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Hopkins County Homemaker News

January-February 2009

Dear Homemakers,

January is a good time to focus on membership for your club. After the Holidays, people are looking for things to do, and ways to get out of the house. With the current economic climate, what could be better and more economical than joining Homemakers? A low membership fee, in addition to free educational classes makes Homemakers the perfect activity for those on limited budgets or looking for ways to economize.

If it's been awhile since you have invited someone to visit your club, make 2009 the year to extend an invitation or two. I feel confident that there are more than 165 (our current membership) people in Hopkins County that would like to be members of the Kentucky Extension Homemakers Association.



Think of the reasons you joined a Homemaker's club, and why you continue to belong. Now think of ladies you know who share similar interest. Start with an invitation to these friends and family members, and who knows, they may even bring a friend or two with them.

As always, please call me if I can assist you in any way. The KEHA web sight has posted the Organizational Manual and a listing of all the upcoming state wide events. Everything you need to know concerning KEHA can be found at www.keha.org.

Sincerely, *Nancy*

Dates and deadlines to remember:

Master Farm Homemaker application due Jan.12

2009 MLK Observance, office closed, Jan19

"Whole Foods" lesson 1:30, Feb. 2

Cultural Arts Day, Princeton, Feb. 24

Affording Higher Education, 6:00, Feb. 26

2009-2012 Lesson ballots due to office, Feb.28

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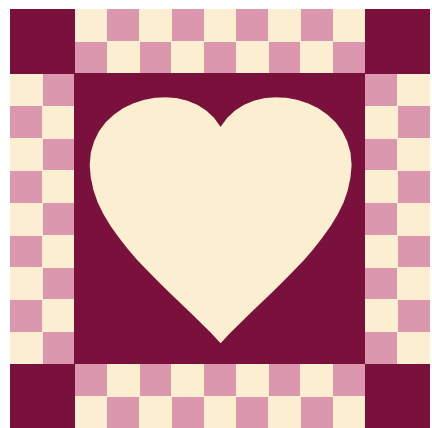
Extension Agent for Family and Consumer Sciences



Cultural Arts Day 2009

Cultural Arts Day is an opportunity for Homemakers to show-off their handwork and skills, and learn about cultural activities in the area. If you are interested in entering this year's contest, your club's January lesson leaders have the information packets. These can also be picked-up at the Extension office. Area winners advance to the KEHA meeting in May for statewide judging.

Also included in the packet are guidelines for entering the writing and other contests sponsored by KEHA. We have had winners in the past, so please consider entering a contest, and representing the Hopkins County Homemakers at KEHA.



Paying for College 101

Chris Dressler, Outreach Counselor from the Kentucky Higher Education Assistance Authority, will present Paying for College 101, on February 26 at 6:00 PM at the Extension office. This workshop provides high school juniors and seniors, and their parents, with detailed information they need to apply for student financial aid. Students will learn about the financial aid process, discovering when and how to apply for state and federal funds. An explanation of the FAFSA, Free Application for Federal Student Aid, will also be included in the presentation. Please share this information with friends and family members who have college bound students. The program is free and open to all county students and families.

Just A Reminder....
Please take a few minutes in your January or February club meeting to complete the Lesson Ballot for 2009-2011 lessons.
January lesson leaders have the ballots. Each member gets a vote!!



Master Food Volunteer Program

A new Master Food Volunteer class will be forming in 2009 for the Pennyrile Area. Classes will be on Fridays beginning March 13 and will run through May 8. There will be additional classes on March 17 and 18 taught by Dr. Sandra Bastin of the University of Kentucky. The Master Food Volunteer program is first and foremost a "volunteer program". It gives people with an interest in food, cooking, and nutrition the opportunity to take their expertise to a higher level, while helping others in the community. Please call the office for more information or to register. The fee for the program is \$75.00.

Farmers Market Microprocessor Class

Recent legislation allows Kentucky farmers who grow and harvest produce to process value-added products and sell them from designated farmer's markets, certified roadside stands and the processor's farm. To be certified to sell acid, low-acid and acidified canned foods, excluding jams and jellies, farmers must attend a Home-based Microprocessor Workshop and have their recipes approved. A workshop will be held at the Extension office on March 17, from 9 AM until 4 PM. The cost is \$50.00 and includes lunch. For more information call Nancy or Matt at the Extension office. This will be the only Microprocessor workshop offered in Hopkins County in 2009.

Low Cost Ways to Save Home Energy

Have you finished caulking and weatherizing your home but still looking for ways to save energy? Here are some things to consider:

When was the last time you changed the air filters? Change the filters once a month or according to the filter manufacturer's instructions.
Turn off lights when not in use or no one is in the room.

Switch to compact fluorescent lighting whenever possible. They use at least two-thirds less energy than standard incandescent bulbs, last up to 10 times longer and will save \$30 or more in energy costs over each bulb's lifetime.

Consider buying a "smart" thermostat. A "smart" thermostat can be set to automatically adjust the temperature for you.

Save Money at the Grocery

Budgets are tighter due to increased costs of basic supplies such as food. Pay attention when grocery shopping. Try to shop with a list to avoid impulse buying. Compare prices at more than one store if possible. You might try to comparison shop with your computer at www.mygrocerydeals.com.

Buying the store brand may be cheaper than buying a name brand of the same product. This can save anywhere from 23 to 39 percent on your grocery costs. Private label grocery brands often contain the same ingredients as the name brand. Use coupons for items you are already buying. If you cannot find coupons in the newspaper, try finding them on the internet. Here are two sites to try: www.couponmom.com and www.smartsources.com.

Another way to save on the grocery bill is to purchase fewer convenience items, soft drinks, cookies, crackers, and other snack foods.

Reference: "Build A Better Grocery Budget"



Vitamin C and the Common Cold

It may seem like everything from water to cold remedies are being fortified with vitamin C. Although vitamin C has been touted for the common cold since the 1970s, there is little proof that vitamin C actually has any effect on the common cold.

Vitamin C is an essential nutrient that acts as an antioxidant, reducing oxidative stress in our cells. Vitamin C is essential for the synthesis of collagen, an important structural component of blood vessels, tendons, ligaments, and bone. Acting as an enzyme, it is involved in many pathways that keep the body healthy. Vitamin C also improves the absorption of iron.

Vitamin C is naturally found in fruits and vegetables. A 6 ounce glass of orange juice can provide the recommended dietary allowance of vitamin C for women at 75 milligrams. Men require slightly more or 90 milligrams. It is suggested that smokers and breast feeding women may need more. Eating five servings of fruits and vegetables should give you about 200 milligrams of vitamin C in the diet. Since there are possible problems with large doses (over 2,000 milligrams) of vitamin C, supplements besides the recommended amounts are not recommended.

Studies show that increases of vitamin C may help reduce the risk of chronic diseases, from cardiovascular disease to cataracts. However, the common cold research has provided conflicting results. Under extreme conditions, such as marathon runners, vitamin C may reduce the risk of catching a cold. But the general consensus is that there is little or no benefit from vitamin C in the prevention or treatment of the common cold.

Source: Sandra Bastin, Extension Food and Nutrition Specialist, University of Kentucky, College of Agriculture