



MARCH/APRIL 2023

CLAY COUNTY EXTENSION NEWS

First day of Spring

March 20, 2023

March 12, 2023

Daylight Savings Time Begins

Set your clocks forward 1 hour

COOPERATIVE EXTENSION



EXTENSION EVENTS

How can I stay up-to-date?

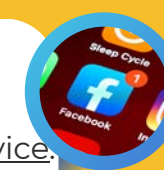
Monthly Newsletter

Call or email to be added to the monthly mailing or email list.



Facebook Page

"Like" our Facebook page - Clay County Cooperative Extension Service. Go to our page & check out events.



Webpage

Check out the county webpage at <https://clay.ca.uky.edu>



*Clay County
Cooperative
Extension Service*

PO Box 421/69 Jameson Rd
Manchester, KY 40962
606-598-2789 or 2786
Fax: 606-598-2695
Email: clay.EXT@uky.edu
Open: Monday-Friday
8am - 4 pm

Agriculture/Natural Resources - Family
& Consumer Sciences - 4-H/Youth Dev.

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



Disabilities
accommodated
with prior notification.



4-H Events



Alissa Ackerman

Alissa Ackerman

Co. Extension Agent for 4-H/Youth Development Ed.

Email: alissa.ackerman@uky.edu

COME & ENJOY THE FUN IN 4-H!

4-H ART CLUB
March 14th & April 18th
Clay County Extension Office
4:00PM
Age 5-18
Please call to register by March 10th at 598-2789!



4-H Cooking Club
March 28th & April 25th
4:00PM
Clay County Extension Office

You must call by March 23rd to register!

Age: 8-18

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

Piggy Bank Contest

Congratulations to Addison Cornett for winning 1st place in the Kentucky Cooperative Extension Service Piggy Bank Contest! The contest is a creative way for youth to learn the importance of saving money and reducing debt.





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



4-H SUMMIT

MIDDLE SCHOOL LEADERSHIP CONFERENCE

MARCH 16-18

MEET MIDDLE SCHOOLERS FROM ACROSS
 THE STATE! CHOOSE WORKSHOPS OF INTEREST
 TO YOU, PARTICIPATE IN A COMMUNITY
 SERVICE PROJECT AND MUCH MORE!

For those that registered, don't forget to mark your
 calendars! More information regarding the event
 will be mailed.

Cooperative Extension Service
 Agriculture and Natural Resources
 Family and Consumer Sciences
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 with prior notification



#UKYagweek

MORE AT GO.UKY.EDU/AGWEEK



Thank a Farmer
**VISUAL LETTER
CONTEST**

WINNERS ACCOUNCED DURING NATIONAL AGRICULTURE WEEK

Creatively express your gratitude for Kentucky farmers with art of your choice!

Entries, due Monday, March 20, will be uploaded to the Kentucky 4-H Facebook page where followers can vote for their favorite artwork. Giftcards from the UK Bookstore will be given to winners in each category:

- **CLOVERBUD: AGES 5 TO 8**
- **JUNIOR: AGES 9 TO 13**
- **SENIOR: AGES 14 TO 18**

**SCAN & SUBMIT TO
CLOVER@KENTUCKY4H.ORG
BY MONDAY, MARCH 20**

Questions can be directed to Jennifer Tackett, 4-H Extension Specialist, at jennifer.tackett@uky.edu



UK University of
Kentucky
*College of Agriculture,
Food and Environment*



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



4-H Paint Day

Come join us & paint your very own canvas. This is a kid-friendly paint day, & parents/guardians are encouraged to paint with their kid(s). This is a great opportunity to explore a new hobby & enjoy family bonding time.



Tuesday, April 4th at 4:00PM
Clay County EXCEL Building

You must call 598-2789
to register by Friday,
March 31st



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

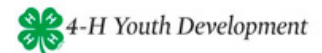
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LEXINGTON, KY 40546



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University of Kentucky
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Cooperative Extension Service



Celebrate Earth Day! 4-H Poster Contest



DUE BY APRIL 20th

Posters must be mailed or dropped off
at the Clay County Extension Office by 4:00 pm

Divisions:

Cloverbud (Age 5-8) Junior (Age 8-13) Senior (Age 14-18)

General Rules:

Posters can be completed on an 8.5x11, plain sheet of paper. Participants are encouraged to create a theme related to Earth Day including-- wildlife, forests, water, etc. on poster. Posters must be handwritten/drawn. Make sure nothing on poster is copy-righted.



