



Creating Healthy & Sustainable Families

Cooperative Extension Service

Wayne County

Debbie Shepherd, CEA FCS

255 Rolling Hills Blvd.

Monticello KY 42633

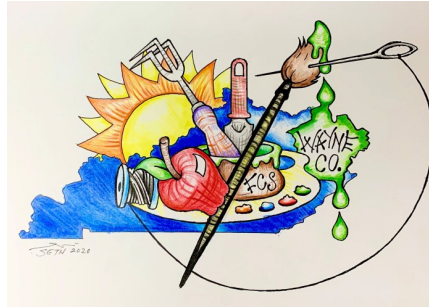
(606) 348-8453

Fax: (606) 348-8460

extension.ca.uky.edu

debbie.shepherd@uky.edu

facebook: Wayne County Cooperative Extension Family and Consumer Sciences



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"March is a tomboy with tousled hair, a mischievous smile, mud on her shoes and a laugh in her voice." ~Hal Borland

*"Today is the day when bold kites fly,
When cumulus clouds roar across the sky.
When robins return, when children cheer,
When light rain beckons spring to appear."
~ Robert McCracken, Spring*



*"It was such a spring day as breathes into a man an ineffable yearning, a painful sweetness, a longing that makes him stand motionless, looking at the leaves or grass, and fling out his arms to embrace he knows not what."
~ John Galsworthy*



Nutrition Notes.....

(Alta) Gaye Hutchison,

EFNEP Assistant

(Expanded Food and Nutrition Education Program)

February 2022

Nutrition

Education

Program

Calendar Recipe

EGGROLL IN A BOWL



Nutrition facts per serving:

220 calories;
12g total fat; 3g
saturated fat; 0g
trans fat; 105mg
cholesterol; 480mg
sodium; 6g total
carbohydrate; 2g
dietary fiber; 2g total
sugars; 0g added
sugars; 23g protein;
0% Daily Value of
vitamin D; 4% Daily
Value of calcium;
10% Daily Value of
iron; 8% Daily Value
of potassium.

Source: Michele
Moore, Butler
County SNAP-
Ed Program
Assistant Senior

- 1 *tablespoon oil*
- 1 *pound ground turkey or pork*
- 2 *teaspoons garlic powder*
- 1 *teaspoon ground ginger*
- 1/4 *cup low-sodium soy sauce*
- 1 *bag coleslaw mix (with carrots)*
- 1 *whole egg*

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat oil in a large skillet over medium heat.
3. Add the ground meat to the skillet and break it up until it is cooked through and has reached an internal temperature of 165 degrees F on a food thermometer. Drain any fat from the meat.

4. Add garlic, ginger, and soy sauce to the meat, and stir to combine.
5. Add coleslaw mix to the cooked meat. Cook until vegetables are tender.
6. Push mixture in the skillet to make a hole. Crack the egg in the open area, and scramble it until it is cooked through.
7. Stir all ingredients together and serve.
8. Store leftovers in the refrigerator within 2 hours.

Makes 6 servings

Serving size: 1 cup

Cost per recipe: \$6.99

Cost per serving: \$1.17

ONE POT ITALIAN TORTELLINI DINNER



Nutrition Facts per Serving:

340 calories; 10g total fat;
0g trans fat; 65mg cholesterol;
400mg sodium;
36g total carbohydrate;
3g dietary fiber;
3g total sugars;
0g added sugars; 25g protein;
0% Daily Value of Vitamin D;
20% Daily value of Iron;
6% Daily Value of Potassium

