tricky meal to create because you might need an on-the-go option. A great quick lunch idea is a packet of tuna, whole-grain crackers, and a side of string cheese. This meal idea is high in protein, provides whole grains, and requires no cooking.

A nutritious dinner idea is brown rice, beans, and a vegetable as a side dish. You can prepare the rice with a variety of seasonings to make it flavorful. The dollar store has a wide variety of spices to choose from. Pair this with a low- or no-sodium can of beans and a canned vegetable such as corn, green beans, or carrots. This meal is packed with protein from the beans, is high in fiber from the beans and vegetables, and provides energy from the rice.

Let's not stop at just breakfast, lunch, and dinner ideas. The dollar store offers a variety of snack options such as trail mix with different types of nuts and seeds, cucumbers, string cheese, and whole-grain crackers. As you can see, eating and creating nutritious meals does not have to be overwhelming or impossible. The dollar store offers a wide range of food options that are low cost that you can use in a variety of ways.



## Fruited Coleslaw



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

### Nutrition facts per serving:

100 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 16g total carbohydrate; 2g dietary fiber; 14g total sugars; 1g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

### Source:

Adapted from Iowa State University Extension

- 2 tablespoons mayonnaise
  - 1/2 teaspoon apple cider vinegar (or any type of vinegar)
  - 2 teaspoons sugar
  - 3 tablespoons crushed pineapple canned in 100% juice, including juice
  - 2 cups shredded or finely chopped cabbage
  - 1/2 cup chopped apples (or fruit of choice: orange, mandarin oranges, pear)
  - 1/2 cup raisins or dried cranberries
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.

2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Combine mayonnaise, vinegar, sugar, and pineapple in a small bowl. Stir to mix well.
4. In another bowl, combine cabbage and other fruit.
5. Pour dressing over cabbage and fruit. Stir to mix.
6. Serve right away.
7. Refrigerate leftovers within 2 hours.

**Makes 6 servings**  
**Serving size: 1/2 cup**  
**Cost per recipe: \$1.57**  
**Cost per serving: \$0.26**



# July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Wit's Workout 10 AM	2	3	4 Closed	5	6
7	8 Sit & Sew 12-6 PM	9 Cooking with Herbs 12 PM Library	10	11	12	13
14	15 Cooking the Calendar 5 PM HM By Heart MTTG 6 PM	16	17	18 Dehydrating Herbs 11 AM Library Outdoor Cooking- Meals 6 PM	19	20
21	22 Sit & Sew 12-4 PM Outdoor Cooking- Desserts 6 PM	23	24	25	26	27
28	29	30	31			



# OUTDOOR COOKING

AT THE RUSSELL CO. EXTENSION OFFICE

## DATES & TOPICS:

**JULY 18TH: COOKING OUTDOOR MEALS**  
6:00 PM CST

**JULY 22ND: COOKING DESSERTS OUTDOORS**  
6:00 PM CST

Topics include cast iron cooking and care, outdoor cooking safety, fire safety and recipe sampling.

2688 S. HWY 127, RUSSELL SPRINGS, KY 42642

REGISTER: 270 - 866 - 4477

Cooperative Extension Service

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



# WITS WORKOUT

An engaging, interactive, and educational brain health program

**When:** The 1st Monday of the month, Starting July 1st (8/5, 9/9, 10/7, 11/4, 12/2)

**Time:** 10 AM CST

**Where:** 2688 S. HWY 127 Russell Springs, KY 42642

**Register:** Call 270-866-4477 to RSVP



COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

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# JOIN US FOR OUR Homesteading SERIES

## DATES & TOPICS:

**August 1st:** Making Sausage

**August 8th:** Breadmaking: Sourdough

**August 15th:** Rain Barrels

**August 22nd:** Canning Meat

**August 29th:** Herb Gardening

Where:

Russell County Extension Office

2688 S. HWY 127, Russell Springs, KY 42642

Call 270 - 866 - 4477 to register!

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# Easy as Pie: Beginner Pie Class

**When:** Monday, August 12th

**Time:** 12:00 CST (Noon)

**Where:** 2688 S. HWY 127 Russell Springs, KY 42642

Come learn to make a basic pie with FCS Agent Debbie Shepherd. This class is limited in size, you must call 270-866-4477 to RSVP by August 5th.

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