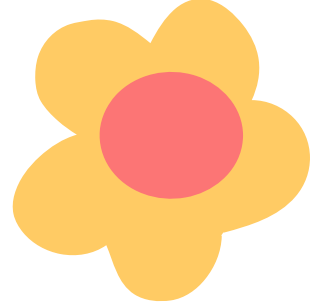


Hart County Homemaker Newsletter



March-April 2023



Upcoming Events

Healthy Living
Every Monday at 1 pm at the
Extension Office

Bonnieville Club
March 8
April 12

Cub Run Club
March 15
April 19

Outreach Too
March 14
April 18

Quilt Club- Sew & Sew
March 23
April 27

Waterloo
March 9
April 13

Hardyville
March 16
April 20

Cooking with the Calendar
March 13
April 10

A Note from Sonya

Spring is just around the corner and we are gearing up for nice weather.

With spring approaching and we all want to get outside, Homemakers are planning an Earth Day activity. See inside the newsletter for information.

Our Fundraising is continuing. Great news! All the pecans have been sold.

Thanks so much for all your support in this wonderful fundraiser.

The Homemaker Council decided to improve Cookbook Sales by setting up at various events. Read all about it inside. Of course, you can always stop by and purchase them here at the Extension office.

Sonya Carter

Extension Agent for
Family and Consumer Sciences



Happy Spring 2023

HAPPENINGS IN MARCH & APRIL



Cooking with the Calendar 2023

Come out to the Extension Office and enjoy a monthly cooking lesson on the second Monday of each month. The next lessons will be on March 13 at 11AM and April 10 at 11AM. Come by and sample a new recipe and get some cooking tips! Please call the office to register.

Nutrition Luncheon

Come out to our Nutrition Luncheon Day on Thursday, March 9, 2023 at 10AM. We will have salad, dessert, and drink. The speaker is a registered dietitian. Don't forget we will have a silent auction. Bring items for sale.



EARTH DAY

In honor of Earth Day, Hart County Homemakers will be sprucing up the Hart County Manor in Munfordville. We will be planting perennials. Please bring any perennials to the office between

April 10 and April 14.

We will be planting the perennials on April 14, weather permitting.



Cook Book Sales

The Homemaker Council discussed each club taking cookbooks to events to sell cookbooks. The following is a list of suggested events for each club to set up at.

- Bonnieville**-July 4th Days
- Cub Run** -Quilting Bee
- Outreach Too**- MCA Annual Day
- Sew & Sew** - Heritage Festival
- Healthy Living**- Dolly Parton Imagination Day
- Waterloo**- KEHA State Meeting
- Hardyville** - Battle of the Bridge



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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

SHRINKFLATION: INCREASING PRICES, DECREASING QUANTITY

You have likely noticed increased prices when shopping lately, but have you also noticed packaging sizes are shrinking? This is known as “shrinkflation.” Let’s unpack what this means for your household and explore ways to be more mindful when shopping.

UNDERSTANDING SHRINKFLATION

Sometimes called downsizing, *shrinkflation* occurs when companies maintain current prices (or even increase prices ever so slightly) while giving you less product. The size differences are often small enough to keep the physical packaging the same, such as a bag of chips shrinking from 13 ounces to 11 ounces, or a package of bacon shrinking from 16 ounces to 12 ounces. These small changes can easily go unnoticed. In fact, manufacturers are counting on consumers not paying attention to the amount of product in their packages, especially when it comes to shrinking sizes.

WHY SHRINKFLATION MATTERS

Even small changes in the amount of a food or household item can add up quickly and impact your monthly budget. The less of the item you receive, the more often you need to repurchase it. Take toilet paper, for example, which was quite the commodity in 2020. Would you notice if your toilet paper contained just 312 sheets per roll instead of its usual 340 sheets? For the same price, there would be less than 92% as many sheets per roll



than before it was downsized, and you will likely go through each package approximately 8% faster.

TIP #1: NOTICE PACKAGING CHANGES

To combat shrinkflation, pay attention to slight changes in packaging on the products you buy, from cereal to toilet paper to shampoo. While not all shrinking products will come with new packaging or a “new look,” some companies may make boxes or bottles taller and narrower to trick the eye into believing it holds more product than it does. Also, be wary of ‘bonus buys’ that promise additional product. Compare the ‘bonus buy’ to the regular product to ensure it contains more.

TIP #2: CALCULATE UNIT PRICE

Shrinkflation is a legal tactic companies can use to save money from a production standpoint. The Fair Packaging and Labeling Act requires businesses to clearly label an accurate weight



CALCULATING AND COMPARING UNIT PRICES HELPS YOU COMBAT SHRINKFLATION



on its packaging so that customers can comparison shop between like items. However, it doesn't prohibit companies from decreasing an item's weight if they clearly label the amount of product contained in the package.

