



FAMILY & CONSUMER SCIENCES

Cooperative Extension Service

Boyd County
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Once Upon a Time...

Newsletters dedicated to telling your Homemaker story

A P R I L / M A Y 2 0 1 1

UPCOMING EVENTS:

- Homemaker Lesson Don't Let Falls Get You Down **April 19 @ 10am, Boyd County Extension Office**
- KEHA State Meeting **May 9 - 12, Bowling Green, KY**
- Boyd County Homemaker Annual Meeting: A Walk Thru Paris **June 7 @ 6pm, Franks Extension Community Bldg**
- North East Area Homemaker Meeting **Magoffin County Extension Office Sept 22 @ 10am**

LIVING GREEN MAKES LIFE BETTER FOR ALL ON PLANET EARTH

As I sit here in my living room looking out at a "winter wonderland of white," my thoughts turn a very important subject: "LIVING GREEN."

You ask, "What is living green?" It is simply a way of living that causes as little harm as possible to the Earth. It eliminates toxins from our environment. Green products are non-toxic, energy-efficient and durable. They are often able to be recycled. Most people ask the question, "Why go green?"

1. You can actually save money by reducing energy use. Select appliances that have Energy Star labels. Change to compact fluorescent light bulbs.

2. Green products help protect our environment.

3. Green building practices and products create better places to live and work.

The best place to start living a greener lifestyle is at home. Some ways to start are to reduce what you buy, reuse what you have (or give it to someone who can use it), repair or restore instead of buy-



Ask Me About Homemakers by Nancy Broughton

Originally published in the Greater Ashland Beacon vol.1 no. 34

ing new, and cut down on the amount of waste you produce by recycling and composting. Every American produces about 4½ lbs. of garbage a day.

The city has recycling containers at various places. I personally take mine to the bins at the Walmart on Riverhill Drive. These include: paper, plastic, cardboard, cans and bottles. Another way is to request that junk mail be dropped. Stop and think of how much junk mail one family gets in a week.

Another big question is "What are Green Products?" There are hundreds of green products on the market. A few examples of green products to look for include: beautiful tile made from recycled glass, long-

wearing wood for decks and kitchen cabinets, carpeting made from recycled plastic bottles, non-fume and toxic-free cleaning and household products and bamboo and organic cotton home textile products.

As homemakers we can do the following to help:

1. Take your own reusable bags when you shop.
2. Pay attention to packaging.
3. Make use of solar energy.
4. Plant a tree or flowers and shrubs that are suited to your climate. You can get information on these from the horticulture agent at your local Extension office.
5. Teach children to make "green" choices.

The big question to all of this is "HOW GREEN ARE YOU WILLING TO BE?"

The overall objective of living green is to have a healthy, toxic-free home while leaving a sufficient amount of resources and a sound, safe environment for future generations.

LIVE GREEN FOR A BETTER COMMUNITY AND A BETTER WORLD. YOU CAN MAKE A DIFFERENCE.

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GREEN RECIPES FOR HOUSEHOLD PRODUCTS

Continued from the front page

Here are a few household hints for living green and saving money.

All Purpose Cleaner

3 Tbsp white vinegar
 ½ tsp vegetable oil based liquid soap
 ½ tsp washing soda
 2 cups hot water
 Mix all ingredients in spray bottle or bucket. Apply and wipe clean.

Disinfectant

2 Tbsp borax
 ¼ cup white vinegar
 2 cups hot water
 Combine the borax and vinegar with the water in a spray bottle. Use as you would any commercial all-purpose cleaner.

Furniture Polish

1 lemon
 1 tsp olive oil (least expensive)
 1 tsp water
 This polish should be made fresh each time you use it. Extract the juice from the lemon. Mix with oil and water. Apply a thin coat on your wood surface and let sit for 5 minutes. Use a soft cloth to buff to a deep shine.

Drain Cleaner

For slow drain, use this drain cleaner once a week to keep drains fresh and clog-free.
 ½ cup baking soda
 1 cup white vinegar
 1 gallon boiling water
 Pour baking soda down drain/disposal, followed by vinegar. Allow the mixture to foam for several minutes before flushing the drain with boiling water.

Oven Cleaner

2 Tbsp vegetable oil based liquid soap
 2 Tbsp borax
 Mix the soap and borax in a spray bottle. Fill the bottle with hot water and shake well. Spray on oven and leave for 20 minutes. Scrub off.

Tub & Tile Cleaner

White vinegar
 Baking soda or non-iodized salt
 To remove film buildup on bathtubs, apply vinegar full-strength to a sponge and wipe. Next, use baking soda or salt as you would scouring powder. Rub with a damp sponge and rinse thoroughly with clean water.

No-Streak Glass Cleaner

¼ cup white vinegar
 1 Tbsp cornstarch
 1 quart warm water
 Mix the ingredients and apply with a sponge or pour into a spray bottle and spray on. For lint-free results, wipe dry with crumpled newspaper, buff to a shine.