 Cooperative
Extension Service

For more details and to receive
a packet of categories & rules,
please call the Clay County
Extension Office at 598-2789!

Age: 9-18



4-H COMMUNICATIONS DAY CONTEST

APRIL 24TH

9:00AM

**RED BIRD CHRISTIAN SCHOOL
REGISTRATION DUE BY APRIL 17TH**

Junior Speeches: 3-5 minutes (Age 9-13)

Senior Speeches: 5-7 minutes (Age 14-18)

Junior & Senior Demonstrations: (5-15 minutes)



Join the Natural Resource & Environmental Sciences Academy!

The NRESci Academy is a three-year program designed to teach youth about their natural environment. In the program, scholars participate in hands-on investigations to learn about Kentucky's water, forest, entomology, and wildlife resources.



Applicants must be in the 5th grade at the time of the application (upcoming 6th graders the following Fall). If selected, youth/families must agree to make a three-year commitment to the program.

Applications are due May 1st. For more information please contact the Clay County Extension Office at 598-2789 or visit: <https://4-h.ca.uky.edu/NRESci>.

*Next upcoming event for current members: March 30th!
More information will be mailed regarding event.



4-H Teen Conference



Save the Date!



(Open to high school youth)

June 13th-16th

Lexington, KY

*For more info, contact the Clay County
Extension Office at 598-2789*



YOUR DONATION

GIVE \$10 WITH EACH AG TAG

YOUR COMMUNITY

HALF OF THE FUNDS FOR 4-H AND FFA COME BACK TO YOUR LOCAL CLUBS AND CHAPTERS IN YOUR COUNTY.

OUR LEADERS

SUPPORT STATEWIDE PROGRAMS IMPACTING 274,000 STUDENTS ENROLLED IN 4-H, FFA AND KY PROUD MEMBERS.



BY MAKING A \$10 DONATION WITH YOUR AG TAG, YOU ARE CHOOSING TO INVEST DIRECTLY INTO THE FUTURE OF KENTUCKY AGRICULTURE. DONATIONS ARE DIVIDED EQUALLY BETWEEN FFA, 4-H AND KENTUCKY PROUD WITH HALF GOING DIRECTLY BACK TO YOUR COUNTY. THANK YOU FOR YOUR SUPPORT.



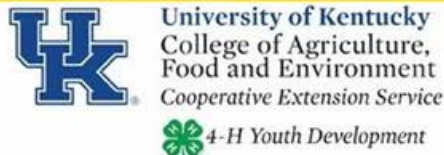


Applications available April 3, 2023

KENTUCKY 4-H PRESENTS SUMMER CAMP 2023 TIME WARP



J.M. Feltner 4-H Camp
London, KY



CAMP DATES / FECHAS DE CAMPAMENTO August 1 - 4, 2023

CALL YOUR EXTENSION OFFICE / LLAMA A LA OFICINA 606-598-2789

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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LEXINGTON, KY 40546





Family & Consumer Science

Emily F. Boggs

Emily F. Boggs

Co. Extension Agent for Family & Consumer Sciences Ed.

Email: emilyf.boggs@uky.edu

Creative Connections Club
1st Saturday - 10am - EXCEL

Homemaker Card Club
2nd Tuesday - 1:00 pm
Extension Office

Happy Homemakers
3rd Monday - 4:00 pm

Homemaker Pins & Needles
3rd Saturday - 10am at EXCEL



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

The March recipe in our 2023 Nutrition Education Program calendar is "Vegetarian Taco Soup". Come over to the Clay County Extension Office for our monthly Cooking Through the Calendar class on March 10th at 11:00am. Please call 598-2789 to register. Free and open to the public.



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

The April recipe in our 2023 Nutrition Education Program calendar is "Rainbow Pasta Salad" which will be April 14th. at 11:00 am. at the Extension Office. As always, please call 598-2789 to register.

MARCH 2023 HEALTH BULLETINS

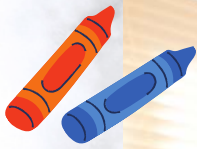
Adult Health Bulletin
Topic: Prevent Poisonings in Your Home

Youth Health Bulletin
Topic: All About Allergies

Parent Health Bulletin
Topic: Seasonal Allergies & How to Help Kids Cope

Family Caregiver Health Bulletin
Topic: 988 Suicide & Crisis Lifeline

If you would like a copy of these health bulletins, give us a call at 598-2789 and we will mail them out to you.