- 1 pound lean ground beef
 - 1 medium onion, chopped
 - 1 medium carrot, chopped
 - 3 tablespoons minced garlic
 - 1 teaspoon dried oregano
 - 1 teaspoon Italian seasoning
 - 2 (15-ounce) cans no-salt-added tomato sauce
 - 1 (8-ounce) package fresh sliced mushrooms
 - 4 cups fresh prewashed spinach (remove stems and tear large leaves into pieces)
 - 1 (19-ounce) package frozen cheese tortellini
 - 1 cup low-moisture, part-skim shredded mozzarella cheese
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Gently scrub the onion and carrot with a clean vegetable brush under cool running water before preparing them. Rinse the mushrooms under cold running water, being sure to remove any dirt; pat dry.
 3. Heat a large nonstick pot or skillet over medium heat and add ground beef, onions, and carrots. Cook until ground beef is browned and has reached an internal temperature of 160 degrees F, using a food thermometer.
 4. Drain fat from ground beef mixture. Add garlic, oregano, and Italian seasoning; stir until combined.
 5. Add the tomato sauce, mushrooms, and spinach. Stir until mixture comes to a boil.
 6. Cover with lid and simmer on low for 10 minutes. Remove lid and gently stir in frozen tortellini. Cover and cook tortellini following package directions (usually 2 to 5 minutes).
 7. Top with mozzarella cheese and allow to melt before serving.
 8. Store leftovers in the refrigerator within 2 hours.
- Makes 8 servings**
Serving size: 1 cup
Cost per recipe: \$15.81
Cost per serving: \$1.98

Taken from: January 2022 Nutrition Education Program Calendar

Source: East Region (4, 6) Nutrition Education Program



Herbs in the Kitchen

Learn how to grow your own herbs in your kitchen as well as how to use herbs to season your food.



This class will discuss how to start a kitchen herb garden, which herbs grow well indoors, how to harvest and store herbs, and how to use fresh herbs when cooking.

We will be getting our hands dirty planting our own herbs.



Class is FREE but please bring the following:

Supplies needed: 3-4 quart-size jars (these can be recycled spaghetti sauce jars, canning jars, tin cans, etc- clean with labels removed).

Please call the Wayne County Extension Office to Register 606-348-8453

Tuesday, March 2nd 5:30 pm Wayne County Extension Office

Creamy Italian Herb Dressing

- 1/4 cup plain yogurt
- 1/4 cup light mayonnaise
- 1/4 cup skim milk
- 1/2 teaspoon dried Italian seasoning
- 1/2 clove garlic, minced or 1 teaspoon dried garlic



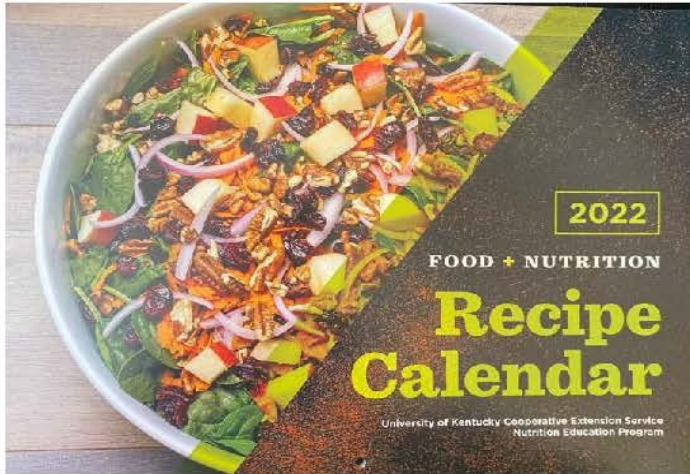
25 calories; 1g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 140mg sodium; 3g carbohydrate; 0g fiber; 2g sugar; 0g added sugar; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 0% Daily Value of potassium.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Combine 1/4 cup milk, 1/4 cup yogurt, and 1/4 cup light mayonnaise, in a small bowl.
3. Mince 1/2 clove garlic.
4. Add 1/2 teaspoon dried Italian seasoning, minced garlic, and dash of salt to the bowl.
5. Whisk ingredients together.
6. Cover, and refrigerate for at least 1 hour.
7. Serve chilled over a tossed salad or with vegetables for dipping.
8. Cover, and store leftovers within 2 hours. Use within 3-4 days.

COOPERATIVE EXTENSION



Cooking Thru The Calendar!



**Wayne County
Extension Office
Downstairs Meeting
Room
12 noon!
Recipe Demos &
Taste Testing!**

Monday, March 14th ~ Carrot & Zucchini Bars

Wednesday, April 27th ~ No Fuss Oven Frittata

Wednesday, May 25th ~ Farmers' Market Strawberry Sorbet

Wednesday, June 22nd ~ Zubeanie Boats

July ~ December TBA

Free Classes!