Calculating and comparing unit prices helps you combat shrinkflation. Unit prices help you compare different brands and different sizes of the same brand. Unit prices show you the price per unit, such as pounds or ounces, and are located on the shelf price tag, not on individual packages. You can also calculate the unit price of an item by dividing the price of the item by the number of units.

For example, let's compare the unit price of two packages of bacon. Bacon #1 is priced at \$4.69 and contains 12 ounces. Bacon #2 is priced at \$5.38 and contains 16 ounces. When we divide price by units, Bacon #1 has a unit price of \$0.39 per ounce, and Bacon #2 has a unit price of \$0.33 per ounce. Although Bacon #2 costs more, you get more bacon in the pack, and it has a lower unit price than Bacon #1.

TIP #3: SAVE WHEN YOU CAN

Finally, keep an eye out for sales and consider stocking up on freezer or self-stable household staples when you find a deal. Between inflation (the rising costs of goods and services) and shrinkflation (the shrinking amount of goods we receive), many households may find it difficult to "bring home the bacon" because it's getting harder to afford it! Using smart shopping strategies like couponing, buying generic brands, and utilizing customer loyalty programs can also help you maximize your resources.

REFERENCES:

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MARCH / APRIL 2023

HEALTHY CHOICES FOR HEALTHY FAMILIES



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



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Save more at the store

Think outside the store. Farmers' markets and farm stands can be a great choice for picking up fresh produce. Visit the Farmers' Markets and Food Banks directory at PlanEatMove.com/farmers-markets-food-banks to find a market near you.

- **Ask around.** Ask friends and family to see where they shop to find great deals! Grocery stores, ethnic markets, dollar stores, retail supercenters, and wholesale clubs may offer good deals.
- **Read the sales flyers.** Most of the time sales flyers come out mid-week. Flyers can be found at stores (and their websites), and in newspapers.
- **Eat before you shop.** Grocery shopping while hungry can lead to impulse buying. It can also lead to food choices that are not healthy. Eat before you go to keep you on task.
- **Join your store's loyalty program.** Most stores offer a free loyalty program. Get special offers, coupons, and savings for being a member.



Source: Adapted from USDA, MyPlate

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Disabilities accommodated with prior notification.



MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

Meet Your Kentucky State University Area FCS Agent

Megan Treadway is the new Area Extension Agent for Family and Consumer Sciences in Kentucky State University's West Regional Office. She earned a Bachelor of Arts in English for Secondary Education and Master of Arts in Adult Education from Western Kentucky University. She will be providing FCS programming in Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, and Warren counties.

Prior to joining Kentucky State University, Megan spent seven years working for the University of Kentucky Cooperative Extension Service. She looks forward to opportunities to collaborate with her former colleagues in the Mammoth Cave Area. Her favorite programs are those that encourage families to spend time learning together.

The Kentucky State University Extension Program's West Regional Office is located in Bowling Green, Kentucky and currently houses agents who specialize in Family and Consumer Sciences, Work-Life Education, Small Farms, and Agriculture Technology. Look for more to come from Megan and Kentucky State University in future newsletters. In the meantime, you are welcome to contact Megan or the West Regional Office with any questions.

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Blueberry French Toast Bake



¼ cup whole wheat flour	3 eggs	1 cup fresh blueberries
¼ cup all-purpose flour	6 egg whites	½ cup chopped almonds
1½ cups skim milk	1 loaf (12 ounces) French bread, cut into 1 inch cubes	Honey, if desired
1 tablespoon sugar	3 ounces fat free cream cheese, cut into ½ inch cubes	
½ teaspoon vanilla		
¼ teaspoon salt		

Generously **grease** a 13x9x2-inch baking dish. **Beat** flours, milk, sugar, vanilla, salt, eggs and egg whites in a large mixing bowl with a hand mixer until smooth. **Stir** in bread cubes until they are coated. **Pour** bread mixture into baking dish. **Top** evenly with cream cheese, blueberries and almonds. **Cover** and **refrigerate** for at least 1 hour, but no longer than 24

hours. **Heat** oven to 400 degrees F. **Uncover** and **bake** 20-25 minutes or until golden brown. **Sprinkle** with honey, if desired.

Yield: 8, 1 cup servings

Nutritional Analysis: 420 calories, 6 g fat, 1 g saturated fat, 70 mg cholesterol, 860 mg sodium, 69 g carbohydrate, 4 g fiber, 9 g sugar.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.