

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY COOPERATIVE EXTENSION APRIL 2024 NEWSLETTER



Spring cleaning your kitchen

National Cleaning Week will be March 24-30 this year. The American Cleaning Institute says 95% of American households take part in some form of spring cleaning. What better way to kick off your spring cleaning than with the heart of your home, the kitchen? Here is a checklist of spring-cleaning tasks to get your kitchen clean and set up:

- **Pantry:** Remove all items and wipe down shelves with warm, soapy water. Toss or give away old items. Dried spices are often best used within two years. When placing items back into the pantry, place items that will expire soon closest to your reach. Place older items in the front so you will use them up first.
- **Refrigerator and freezer:** Remove items and wipe down shelves, compartments in the door, and bins with warm, soapy water. Throw away rotting

(Continued on pg. 2)

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produce and old, out of date items. Don't forget the saying, "Four days throw away," to decide on any leftovers you have on hand. To keep fresh produce longer, move veggies to the high-humidity bins. Move fruits to the low-humidity bins if your fridge has those choices. Restock items in your freezer with the items that need to be eaten soon on top or in close reach.

Unplug appliances before cleaning. Use warm, soapy water to wipe your toaster (and shake out those crumbs), coffee maker, and all those microwave splatters. Use a paste of baking soda and water to scrub buildup from your oven. These tasks don't need to all happen on the same day. Spread out deep cleaning tasks as needed and when you have the time. Clean countertops and cooking equipment daily. This will help keep your kitchen sparkling year-round.

For a list of how to store fruits and veggies, scan the QR code or visit <http://tinyurl.com/nzx53kht>




- **Appliances:** After you have cleaned and set up all the drawers and cabinets, don't forget to wipe down your appliances.

Franklin County Cultural Arts Winners 2024

Name	Description of Item	Category/Subcategory	Ribbon
Jane Bartram	UK Needlepoint Belt	18a. Needlepoint/Cloth Canvas	<i>Blue</i>
Denise Boebinger	Cow Diamond Dotz	25b. Wall Hanging/Other	<i>Blue</i>
Denise Boebinger	Book-Heart	27. Miscellaneous	<i>Blue</i>
Pat Dampier	Quilt Square Blue	22i. Quilts/Novelty	<i>Blue</i>
Pat Dampier	Quilt Square Green	22k. Quilts/Miscellaneous	<i>Blue</i>
Fran Decker	Ewe & Lamb	24b. Rug Making/Hooked	<i>Blue</i>
Fran Decker	Patriotic Mat	24c. Rug Making/Puch Needle	<i>Blue</i>
Ina Munro	Gnome	14d. Holiday Decoration/Winter	<i>White</i>
Ina Munro	Grinch Ornament	14d. Holiday Decoration/Winter	<i>Red</i>
Ina Munro	Grinch Tree	14d. Holiday Decoration/Winter	<i>Blue</i>
Ina Munro	Trifold Winter Scene	20b. Painting, Decorative/Wood	<i>Blue</i>

From the Fingertips of Your FCS Agent

“Rain, rain, go away, come again another day!” I hope all of you are safe and sound after the severe weather that plagued our state on the Tuesday.



Carla A. Carter

Someone asked me, “When do you slow down?” My response, “Extension doesn’t have a slow down period. We have ebbs and flows all year long!” Thank you to those who participated in the County Cultural Arts, while our numbers were extremely low based on last year, we had some wonderful entries moving forward to the **Ft. Harrod Area Cultural Arts on April 23rd**. Elizabeth and her team needs your help! If you have time on Monday, please consider volunteering.

Elizabeth and I attended the **Ft. Harrod Area Annual Meeting** on Thursday, 4/4 in Mercer County. It was the decision of the committee to postpone Heritage Skills Craft Camp this year due to lack of committee participation and move to an odd-numbered year event with Jessamine County hosting in 2025. There will need to be at least two members from each county represented. If you are interested please contact Elizabeth and let her know ASAP as planning for next year will be begin soon.

On Tuesday, April 16th, Franklin County will host a multi-county **First Aid: CPR and Wound Care** workshop from 6-8 p.m. with dinner being served at 5:15 p.m. by the Franklin County Cattleman’s Association. The Franklin Co. Emergency Management Team along with the Franklin County Health Department will be educating you on how to administer CPR and discussing wound care. This informative workshop is free and open to the public. **Registration** is required by calling 502-695-9035 by **Friday, April 12th**.

Starting **Thursdays, May 23-June 27th at 1:30 p.m.** join the Wits Workout program to engage in all kinds of guided challenging puzzles, learn what you can do in your daily life to keep your brain healthy while interacting with others. (More

From your Franklin County Homemaker President, Elizabeth Collins



April Showers Bring May Flowers! I'm ready for warm sunshine myself. Happy April Everyone!

Thanks to all of those that entered an item into the County Cultural Arts. We had 11 entries and 9 of those won Blue Ribbons. These items will be put in the **Area Cultural Arts on April 23rd**. You all did an amazing job! So many talented people.

Speaking of the Area Cultural Arts, if you would like to help, we are having a quick meeting on **April 5th at 10:30 a.m.** in Room A/B. Last year we had 94 items brought in from other counties. We have to set all the items out for judging. If you can't attend the meeting, please see the dates below when you will be needed. Also, if you would like to come by the office and see all the items from the Ft. Harrod Area, please stop by before noon on April 23rd.

April 22nd - 2:00 p.m. - 5:30 p.m. - Setup for the Area Cultural Arts - Room A/B, Room C, and Room E/F. We will be moving tables, setting out signs for each Category and Subcategory, Filling out sheets for each item.

April 23rd - Registration starts at 9:00 a.m. Volunteers need to be there about 8:45 a.m.

Our **KEHA State Meeting is May 7th - May 9th** in Bowling Green. You can go to the KEHA Website to Register.

We are also starting to plan for our **Annual Meeting** which will be held on **May 30th**. Our first Planning Meeting will be on **April 11th** at 5:30 p.m. in Room A/B. Start thinking about a Theme for this year.

If you have any questions about anything going on, please give me a call or text at 502-320-6267 or send me an e-mail at wildkyrose53@gmail.com.

Have a great April!

ADULT HEALTH BULLETIN



APRIL 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Franklin County Cooperative Extension Office
101 Lakeview Court
Frankfort, KY 40601
(502) 695-9035
franklin.ca.uky.edu

THIS MONTH'S TOPIC

WALK AROUND THE CLOCK



April 5th is National Walking Day. It's an opportunity to try to fit more movement into your daily routines. If you are looking for a way to take a step in that direction (pun intended!), the following tips from the American Heart Association are for you.

Get up and going early

- Before you go to bed at night, lay out your walking clothes and shoes so it's easy to put them on quickly and head out the door.
- Eat a piece of fruit or a container of yogurt for quick energy, either first thing or on the go.

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Disabilities accommodated with prior notification.

Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal.

→ Continued from the previous page

- Create an upbeat playlist of your favorite songs to help get you moving. But make sure you can still hear traffic while listening to music.
- If it is still dark, carry a light or wear reflective clothes.
- Stretch after your walk. You can even watch a morning news show or check your email while stretching.

Add in a mid-day movement break at lunch

- Schedule your lunchtime walk in your calendar, like an important meeting or appointment.
- Keep everything you need for walking at work or in your car, so you will never be without them.
- Recruit co-workers or friends to join you. You can keep each other on track and accountable.
- Depending on your walking pace, the weather and how much you sweat, you may be able to wear your work clothes and just put on athletic shoes. Or you may prefer to keep a change of clothes handy with your shoes.
- In cooler weather, you might need a jacket, hat, or gloves. If you're walking briskly, you'll heat up in a few minutes, so don't overdress.
- Do not skip lunch. Bring food with you or pick a route where you can grab a quick healthy meal at the end of your walk.

Wind down from your day with a walk

- Have a light snack about an hour or two before you leave work so you don't feel an energy dip and talk yourself out of walking. You could try fruit, trail mix, or peanut butter and crackers as easy afternoon snacks.
- Pick a route without heavy traffic because air pollutants are worse during rush hour.
- Before heading out or as you begin your walk, do some shoulder rolls and other warm-ups to release any stress you may be carrying.



- Carry a light or wear reflective clothing if it's already dark or getting dark while you are out.

When you choose to move is up to you. The important thing is fitting it in! Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal. Whether you do all 30 minutes at once or spread it out during your day is up to you!

REFERENCE:

<https://www.heart.org/en/healthy-living/fitness/walking/fit-in-walking-morning-noon-or-night>

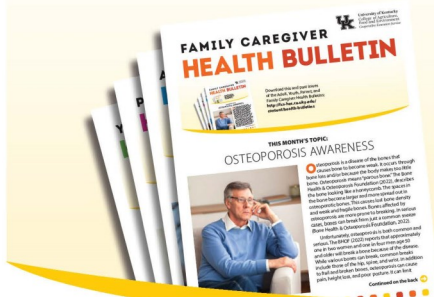
**ADULT
HEALTH BULLETIN**

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Adobe Stock





FAMILY CAREGIVER HEALTH BULLETIN



APRIL 2024

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

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THIS MONTH'S TOPIC

SUPPORTING BRAIN HEALTH



If you are a caregiver for someone with Alzheimer's disease, you are not alone. According to the Alzheimer's Association, more than 157,000 family caregivers provide an estimated 302 million hours of unpaid care to help preserve the health, safety, and dignity of more than 75,000 older adults living with the condition. Alzheimer's disease gets worse over time because of a build-up of plaques and tangles of proteins in the brain. Over time, these plaques and tangles destroy the healthy connections between nerve cells in the brain and the ability for the cells to properly function, thereby impacting memory, thinking, and other cognitive abilities. Eventually, a person with Alzheimer's disease may not be able to carry out activities of daily living. As a result, dementia caregiving can be stressful, expensive, and overwhelming. Many caregivers face limited resources and lack of training. Here's how caregivers can support brain connection through everyday engagement.

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Disabilities accommodated with prior notification.

Social activity is critical for cognitive stimulation. Plan a cookout, play a game, visit with your loved ones.

→ Continued from the previous page

The brain has billions of nerve cells, called neurons, that process and transmit information. According to the National Institutes of Health (2024), these cells communicate with different parts of the brain and the rest of the body to function. Alzheimer's disease disrupts a neuron's ability to communicate to its neighboring cells. When neurons stop communicating properly, they die. To stay healthy, the NIH explains that neurons need constant communication with their neighboring cells, and they need proper energy in the form of oxygen and nutrients, which is supplied by the blood. A neuron's survival is also based on its ability to maintain, repair, and remodel itself. This means that the adult brain has the ability to generate new neurons and build new connections, a process called neurogenesis, depending on how much or little stimulation it is receiving from other cells.

As a caregiver, you can help protect both your brain and the brain of someone to whom you provide care. Here are some ways that you can promote brain health and support brain connections through everyday engagement:

- **Sensory stimulation:** Neurons are more likely to repair and produce neurogenesis in an enriching environment that includes sensory stimulation. Environments should include a variety of textures, sounds, smells, and tastes. Consider planting a garden, swinging on a porch swing, feeding the ducks, or playing music.
- **Physical exercise:** Combine physical activity with fresh air and sunshine to elevate the senses. The Centers for Disease Control and Prevention recommends 150 minutes of exercise per week. Think about ways you can move more and sit less. You could dance in your kitchen, rock in a rocking chair, wash the car, skip rocks, or window shop.
- **Social engagement:** Interact with people. Talk, sing, touch, and watch people. Take drives with the windows down. Play with children and pets. Social activity is critical for cognitive stimulation. Plan a cookout, play a game, visit with your loved ones.

- **Cognitive challenges:** Stimulate thinking by staying engaged and participating in activities. Challenge your brain just enough to make it hard, but not so hard you feel frustrated.
- **Eat healthy:** Diets good for your heart are also good for your brain. Heart-healthy diets include Mediterranean foods, low sodium, whole grains, healthy fats, and lean meats and fish.
- **Sleep:** Good sleep helps restore and cleanse the brain of toxins. You should get 7 to 9 hours a night.

Research study

For information on a voluntary University of Kentucky research study for caregivers of adults with memory loss and dementia living at home in Kentucky that include these points on brain health, scan the QR code or visit:

<https://www.ccts.uky.edu/participate-research/current-studies/are-you-caring-someone-dementia-0>



SOURCES:

- Elizabeth Rhodus, PhD, University of Kentucky Sander Brown Center on Aging
- Amy F. Kostelic, PhD, associate Extension professor for adult development and aging

REFERENCES:

- CDC. (2023). How much physical activity do older adults need? https://www.cdc.gov/physicalactivity/basics/older_adults
- E. Rhodus. (2024). OLLI Donovan Forum presentation. February 15, 2024. Lexington, KY
- NIH. (2024). What Happens to the Brain in Alzheimer's Disease?. <https://www.nia.nih.gov/health/alzheimers-causes-and-risk-factors/what-happens-brain-alzheimers-disease>

**FAMILY CAREGIVER
HEALTH BULLETIN**

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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2024

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

THIS MONTH'S TOPIC: SHOPPING TIPS WHEN BUYING MAJOR APPLIANCES

Major appliances can make everyday life a little easier, but their convenience often comes with a hefty price tag. With this kind of investment, it's wise to do a little research and have a plan.

BEFORE YOU BUY

As with most high-dollar items, **assess your need for the item**. Do you really need it? In our present-day society, it's hard to argue that something like a refrigerator is not necessary. And even though our need is reasonable, we should **consider our budget** before we begin.

To ensure a good "fit" for your space, **measure the area** where the appliance will go, as well as any doors or hallways that it may need to pass through during delivery or installation. And **don't forget about the power source**. Some appliances require a 120-volt, 3-prong outlet, or a special 240-volt outlet. Regardless of what it needs, avoid using extension cords and outlet adaptors for major appliances.

WHERE TO BUY

Using the internet to research appliances and compare options is a good place to start, but it's worth going into stores to see the actual items. By shopping in a store, you'll be able to



interact with a knowledgeable staff. **Buying locally** may cost a little more, but the personal connection may mean you'll get better customer service and help with any future repairs.

DON'T COMPARE APPLES TO ORANGES

When comparison shopping, **always check the model number** to make sure you're evaluating the same item. Manufacturers may produce versions of an appliance model with varied levels of quality to meet the needs of different stores. For example, the "same TV" sold at different stores with a price difference of \$200, could be two different model versions because the less expensive one has fewer cable inputs. Look at the item's

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Lexington, KY 40506



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DON'T BE AFRAID TO NEGOTIATE, ESPECIALLY WHEN SHOPPING LOCALLY.



list of specifications to learn more; **compare the features and consider the benefits** to determine what is right for you.

GETTING A GOOD DEAL

You may be set on a specific brand or model, but if you're willing to **consider other options**, there may be significant savings. Sometimes there is a *floor model* available, or "*last year's*" *model* may be less expensive because it has fewer features. Stores may be willing to price match if you're comparing the exact model, but if you're waiting for a big sale, know that **most major appliance sales and rebates are manufacturer-driven**. That means the store is not setting the price, the manufacturer is. Therefore, discounts are going to be the same most everywhere. Don't be afraid to negotiate, especially when shopping locally. You are more likely to "**get a good deal**" if you shop at a local store that values your business.

OTHER "COSTS"

Finally, consider the **operating and maintenance costs**. Major appliances will have an EnergyGuide label to let you know the cost to run the item (based on average usage). The Federal Trade Commission notes, **an energy-**

efficient appliance may cost more up front, but it should save you money over time with lower utility bills. Also, in addition to keeping the appliance clean, your item may eventually require new filters, bulbs, or gaskets. Are there delivery or installation fees? What about hauling away an old appliance? Some stores include these services in the price, while others charge separately.

WARRANTY WISDOM

Read the warranty *before* you buy an item. Appliances should perform as advertised, and the **warranty should clearly define what you can do if the item breaks**. Before paying extra to buy an extended warranty or service plan, know what it covers. There's a chance the regular warranty is all you need, or if you used a special credit card for the purchase, the credit card company may include warranty coverage. In most cases, it's better to skip the extended warranty and set a little money aside for potential repairs.

REFERENCE:

<https://www.energy.gov/energysaver/shopping-appliances-and-electronics>

Written by: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment

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

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Reforest Frankfort 2024

TREE PLANTING. MUSIC. ENVIRONMENTAL ACTIVITIES. FOOD.
FREE FOR THE COMMUNITY!

SAVE THE DATE

SATURDAY, APRIL 13 | 8 AM - 12 PM
WEST SIXTH FARM

MORE INFORMATION COMING SOON!

Locals Food Hub & Pizza Pub
\$\$ Triple Dollars \$\$

USE YOUR SNAP/EBT CARD AT LOCALS
**BUY \$20 IN GROCERIES
RECEIVE AN ADDITIONAL \$40
FREE GROCERIES!**

863 WILKINSON BLVD
FRANKFORT, KENTUCKY
WWW.LOCALSFOODHUB.COM

SPRING FLING MARKET

April 20th, 2024 9:00 am - 3:00 pm

CAPITAL CITY ACTIVITY CENTER
202 MEDICAL HEIGHTS DR. FRANKFORT, KY 40601
502-223-5794 WWW.FRANKFORTKYSENIORS.ORG

VENDOR INFO: CONTACT ROBIN/MARCHELE 502-223-5794
MEMBERS@FCCOA.COM OR MJENKINS@FCCOA.COM

Registration and payment will be required before your vendor spot is held.

CKI CHILDRENS' SNEAKER BALL

Come out for a night of fun dressed in your favorite formal or semi-formal attire and sneakers!


Free photo booth, snacks, crafts, and much more!
Register below before Thursday, April 25th.



For children from Kindergarten - Fifth Grade
Everyone is Welcome!


When: Friday, April 26th
Where: 315 Maryland Ave, Frankfort, KY 40601
Time: 5:30 pm - 8:30 pm



WITS WORKOUT

An Interactive Brain Health Program



Martin-Gatton
College of Agriculture,
Food and Environment

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

Simply put, coming together and learning new things is good for your noggin! Join the *Wits Workout* program to engage in all kinds of guided challenging puzzles, learn what you can do in your daily life to keep your brain healthy while interacting with others.

When: Thursdays, May 23-June 27, 2024

Time: 1:30 - 3:00 p.m.

Where: Capital City Activity Center
202 Medical Heights Dr.
Frankfort, KY 40601

Register: (502) 223-5794

Led By: Carla A. Carter, FCS Agent
Franklin County Cooperative

Wits Workout is a program developed

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Genetics Cooperative, Lexington, KY online.

Disabilities acknowledged with prior notification

Quilters Guild of the Bluegrass

Indoor Yard Sale

Saturday, April 13, 2024
8 AM – 1 PM



Quilt and sewing related items!
Yards and yards of fabric.

Quilting, sewing, and craft supplies, along with books, patterns and magazines for sale.

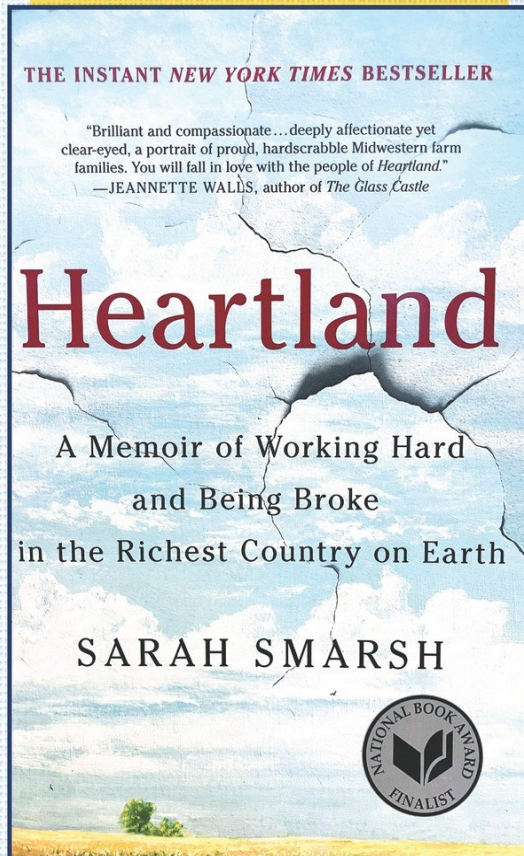
Each table is responsible for their own sales. There is NO central check-out. Payment method will be posted at each table and is determined by the seller.



Fayette County Extension Office
1140 Harry Sykes Way
Lexington, KY

UPCOMING events

 Cooperative
Extension Service



WE ARE EXCITED TO
READ WITH
YOU
THIS YEAR!

BIG BLUE BOOK CLUB

Big Blue Book Club is back with **Heartland: A Memoir of Working Hard and Being Broke in the Richest Country** on Earth by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. Heartland is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for **2024 will be April 11, 18, and 25**. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

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FRANKFORT ALUMNAE CHAPTER OF DELTA SIGMA THETA SORORITY, INC. PRESENTS



SPRING INTO HEALTH

SPRING 2024 HEALTH FAIR

PHYSICAL ACTIVITY || MENTAL HEALTH || HEALTH SCREENINGS || RAFFLES AND MORE!

SATURDAY, APRIL 13TH | 11:00 AM - 2:00 PM

KENTUCKY STATE UNIVERSITY
CARL M. HILL STUDENT CENTER - MAIN LEVEL
400 EAST MAIN STREET | FRANKFORT, KY 40601

FREE COMMUNITY EVENT

REGISTRATION IS ENCOURAGED
NOT REQUIRED TO ATTEND
SCAN QR CODE TO REGISTER

REGISTRATION LINK: [HTTPS://TINYURL.COM/B8UMCAJS](https://tinyurl.com/B8UMCAJS)



First Aid Multi-County Seminar

PRESENTED BY FRANKLIN CO. EMS

APRIL 16TH

DINNER: 5:15 P.M.

PROGRAM: 6- 8 P.M.

Dinner by Franklin Co.
Cattlemen's Association



TOPICS: CPR AND WOUND CARE

This seminar will serve as the April Homemaker Leader Lesson Training. If you cannot attend, handouts will be available at your local Extension Office.

FREE & OPEN TO THE PUBLIC

REGISTRATION IS REQUIRED BY APRIL 12TH.

To register call the Franklin Co. Extension
Office at 502-695-9035

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UK Cooperative
Extension Service

Homebased Microprocessing Workshop



April 17, 2024

9:30am - 2:30pm

Franklin County Cooperative Extension Office
101 Lakeview Court, Frankfort, KY 40601



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

For more information & to register:
ukfcs.net/HBM

or call 502-695-9035

Join our workshop!
Homebased
microprocessors are
farmers who grow and
harvest produce to use in
their value-added products.

Homebased
microprocessors are
required to grow a
predominant ingredient in
the products they make.
The first step to becoming
certified as a homebased
microprocessor is to attend
a Homebased
Microprocessor (HBM)
workshop presented by the
University of Kentucky.

The cost of the workshop is
\$50.00.

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

GROW IT, EAT IT, COOK IT

GROW YOUR OWN FOOD, COOK DELICIOUS RECIPES,
AND ENJOY A TASTY MEAL TOGETHER!
EACH PARTICIPANT WILL GET TRANSPLANTS
OR SEEDS TO GROW AT HOME.

- Mar 14** -Potatoes
- April 18** -Broccoli & Cauliflower
- May 16** -Tomato
- June 20** -Pepper
- July 25** -Summer Squash
- Aug 15** -Spinach
- Sept 12** -Radishes
- Oct 10** -Garlic



SCAN THE QR CODE OR
ENTER THE LINK TO
REGISTER.

[HTTPS://FORMS.GLE/SGBQOKHNX93JMjXQ6](https://forms.gle/SGBQOKHNX93JMjXQ6)

YOU MAY ALSO CALL TO REGISTER:
502-695-9035



FRANKLIN COUNTY COOPERATIVE EXTENSION SERVICE
101 LAKEVIEW COURT, FRANKFORT, KY 40601
502-695-9035

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Capital Area Extension
Master Gardeners'
Saturday, April 27th
9am - 1pm
Lakeview Park
(Farm Bureau
Pavilion)
118 Park Avenue
Frankfort, KY

Plant Market

Tomatoes, peppers,
herbs, perennials
and MORE!

SAVE THE DATE!!!

The new 2024 recipe calendar are available at the Franklin County Extension Office!

2024 FOOD + NUTRITION
Recipe Calendar
Nutrition Education Program
University of Kentucky Cooperative Extension Service

UK Cooperative Extension Service

COOKING THROUGH THE Calendar

Second Monday
of each month starting
February 12, 2024
5:30pm - 7:30pm
at the
Franklin County Cooperative Extension Office
101 Lakeview Court
Frankfort, KY 40601

All 2024 Class Dates
Feb 12
March 11
April 8
May 13
June 10
July 8
Aug 12
Sept 9
Oct 14
Nov 11
Dec 9

For more information on how you can attend these FREE cooking classes, please contact your local Nutrition Education Program Assistant:
Pamela Holbrook
502-695-9035
pamela.holbrook@uky.edu

RSVP Required three days before class

EFNEP
Educational Food and Nutrition Extension Program

USDA
Supplemental Nutrition Assistance Program
Putting Healthy Food Where Health Matters

USDA is an equal opportunity provider and employee. This project was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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



FRANKLIN COUNTY SPRING CLEAN 2024



DUMPSTER DAY

Saturday, April 27
from 730 AM - 230 PM
At the following locations



Old Peaks Mill School
Evergreen Road Fire Station
Bald Knob Fire Station
Owenton Road Fire Station
Lakeview Park

Anyone found dumping outside these hours may be held liable for illegal dumping

HOUSEHOLD HAZARDOUS WASTE COLLECTION

Saturday, April 27
from 8 AM to 12 PM
At 309 Rouse Avenue

Accepted Items include:

Poisons, herbicides, batteries, aerosol cans, propane/helium canisters, oil-based paint, solvents/gasoline/thinners, antifreeze, fluorescent tubes, fire extinguishers, adhesives, asbestos, corrosive acids/bases/cleaners, dioxins, fertilizers, organic peroxides, reactive solids, oxidizers, flammable solids, mercury, freon/acetylene, electronics (including TVs!)

We will NOT accept:
water-based paints,
motor/hydraulic
oil, or medications

SCRAP METAL COLLECTION

With the Franklin County Conservation District at Lakeview Park
Thursday - Saturday
4/25-4/26 from 8 AM to 430 PM
4/27 from 8 AM to Noon



LANDFILL DISPOSAL

Voucher needed to dump at the landfill on Saturday.
Sign up for free at www.franklincounty.ky.gov/trash-vouchers

YARD WASTE WEDNESDAY

Begins 4/24 and runs every Wednesday through 11/6
8 AM to 12 PM at Lakeview Park: 112 Park Ave



**FOR MORE INFORMATION, CHECK OUT OUR WEBSITE:
WWW.FRANKLINCOUNTY.KY.GOV/SOLID-WASTE-MANAGEMENT**

HANDMADE BIRTHDAY CARDS

WITH MICHELLE SUTTON



MAY 21, 2024
5:00PM-7:30PM

Call to register:
502-695-9035
101 Lakeview Court
Frankfort, KY 40601

\$12 per person.
All supplies are included.
Spots are limited.

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Disabilities accommodated with prior notification.



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COOKING WITH KIDS

Quick Berry Cooler

- 1 package (12 ounces) frozen mixed berries
- 3 cups skim milk

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place frozen berries and milk in blender with lid. Blend for 3 to 4 minutes or until very smooth.
3. Serve right away.
4. Refrigerate leftovers within 2 hours.

Makes 5 servings
Serving size: 1 cup

Nutrition facts per serving:
70 calories; 0 g total fat; 0 g saturated fat; 0 g trans fat; 5 mg cholesterol; 60 mg sodium; 13 g total carbohydrate; 2 g dietary fiber; 11 g total sugars; 0 g added sugars; 5 g protein; 10% Daily Value of vitamin D; 15% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium.

Source: Eat Smart to Play Hard:
Martha Yount, former Regional Extension Specialist, University of Kentucky Cooperative Extension Service

Be sure to follow our Facebook page for all the up-to-date information and articles.



@FranklinCountyKyCooperativeExtension

Carla A. Carter

Carla A. Carter
County Extension Agent for
Family and Consumer Sciences

Cooperative Extension Service

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