

Family & Consumer Sciences Newsletter

A Word from the Agent...

It's hard to believe summer is upon us already! I'm looking forward to spending time outdoors enjoying the fresh air and time with family and friends. That being said I've included a myriad of helpful information and fun activities in this edition of our newsletter. Be on the lookout for some fun programming this summer, including some food preservation workshops and dye garden classes. You just never know what's going to be happening at the Clark County Extension Office.

Make sure you spend some time celebrating all the mothers and mother-figures in your lives this month. Those women are truly a blessing on our lives and deserve an extra 'thank you' throughout May.

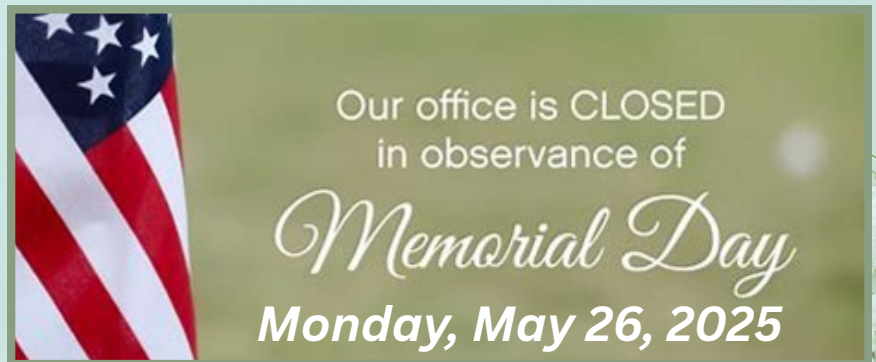


Shonda Johnston
SHONDA JOHNSTON
Clark County Extension Agent
Family & Consumer Sciences
shonda.johnston@uky.edu
<https://clark.ca.uky.edu>



Did You Know...

Memorial Day was originally known as Decoration Day? It originated during the American Civil War when citizens laid flowers on fallen soldier's graves. The day serves as a reminder of the sacrifices made by members of our military.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2025

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

THIS MONTH'S TOPIC: BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in “off” seasons to find better deals.

CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read [https://ukfcs.net/Traveling Meals](https://ukfcs.net/Traveling%20Meals).

EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit <https://www.kentuckytourism.com/> to explore all the vacation choices the Commonwealth has to offer!



AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

May is Military Family Appreciation Month



FOR MILITARY YOUTH: Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html>

FOR MILITARY FAMILIES: Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: <https://fcs-hes.ca.uky.edu/MTAC>

Written by: Kristen Jowers and Kerri Ashurst

Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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

Crafting for Cause



Join us for an evening of crafting and fun as we make a beautiful bandana wreath just in time for spring!

May 16th at 5:30PM

**Clark County Extension Office
1400 Fortune Drive**

COST \$25.00

**DEADLINE TO SIGN-UP & PAY
WEDNESDAY, MAY 14TH**

**Sponsored by: Generational Gems Homemaker Club
All proceeds will benefit a local charity**

**Call 859-744-4682 or email
linda.winburn@uky.edu to register**

**Cooperative
Extension Service**

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Cooperative
Extension Service

SENIOR FARMER'S MARKET VOUCHER DISTRIBUTION

Limited - first come
first serve!



What:

Distribution of vouchers to
purchase items at State-
approved farmers' markets.

Who:

Anyone over the age of 60 on the
day of application and has a
limited income

When:

May 29th from 9:00-10:00am

Call the Extension Office
859-744-4682 for more details!

Where:

The Generations Center
32 Meadow St.
Winchester, KY 40391

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Lexington, KY 40506



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Spring Clean Your Pantry

Source: Jeannie Noble, MS, RD



Spring cleaning doesn't just apply to the house. Some items in your pantry may have been there longer than you realize. It's a good idea to clean out your pantry at least once a year. Cleaning the pantry can help you use items before they expire, get rid of expired items, and make room for new items. Follow these simple tips when cleaning your pantry:

- 1. Remove each item and look at the expiration date. Pile items into these groups:**
 - Expired items to throw away.
 - Items expiring within the next few months.
 - Items that you don't see yourself eating and you can donate.
 - All other items.
- 2. Wipe off containers, wipe down shelves or drawers, and get rid of any crumbs that may attract pests.**
- 3. Place items back on shelves with these tips in mind:**
 - Put items expiring within the next few months toward the front to remind yourself to use them.
 - Keep items you eat often, such as cereal, toward the front of the pantry.
 - Group similar items together to avoid buying items you already have. Put all canned vegetables together, all canned tomato products, canned fruit items, etc.
 - Consider putting snack items in bins

The asparagus is in season! It's a good source of vitamin A and folate! When choosing asparagus at the grocer, pick bright green stalks with tightly closed tips. The tenderest stalks are apple green in color with purple-tinged tips.

Here's a recipe for you to try this anti-oxidant packed veggie!



Dijon Chicken Asparagus Roll Ups

3 tablespoons Dijon mustard	2 teaspoons black pepper	4 skinless, boneless chicken breast halves (about 5 ounces each)
½ cup low fat mayonnaise	½ teaspoon salt	4 slices skimmed mozzarella cheese
1 lemon, juiced (approximately 3 tablespoons)	16 spears fresh asparagus, trimmed	1 cup panko bread crumbs

Preheat oven to 400 degrees F. **Grease** an 11-by-7-inch baking dish. In a bowl, **mix** together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside. **Place** asparagus in a microwave safe dish and **microwave** on high 1-1½ minutes. **Place** chicken breasts between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface. **Pound** the chicken breasts with the smooth side of a meat mallet to thickness of ¼ inch. **Place** one slice of cheese and four asparagus spears on each breast. Tightly **roll** the chicken breasts around the asparagus

and cheese. **Place** each, seam side down, in the prepared baking dish. **Apply** a coating of the mustard mixture to each chicken breast and **sprinkle** each with the panko crumbs, **pressing** the crumbs into the chicken to secure. **Bake** 35 minutes or until the chicken temperature is 165 degrees F. For crisper chicken, **place** roll-ups under the broiler for 1-2 minutes on high.
Yield: 4 servings
Nutritional Analysis:
370 calories, 10 g fat, 3.5 g saturated fat, 115 mg cholesterol, 1060 mg sodium, 2 g fiber, 2 g sugars, 41 g protein.

Living with

ALPHA-GAL SYNDROME

WHAT IS AGS? WHY SHOULD I CARE?
THAT WON'T HAPPEN TO ME...WILL IT?
HOW DO I LIVE WITH AGS?



Join us to learn more about AGS (a red meat allergy)
and how to reduce your risks of getting it.

Thursday, May 29, 2025

6:30–8:30 PM

Clark County Extension Office

1400 Fortune Drive, Winchester, KY

To register: 859-744-4682 OR linda.winburn@uky.edu

At this webinar event we will hear from
UK Extension Specialists about:

- AGS Basics
- Tick Bite Prevention
- Diet & Lifestyle Management
- Q&A Session

**REGISTERED
PARTICIPANTS WILL
TAKE HOME A FREE
TICK BITE
PREVENTION KIT**

**Cooperative
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Amateur Beer Cheese Competition June 14, 2025

Do you have the best beer cheese recipe? This is your chance to put your beer cheese to the test! Enter the official Beer Cheese Festival Amateur Beer Cheese-making contest and turn your recipe into cash in your pocket.

Entry Fee: \$15

Click the link below for rules and regulations or visit:

<https://beercheesefestival.com>



**Thank you to our
sponsors!**



Fairway Leasing





Clark County Fair

June 21-28, 2025

Home economics and arts entries will be taken on Sunday June 22 from 1-3 and Monday June 23 from 9-12:30. The fair book will be digital and can be found at <http://clarkcountykyfair.org/>.

It will be posted very soon. Keep checking back so you can go through the categories and plan your entries!

We hope to see you there!



Clark County School Nutrition Department will be providing 7-day meal pick-ups this summer! Kits include seven breakfast, seven lunches, and one gallon milk. Pre-registration is preferred. This service is **FREE** for all children 18 and under, they do not have to be enrolled in CCPS.

Please register by Friday May 16th - link below



Registration form: <https://forms.gle/SwWaXgXXp6ks84n27>

or

Registration form in Spanish: <https://forms.gle/a1HABxsEzD5sUtvo6>