Must register so we can be prepared for you!

Call (606) 348-8453



Blood Drives!

Aspire Center

April 12th

Dough Rollers 11:45-3:00

Pots N Pans 3:00-6:15



COOPERATIVE EXTENSION



Small Appliances Workshop! April 14th

12 noon EST
Wayne County
Extension Office
Must register
(606) 348-8453

Do you have a small kitchen appliance?
Thinking about purchasing one?
Not sure what to buy or how to use it?
This is a fun & informative class!
Also taste testing recipes!



**Electric Pressure
Cooker**



Air Fryer

Free & Open to Everyone!

PRE-REGISTRATION is Required
To Register – Contact the Wayne County Extension Office.



Joy McGinnis, FCS
Program Assistant

February is National Wise-Health Care Consumer Month and National Women's Heart Health Month!

Americans spend more time researching car purchases and new appliances than they do choosing doctors and health plans, according to the American Institute for Preventive Medicine. February is National Wise Health-Care Consumer Month. There is no better time to take control of your health by becoming an informed health-care consumer. Use this month to make sure you understand your options, know how to communicate with your care providers, and can make educated decisions about your health. Here are five tips to help you become a wiser health-care consumer.

- * Choose your health-care provider: Take your time choosing the right health-care providers for you and your family. It is important to do the research, ask questions, and establish a primary care provider. Be sure to keep a list of your family's health-care providers and medications.
- * Understand your coverage plan: Whether you get your medical insurance coverage through Medicare/Medicaid, your employer, or another source, make sure you understand your health-care plan and who is in your network. This will save you time and money in the future.
- * Get annual screenings and checkups: The most common diseases are preventable. Do not ignore symptoms. Be sure to eat well, move your body, and keep up with your yearly checkups, screenings, and immunizations.
- * Prepare for appointments: Before an appointment, write a list of questions you have for your health-care provider, and take it with you. Do not hesitate to clarify or ask questions if something is unclear to you. Similarly, bring a list of any medications you take and your dosage.
- * Ask about generic medications: Generic medications can be more affordable and just as effective. Always consult your medical provider if a generic option is appropriate for you.

National Women's Heart Health Month

Heart disease is the No. 1 cause of illness and death for North American women and kills more women than all forms of cancer combined. February is Women's Heart Health Month, and it is a great time for women to start taking better care of their hearts all year round. It's important to know your personal risk for heart disease and family history. Common risk factors for heart disease include elevated blood pressure, high cholesterol levels, smoking, diabetes, a sedentary lifestyle and overweight or obesity. Obesity increases women's risk for at least five leading causes of death including heart disease, stroke, arteriosclerosis (hardening of the arteries) and some types of cancer. Two of the best ways to improve your heart health is to change your diet and to exercise. You have many different options to change your diet for the better. Most of them include incorporating more vegetables and fruits and fiber sources into your diet. The U.S. Department of Agriculture's MyPlate encourages people to fill half of their plates with fruits and vegetables. Fiber not only helps prevent heart disease but also can help prevent diabetes, manage weight and improve digestion. Good sources of fiber are beans, barley and oats. You can also start incorporating more Mediterranean meals into your diet. People in Mediterranean countries tend to have lower rates of heart disease because they eat a diet rich in monounsaturated fat and linolenic acid. They consume more olive oil, fish, fruits and vegetables. High blood pressure can be a major contributing factor to heart disease and arteriosclerosis. If you have high blood pressure, learning to control it can greatly reduce your risk of developing heart disease.



The Dietary Approaches to Stop Hypertension (DASH) diet has been proven to significantly lower blood pressure. This diet involves limiting your salt intake and consuming plenty of fruits, vegetables, low-fat dairy products, fiber and lean meats. More information about the DASH diet is available on the National Heart, Lung and Blood Institute's website, <http://www.nhlbi.nih.gov/health/health-topics/topics/dash/followdash.html>.

More than two-thirds of Kentuckians are not active, and 71 percent of women in the state report being sedentary.

