# **FCS Newsletter**

### August 2023

What was invented in August?

Answer: 'Method for packaging frozen foods' **Clarence Birdseye** 

## **Upcoming Events**:

August 3rd—Mammoth Cave Area Homemaker Meeting at Warren Co Office. 10:00 am

RSVP for Simpson Co. Homemakers Annual Night to Ext Office **August 4**– Cooking Through the Calendar 11:00 am

### August 8th -Cultural Arts Contest

Franklin Church of Christ

Entry: 10:00 am- noon

(see attached for categories)

### Viewing: Homemaker Annual Night 6:00 pm

Franklin Church of Christ

I hope to see you there! Please invite prospective members. The more the merrier!

Cooperative **Extension Service** 

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Maxey Doyle Nancy Doyle Simpson County Extension Agent for Family & Consumer Sciences Education

#### Disabilities accommodated with prior notification.

COOPERATIVE EXTENSION SERVICE

Martin-Gatton College of Agriculture, Food and Environment SIMPSON

<u>Cooperative Extension Service</u> Simpson County 300 N Main St Franklin, KY 42134 270-586-4484 simpson.ca.uky.edu

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

Save the Date:

2023 Simpson County Homemakers Annual Night

> August 8th Franklin Church of Christ 6:00 p.m.

Watch for details, coming soon!

Ovarian Cancer Screening If interested please notify the office. We need Name, Birthdate and Social Security Number of those going. Looking at a Wednesday in the fall. 3 free screens: Ovarian, cervical & uterine. Please don't become a statistic!

Home of the freebecause of the brave!

Cook Through our Food & Nutrition Calendar With Us! Simpson County Extension Office

First Friday of the month 11:00 a.m.

July 7, 11:00 a.m.

August 4, 11:00 a.m.

\*Dates subject to change.

Fair Catalogs available at the Extension Office on July 6th

## Apple Coleslaw

Servings:12 Serving Size:1/2 cup Cost per Serving:\$.28 Recipe Cost:\$3.38

### Ingredients:

- 2 apples (red and green), cored and chopped
- <sup>1</sup>/<sub>2</sub> head of green cabbage, shredded (3 cups)
- 1 cup shredded carrots
- 1 tablespoon honey

<sup>3</sup>/<sub>4</sub> cup low fat vanilla yogurt

### Directions:

Mix yogurt and honey in a large bowl.
Add other ingredients and mix together lightly.

OPTION: Add raisins or grapes, if you choose.

Nutrition facts per serving: 45 calories; 0 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 25 mg sodium; 10 g total carbohydrate; 2 g dietary fiber; 7 g sugars; 1 g protein; 30% Daily Value of vitamin A; 40% Daily Value of vitamin C; 4 % Daily Value of calcium; 2% Daily Value of Iron

## Hygiene Items Drive

Items To Be Collected:

(Can be Travel Size or Full Size)

Shampoo

Conditioner

Hand Sanitizer

Toothpaste

Non-alcohol Mouthwash

Lotion

Combs

**First Aid Supplies** 

Laundry Supplies

Wipes

Toothbrushes

Deodorant

Shaving Cream

Liquid or Bar Soap

**Body Wash** 

**University of Kentucky** College of Agriculture. Food and Environment Cooperative Extension Service

Floss

**Facial Care Products** 

**Feminine Products** 

Hairbrushes

Lip Balm

Monetary Donations Will Also Be Accepted & Will Be Used to Purchase Needed Supplies

Hair Products

Wash Cloths

Simpson County Extension Office 300 N Main St, Franklin KY 42134 Monday - Friday 8:00 am to 4:30 pm

**Drop Off Locations:** 

Warren RECC - Franklin Office 698 Morgantown Rd, Franklin KY 42134 Monday - Friday 7:30 am to 4:30 pm

Support Local Students

Collection Period: May thru July



### Questions/For Donation Pick Ups:

Hannah Meador - 270-647-0211 Hannah.meador@stu.simpson.kyschools.us

> Wendy Meador - 270-647-0333 weminn@hotmail.com



As a Community Service Project for Simpson County 4-H & the John Swack 4-H Scholarship Program, FSHS Senior, Hannah Meador is hosting a Personal Hygiene Items Donation Drive. Items will be donated to Simpson County Schools & Simpson County Boys & Girls Club to be distributed to students on an as needed basis during the school year.

**Cooperative Extension Service** Agriculture and Natural Resources Family and Consumer Sciences **4-H Youth Development** Community and Economic Development Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race. color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

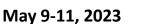
LEXINGTON, KY 40546







#### 2023 KEHA State Meeting







*Special thanks* to Nell Jordan for making and donating a quilt that was given to Center for Courageous Kids in Scottsville.



#### 2023 KEHA Attendees:

Jewell Burgett, Marie Pitts, Nancy Doyle, Sharon Taylor-Carrillo, & Nell Jordan



*Congratulations* to our Cultural Arts Creative Writing state winners, Ann Adams who won first place in Poetry, and Marie Pitts who won 2nd place in Memoirs.

Congratulations to our State Cultural Arts Blue Ribbon Winners Nell Jordan, Ann Adams, and Deb Nealy!







#### Homemaker Leader Trainings

first Wednesday of the month at 10 a.m. \*\*Due to many At Large/Mailbox Members, ALL are invited to the Leader Trainings. Wednesday, July 5 at 10 a.m. Folk Medicine in Appalachia and Modern Home Remedies

\*\*\*\* VSU Hours Deadline extended to July 8th! Get those hours turned in!\*\*\*\*