WHERE TO FIND INGREDIENTS:

Washing soda (sodium carbonate) available in the laundry aisle of the grocery store
 Borax (sodium borate) available in the laundry aisle of the grocery store
 Vegetable Oil Based Liquid Soap (common name: castile soap) available in health food and natural food stores



BOYD COUNTY HOMEMAKER CLUBS RAISE AWARENESS AND FOOD

Originally published in The Ashland Independent on March 2, 2011

ASHLAND- Tuesday March 1st



During the month of March, nine homemakers clubs from the Boyd County Extension Service office will be collecting cans which will be donated to River Cities Harvest. The homemakers decided their motto for 2011 is "Homemakers Can Do It All," and this will be the first time that all nine clubs have worked together to benefit the entire community. This will also be the first time that all nine clubs will be working together to benefit River Cities Harvest. Club members are soliciting canned and non-perishable food donations from friends, family members and the community in an effort to collect a set goal of 2,000 cans.

Project Chairman April Hall of the Hillendale Homemaker Club says, "Hunger doesn't go away after the holidays, the need is there 365 days a year, so we decided to offer our services in an effort to raise awareness and food through River Cities Harvest." To donate to the home makers or to find out more call (606) 739 - 5184 or visit their office at 2420 Center Street, Catlettsburg, Ky 41129-1279.

River Cities Harvest is a non-profit, volunteer-based agency whose purpose is to alleviate hunger in our area. RCH solicits surplus, perishable food from restaurants, supermarkets, and other sources and distributes it to 17 social service agencies that feed hungry individuals and families. This practice is known as "food recovery". RCH serves Boyd & Greenup counties in Kentucky and Lawrence County in Ohio and is celebrating the collection And distribution of 4 million pounds of food over the past 20 years. Find out more about River Cities harvest by visiting us on the web at: www.rivercitiesharvest.com or visit us on Facebook.

– Scott Frasure, V.I.S.T.A. worker, River Cities Harvest, Ashland

BASIC BUDGET BITES: EAT MORE VEGETABLES

From Healthy Choices for Healthy Families v. 7 issue 4

Try some of these tips to help you and your family eat more vegetables:

- Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.
- Stock up on frozen veggies for quick and easy cooking in the microwave.
- Buy vegetables that are easy to prepare. Baby carrots and celery sticks make quick snacks.
- White or sweet potatoes can be microwaved.

RISING GAS PRICES: WHAT CAN YOU DO TO REDUCE YOUR COSTS?

From Moneywise Newsletter April 2011

- Aggressive driving can lower your highway gas mileage by 33%. Avoid high speeds, rapid acceleration, and hard braking.
- Think twice before adding a roof rack for recreational activities or summer travel. A loaded roof rack can reduce fuel economy by 5%.
- Follow your manufacture suggestions for recommended maintenance, including using the recommended motor oil. Using a different oil type can reduce your gasoline mileage by 1 to 2%.
- Proper tire inflation can improve your gas mileage by 3.3%. The correct tire pressure for your vehicle can be found either on a sticker on the driver's side door or in the owner's manual.
- Clean out your car. Excess weight in a vehicle, truck or bed of a truck can reduce gas mileage.
- Finally, consider getting a tune up. Fixing problems, such as an oxygen sensor, can make a big difference in your miles per gallon, improving MPG by possibly as much as 40%.
- Make a list of your errands before heading out of the house. Plan the errands in order, so that you are not wasting both time and gasoline by driving all over town.
- If you have a long commute to work, talk with your co-workers about starting a carpool. Many large employers will offer certain benefits for employees who carpool, such as making a vehicle available to employees in case of emergency.



SAVE THE DATE! NORTHEAST AREA HOMEMAKERS MEETING

**We WANT You To Come Have a
Foot Stomping Good Time!**

**Thursday, September 22, 2011
10:00 AM**

Magoffin County Extension Service

**Counties are Encouraged to
Participate in Our Group Western
Wear Competition.**

Other highlights include...

- Beef Cooking School with an Interactive Demonstration
- A Very Special Ovarian Cancer Research Fundraiser
- Great Entertainment

NEW DIETARY GUIDELINES ARE HERE!

Key recommendations to building healthy eating patterns

- Select an eating pattern that meets nutrient needs over time at an appropriate calorie level.
- Account for all foods and beverages consumed and assess how they fit within a total healthy eating pattern.
- Follow food safety recommendations when preparing and eating foods to reduce the risk of foodborne illnesses.

Watch for more information in the next newsletter about the new dietary guidelines from the USDA! If you would like to view them online, go to:

<http://www.cnpp.usda.gov/dietaryguidelines.htm>

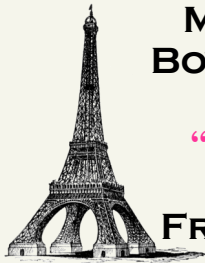
**NO LONGER WISH TO
RECEIVE THIS MAILING?**

If you no longer wish to receive this mailing, please notify us by phone at (606) 739-5184 or by email at szornes@uky.edu. Thank you and have a great spring!

Sincerely,

Suellen Cunningham

Suellen Cunningham
Boyd County Extension
Agent for Family &
Consumer Sciences



**MARK YOUR CALENDAR!
BOYD COUNTY HOMEMAKER
ANNUAL MEETING
“A WALK THRU PARIS”
JUNE 7, 2011 @ 6 PM
FRANKS EXTENSION BLDG**

*Would you like to volunteer in
sewing? Come to this training
and learn how!*

**COME SEW WITH US
SEWING
SMORGASBORD**

June 2nd & 3rd
9 AM - 5:30 PM

Lawrence County
Extension Office

Registration deadline: May 16th

Please call the Martin County
Extension Office if you have any
questions at (606) 298-7742.



COOPERATIVE
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