You can become more heart healthy by incorporating more movement into your day. That doesn't necessarily mean you have to spend hours at the gym. If you lead a sedentary lifestyle, you can start small by doing things like taking the stairs instead of the elevator, parking further away from a store entrance, playing tag with your kids or walking around your neighborhood. Every bit of movement helps.

Heart Attack Signs in Women

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
5. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you have any of these signs, call 9-1-1 and get to a hospital right away.

Citrus Chicken Stir Fry

- 2 tablespoons olive oil
- 1 pound boneless, skinless chicken thighs
- 2 teaspoons garlic powder
- 2 tablespoons low-sodium soy sauce
- 1/4 cup orange juice
- 1 teaspoon honey
- 1/2 teaspoon black pepper
- 8 ounces sugar snap peas, wash and string, if needed
- 1 red or orange bell pepper, sliced



Servings: 4 Serving Size: 1 cup

1. Heat oil in a large skillet over medium-high heat.
2. Add chicken and sprinkle garlic powder over the pieces. Brown each side for about 2 minutes, flipping chicken occasionally.
3. In a small bowl, stir together soy sauce, orange juice, honey and black pepper. Pour over chicken. Add sugar snap peas and bell pepper slices to the pan. Stir to combine.
4. Cook for an additional 3-4 minutes, until peas and bell pepper slices soften and chicken has reached 165 degrees F. Serve over rice.

320 calories; 16g total fat; 3.5g saturated fat; 0g trans fat; 150mg cholesterol; 410mg sodium; 12g carbohydrate; 2g fiber; 5g sugar; 1g added sugar; 31g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium. **Page 9**



In Stitches-----

Log Cabin Class!



Class will be Wednesday, 10am
Part II will Be March 16th

Please let us know if
you will be attending

Part II ~ March Class

You will need to bring your Log Cabin book, your fabric strips, sewing machine and sewing supplies.

We will be cutting our fabric strips into needed sizes and assembling our blocks.

As always, if this class does not interest you please feel free to bring a UFO or some other project to work on and enjoy the day of fun & fellowship with us.

Don't forget to bring your show & Tell items!

Road Trip!



Mark Your Calendars!
Friday, April 29th!

Details Coming Soon!

BARN QUILT PAINTING WORKSHOP



- *DESIGNED OR ALL SKILL LEVELS*
- *ALL MATERIALS AND SUPPLIES WILL BE PROVIDED*
- *\$5.00 DISCOUNT TO HOMEMAKER MEMBERS*
 - *PATTERN SIZE: 2FT X 2 FT*
 - *CLASS SIZE LIMIT: 15 SPACES*

\$35.00

*THIS PROJECT MAY TAKE
TWO DAYS TO COMPLETE,
DEPENDING ON THE
COMPLEXITY OF YOUR DESIGN*

MONDAY, APRIL 25

&

TUESDAY, APRIL 26

5:00 - 8:00 PM EST



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

REGISTRATION DEADLINE

Monday, April 18

PRE-PAYMENT REQUIRED

Due to limited spacing, our waiting list fills quickly. If you cancel, it must be one week prior to class in order to receive a refund. This will allow us adequate time to notify someone else who wants to join the workshop.



Wayne County Cooperative Extension Service

255 Rolling Hills Blvd.

Monticello, KY 42633

606-348-8453

seth.hart@uky.edu

CARSON PAYNE

WOOD CRAFTSMAN/CLUB PRESIDENT FOR HAPPY CHIPPERS



Each month, Carson offers tips and ideas in carving basics for our newest art club, Happy Chippers.

To see his latest Easter theme, watch his tutorial.



You Tube

Carson Records for Happy Chippers

https://www.youtube.com/watch?v=IJzt02Rx_d0

Carving Tips/Easter - Presented by Carson Payne

<https://www.youtube.com/watch?v=EzUDwK53tp0&t>

THIS MONTH'S TOPIC: TAXES AND IDENTITY THEFT: FRAUDULENT UNEMPLOYMENT INSURANCE CLAIMS

With tax season approaching, you should have received government forms for any earnings you've collected throughout the year. These may include forms such as a W-2, 1099, 1098, and others. As you prepare the documents you need to file your taxes, be on the lookout for anything that looks suspicious — especially regarding unemployment benefits. If you receive a 1099-G form this tax season indicating that you received Unemployment Insurance (UI) benefits, but you never filed an unemployment claim, you are likely the victim of identity theft. This means that someone used your name and/or Social Security Number to file a fraudulent claim.

REPORT IDENTITY THEFT

The most important thing for you to do is to report the identity theft immediately to each of the agencies below. Be sure to keep any confirmation or case numbers you receive for your records.

1. First, report the fraud to the Kentucky Office of Unemployment Insurance (OUI) at <https://secure.kentucky.gov/FormServices/UI/Fraud>.
2. Second, report the fraud to your employer.
3. Third, report the fraud to the Department of Justice, National Center for Disaster



Fraud (NCDF) at <https://www.justice.gov/disaster-fraud/ncdf-disaster-complaint-form> or 866-720-5721. Choose "COVID-19" as the disaster that relates to your complaint and choose "Identity Theft" and "Insurance Fraud" as to the conduct you are reporting.

4. Finally, report the identity theft to the Federal Trade Commission (FTC) at <https://www.identitytheft.gov/>.

REVIEW YOUR CREDIT

When identity theft occurs, it is especially important to review your credit report. You can request credit reports online for free from any of the three major reporting agencies below or at <https://www.annualcreditreport.com/>. Once you receive your credit report, look for and dispute any fraudulent transactions. You can also let the agency know you are a victim of identity theft and



ask them to put a fraud alert on your credit file. This is different from an extended fraud alert or a credit freeze. Learn the differences at <https://www.consumer.ftc.gov/articles/what-know-about-credit-freezes-and-fraud-alerts>.

- Equifax: 800-349-9960 or <https://www.equifax.com/personal/>
- Experian: 888-397-3742 or <https://www.experian.com/>
- TransUnion: 888-909-8872 or <https://www.transunion.com/>

SECURE YOUR ACCOUNTS

It is also important to change online passwords for any company with whom you do business. This will include your email account, banking institutions, credit card companies, and other lenders. Review all financial statements since the identity theft occurred to make sure everything looks correct.

VERIFY YOUR EARNINGS

When you file your state and federal tax returns, you should only report income that you received. If you received a 1099-G form but did not receive the benefits listed, report the identity theft to the Kentucky Office of Unemployment Insurance (see Step #1 above in Report Identity Theft). There is no need to delay the processing of your tax return while your unemployment identity theft is under investigation. You can opt into the IRS Identity Protection PIN program to receive a six-digit number that helps prevent thieves from filing

federal tax returns in your name. Learn more at <https://www.irs.gov/identity-theft-fraud-scams/get-an-identity-protection-pin>.

Additionally, you can report the problem and verify your reported earnings with the Social Security Administration at 800-772-1213 or by searching for your local SSA office at <https://secure.ssa.gov/ICON/>. They can review your earnings with you to ensure they are correct. Before you call, review earnings posted to your social security statement at <https://www.ssa.gov/myaccount/>.

TAKE IT STEP-BY-STEP

Learning that you have been a victim of identity theft can leave you feeling vulnerable and frustrated. It's important to safeguard your accounts, personal information, and finances as quickly as possible. To ensure you cover your bases, the Federal Trade Commission has created a step-by-step checklist for various type of identity theft at <https://www.identitytheft.gov/#/Steps>. If you have been the victim of unemployment insurance fraud specifically, visit <https://www.identitytheft.gov/#/unemploymentinsurance> for a more in-depth explanation of the steps outlined in this newsletter.

ADDITIONAL RESOURCES:

Kentucky Career Center, Kentucky Labor Cabinet
<https://kcc.ky.gov/career/Pages/UI-Fraud.aspx>

Kentucky Attorney General's Office
<https://ag.ky.gov/Resources/Consumer-Resources/Consumers/Pages/Identity-Theft.aspx>

Written by: Nichole Huff | Edited by: Alyssa Simms | 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



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Debbie Shepherd

Debbie Shepherd
Wayne County Extension Agent
for Family & Consumer Sciences



**Wayne County Cooperative Extension
Family and Consumer Sciences**

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LEXINGTON, KY 40546


Disabilities
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