

Hancock County Homemakers News

Hancock County
Building Strong Families for Kentucky

April 2023

Cooperative Extension Service
Hancock County
1605 US Highway 60 West
Hawesville, KY 42348
(270) 927-6618
Fax: (270) 927-1194
extension.ca.uky.edu



Roll Call

April is National Volunteer Month. What is your favorite way to volunteer?

Thought For the Month

"Volunteers don't get paid, not because they're worthless, but because they're priceless."

-Sherry Anderson

National Volunteer Month

This month is National Volunteer Month! We have volunteer logs for you to keep up with your hours during the year. These can be picked up at the Extension Office or you can see Lori Hodskins for a copy!



Hawesville Homemakers

4/4-6:00 pm. -Monthly Meeting at Kenergy

5/8-6 pm.- Fluid Painting at Kenergy

Sunshine Circle Homemakers

4/4 - 5:30 p.m. - Workshop at Career Center

4/11-5:30 p.m.-Monthly Business Meeting at Kenergy

4/13-3:30 pm. Junior Wildcats at North Hancock

4/18 - 9:30 a.m. - Workshop at Career Center

4/20-3:30 pm.-Junior Wildcats at North Hancock

4/25 - 5:30 p.m. - Workshop at Career Center

Monthly Lesson

This month's lesson will be Savoring the Eating Experience. Hawesville Homemakers will be taught by Kaye Rice and Sunshine Circle Homemakers will be taught by Jamia Newton.

Next month's lesson will be Entertaining Little Ones. Hawesville Homemakers will be taught by Carolyn McCarty and Sunshine Circle Homemakers will be taught by Margaret Harris.



Wisely Use Your Tax Refund



It's that time of year when we get excited about our tax refunds. By responsibly using this one-time infusion of cash, you can improve your financial standing.

You could wisely use your tax refund to add to your emergency savings account. Most of us do not have enough money saved in the event of job loss, illness or another unexpected event that prevents us from working. Most financial experts recommend having at least six months of income saved to help you work through financial hardship. This fund can also help cover unexpected or emergency household repairs.

You could also choose to reduce your debt with your tax refund. Paying off high-interest debt as quickly as possible is a financial win-win because it reduces the principal on your loan and lowers future interest payments.

Make an extra mortgage payment toward the principal. Much of a mortgage loan goes toward interest and not the principal itself.

Investing in your family's future is always a wise move as it will continue to guarantee future financial stability. You could use your return to start or add a college savings fund for your children or to start or add to your retirement account.

If you must spend your tax refund, make wise spending choices. Consider purchases that allow you to make improvements that add to the resale value of your vehicle or home or to make home improvements that lower energy costs.

You never get too old to learn a new skill. Use some of the refund to take classes or learn new skills or hobbies.

More information on family financial education is available by contacting the Hancock County Extension office.

Source: Kelly May, Senior Extension Associate for Family Finance and Resource Management

State Meeting Information May 9-11, 2023

For more detailed information go to:

<https://keha.ca.uky/content/state-meeting-information>

Note: State meeting is utilizing a new pricing structure this year. You may register for the full conference or just two days. Discounted early bird rates are available until **April 10, 2023**. Session selections are first-come, first-serve, so register today! Some sessions are already full.

Lodging Information=Crown Plaza Louisville Airport Expo Center

830 Phillips Lane, Louisville, KY 40209

866-888-0620 (group code PZ5 for conference rate)

Standard Room \$124 + Tax (1-4) people



It is safe to say that a good time was had by all! The Sunshine Circle Homemakers fundraiser raised enough money to send one child to 4-H Camp and one to Camp Curry and possibly more! Way to go Homemakers!





Rainbow Pasta Salad



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

- 8 ounces small whole-wheat pasta (shells, mini bowties, elbow macaroni, rotini, etc.)
- 6 ounces (or 4 cups, packed) fresh baby spinach leaves, roughly chopped
- 2 cups sliced strawberries
- 1 can (15 ounces) mandarin oranges in 100% juice or water, drained
- 1 can (10 ounces) pineapple tidbits in 100% juice, drained with juice reserved
- 1 cup chopped pecans, cashews, almonds (optional)

Salad dressing:

- 1/4 cup olive oil
 - 1/3 cup apple cider vinegar
 - Reserved pineapple juice
 - 1/2 teaspoon onion powder
 - 1/2 teaspoon black pepper
 - 1/2 teaspoon salt
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Cook pasta according to package directions. Drain and rinse under cold running water to cool. Set aside to continue draining.

3. Wash fresh produce under cool running water and dry. Cut to prepare for the recipe.
4. In a large bowl, combine the cooked pasta, spinach, strawberries, oranges, and pineapple.
5. Top with chopped nuts, if using.
6. Combine the salad dressing ingredients in a separate small bowl or jar with a lid. Whisk or shake to combine. Add salad dressing to the pasta salad right before serving and toss. Or, serve dressing on the side to keep salad crisp for several days.
7. Refrigerate leftovers within 2 hours.

Note: Add grilled chicken to make this an entrée salad.

Makes: 7 servings
Serving Size: 1 1/2 cups
Cost per recipe: \$12.87
Cost per serving: \$1.84

Nutrition facts

per serving:
250 calories; 9g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 190mg sodium; 41g total carbohydrate; 5g dietary fiber; 14g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium.

Source:

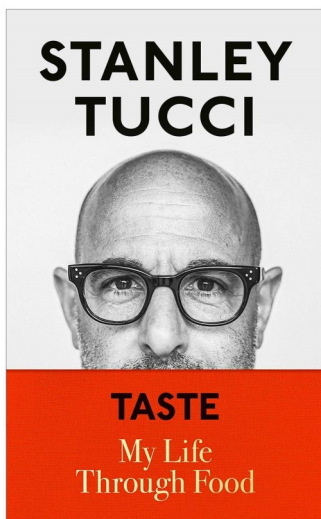
Brooke Jenkins,
Extension Specialist,
University
of Kentucky
Cooperative
Extension Service



Book Corner

Taste: My Life Through Food by Stanley Tucci (2021)

Italian American actor, director, and author Stanley Tucci discusses the intersection of food and life while sharing numerous stories and recipes beloved by his family and friends. Wryly humorous and pasta-heavy, *Taste* highlights the joys of sharing food with family.



Angelia Swihart
Angelia (Angie) Swihart
Extension Agent for FCS
Hancock County



A big shout out to Jane Quinn, the St. Patrick's Day Bunco winner! Jane played like a rock star and walked away with \$100!

Watch the Hancock County Extension Homemaker's Facebook page for more information!



Contact us for more information at 270-927-6618.

Lisa Hagman

Lisa Hagman, Extension Agent for 4-H Youth Development Education— Hancock County