Excel
Building



LAUGH AND LEARN

March 21st - 2:00 PM

April 13th - 11:00 AM

Clay County Extension Office

This is a kindergarten-readiness program to help prepare your little ones for the beginning of their school experience. Bring them & yourself & we will have some fun activities, as well as a story to read. FREE & open to the public. Call 598-2789 to register.

STAYING HEALTHY

IN THE SPRING WITH
DIABETES

COOPERATIVE EXTENSION



**March 23rd
1:00 pm
Clay County Extension
Office**

With Spring just around the corner, it's important to remember our health. Join us for an educational lesson presented by Tammy Pennington of the Clay County Health Department and a recipe demonstration by FCS Agent, Emily Boggs. Call 598-2789 to register. FREE & open to the public! We look forward to seeing you!



Green Cleaning

Spring is almost here and all of us are feeling the weather warming up, so it's time for some spring cleaning! Join us at the Clay County Extension Office on **April 20th at 4:00 pm** to learn about making your own environmentally friendly cleaning materials and take home some recipes! This is free and open to the public, Please call 598-2789 to sign up.



Lunch and Learn: Pathway to Wellness

Please mark these dates on your calendar for Lunch and Learn:

April 26th

May 3rd


May 18th

May 25th

All meetings will be held at the Clay County Extension Office at 12:00 pm

**Pathways
to Wellness**

Health begins
where we
live, work, learn,
and play.

 College of Agriculture,
Food and Environment
Family and Consumer
Sciences Extension

Create vibrant communities
by enhancing social
connections where
individuals live and work

Join us at the Clay County Extension Office on **April 26th at 12:00 pm** for the first lesson in a four-part series called Pathways to Wellness. If you're interested in the health of our community, how it affects us on an individual level, and learning more about it, please join us for lunch while we learn! Food will be provided at this program for free and is open to the public! Please call 598-2789 to sign up.



Skillet Enchiladas

Ingredients:

Ingredients:

- 8 corn tortillas
- 3 teaspoons olive oil, divided
- ½ medium onion, chopped
- ½ teaspoon salt
- 1 small to medium zucchini, chopped
- 1 small yellow squash, chopped
- 1 red bell pepper, chopped
- 1 clove garlic, peeled and minced
- ¾ cup fresh or canned corn kernels
- 1 (15 ounce) can black beans, rinsed and drained
- ½ teaspoon pepper
- ½ teaspoon paprika
- 1 cup shredded cheddar cheese, divided
- 1 cup enchilada sauce

Directions:

1. Cut tortillas into bite sized pieces.
2. Heat a large skillet on medium-high heat, add 2 teaspoons of olive oil and corn tortilla pieces to the pan. Stirring occasionally, cook for 5 minutes or until beginning to crisp. Remove tortillas from pan and set aside.
3. Add remaining teaspoon of olive oil to the pan, along with the onion and salt. Cook for 2 minutes.
4. Add the chopped zucchini, squash, red bell pepper, garlic, corn, black beans, pepper and paprika.
5. Stir to combine and cook for 10 minutes.
6. Return crispy tortillas to the skillet along with ¾ cup of cheese and stir for 2 minutes.
7. Add the enchilada sauce, stir until combined and then sprinkle remaining ¼ cup cheese on top.
8. Cover with tin foil for 5 minutes or until cheese is melted.

Servings: 6 Serving - **Size:** 1 cup - **Recipe Cost:** \$9.78- **Cost per Serving:** \$1.63

Nutrition facts per serving: 290 calories; 9g total fat; 2.5g saturated fat; 0g trans 37mg cholesterol; 0g fat; 600mg sodium; 37g carbohydrate; 7g fiber; 89 sugar; 14g protein; 0% Daily Value vitamin D; 20% of Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium



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-skimpflation>

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



**Beekeepers
Meeting**
March 23rd- 6:00 pm
April 27th - 6:00 pm

EXCEL Building

If you want to
place a plant
order, please do so
**ASAP! We need
your orders before
March 10th!**

PLANT ORDERS

**The Clay County
Extension Council
will meet on March
23rd at 5PM at the
EXCEL building. The
Clay County
Extension District
Board will meet right
after the Council
meeting.**

Weather Reminder:

**All 4-H & Homemaker Programs
are canceled if school is canceled!**

**Note: Checkout
our Facebook page for updates,
delays & closings!**



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