

UK COOPERATIVE EXTENSION SERVICE

University of Kentucky – College of Agriculture



Fort Harrod Area Extension Homemakers Association Ballot 2010-2011 Program Year



Directions: Please vote for eight (8) lessons from the following ballot. Your votes determine which lessons are offered in the 2010-2011 program year. Return completed ballots* to your County Extension Office no later than February 20, 2010.

***Note to Club Presidents:** Please tally your members' votes and record total votes for each lesson on 1 ballot. Return only the 1 ballot per club.

CLUB NAME: _____

_____ **1. Go Green in Your Closet** - Reduce, reuse or donate to help you shop from your re-organized clothes closet including tips on organizing your clothes by season.

_____ **2. Fix in a Flash** - The latest tools and simple techniques for mending and repairing. Small repairs mean dollars saved in your clothing wardrobe.

_____ **3. Fashion Divas** - Rethink those bargains or impulse purchases in the back of your closet: makeover your fashion faux-pas.

_____ **4. Accessory Attitude** - Coordinating belts, hats, scarves, jewelry to spice up your wardrobe.

_____ **5. Don't Let Falls Get You Down** - Learn creative ways to prevent falls and to remain independent longer.

_____ **6. Enriching life as we age** – Many things get better as they age and so do we! This lesson will focus on making the most of our days and embracing the present moment!

_____ **7. Family Vitality ...Time Together** – Make every minute count in a fast – paced society and find ways to make meaningful opportunities with every day activities.

_____ **8. Cooking for 1 or 2-** Experiment with new recipes and techniques without the large quantity of leftovers

_____ **9. Family Fun Mealtime** - This program will help families find ways to make family mealtime possible by showing families how they could cook once and eat twice, cook meals with 5 or less ingredients, use make ahead meals, and plan meals in advance

_____ **10. Home Wise is Energy-Wise** - What simple steps can you take to reduce energy use in the home? Learn the methods and changes most likely to have the best payback on energy bills.

_____ **11. Consumer Beware in Tough Economic Times** – Consumer Fraud is a continuing threat. This lesson covers identity theft, email scams, home repair scams and credit card fraud.

_____ **12. Couponing 101** – Learn to use meal planning, sales, and coupons to save food dollars.

_____ **13. Slow Cookers** – slow cook it for a fast meal! Discover new and old recipes, slow cooker safety, and how to cook it slow to save money.

_____ **14. Art is all around you** – What is important in art? How do you look at art? Explore ways to increase our ability to see, value, and appreciate what is around us.

_____ **15. Poverty and Hunger** – It’s time to think and act locally and globally. Members will learn more about poverty and hunger and ways to become involved in addressing these issues.

_____ **16. Clean It Quick, Get It Done**—Tips and shortcuts for keeping your home neat, clean, and healthy and learn about new products and tools.

_____ **17. What’s in Your Toolbox?**—Small home repairs you can do yourself...or know when to hire someone else.

Ideas for Special Interest Programs:
