Newsletter
Family and Consumer Science

April

Calendar at a Glance

CONGRATULATIONS to Pat Sullivan whose Cultural Art Entries will advance to the KEHA State Cultural Arts Competition in May.

The next Blood Drive will be April 20 from 12:30 to 5:30. Kevil Jr. Club is responsible for volunteers.
To give a donation please make an appointment at the redcrossblood.org and use sponsor code BALLARD.

As we are getting into the Spring and Summer months this is the perfect time to get your Pressure Canner Tested! Call the office to set up a time to come in.

Sarah E. Drysdale

Sarah E. Drysdale County Extension Agent Family and Consumer Science

April 6 @ 4:30
Area Homemaker Annual Day Planning meeting

April 10 @ Hickman County
Area Homemaker Council

April 17 @ 2:00 & 6:00
Craft Class

April 20 @ 12:30-5:30
Blood Drive

April 21 @ McCracken County
MCV Hospice Quilt Project

April 27 @ Hickman County
Best Start Parenting Program

May 9-11, Louisville
KEHA State Meeting

May 19 @ Hickman County
MCV Hospice Quilt Project

May 25 @ McCracken County
MCV Demin Upcycling Class

May 31 @ Graves County
Spring Into Green

KEHA NEWS

State Meeting Countdown is ON!!!
Registration forms are due:
April 10 – Early registration deadline AND hotel group rate cutoff
April 24 – Final registration deadline for meeting
Heads up (again) on the pricing change! This year will be either a 2-day registration or a full registration. NO single day.
Master Farm luncheon/meeting will be a separate registration – details will come from Faye/the Guild

Lifelong Learning Series

Entertaining Little Ones
Kelly Alsip

Keeping little ones entertained can be rather difficult at times. Learn three simple steps used to identify activities children enjoy. Then use that information to create a 5-day activity routine to keep little ones engaged and active.

This is a reminder: If you are going to the lesson please call the Hub County prior to the lesson. This will ensure your lesson materials will be ready. If you do not go to the Hub County please call the office for lesson materials.

Hickman: 03-29 @ 10
Graves: 03-28 @ 10
Marshall: 03-30 @ 10
McCracken: 03-31 @ 10

Craft Class
Date & Time: April 17 @ 2 pm & 6 pm
Location: Ballard County Extension Office
Cost: $10

Limited to 10 participants!
Please call 270-665-9118 to
register by April 12th!
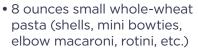
Recipes from the 2023 Food And Nutrition
RECIPE CALENDAR

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

Rainbow Pasta Salad

SNAP **USDA**
Supplemental
Nutrition
Assistance
Program

Putting Healthy Food
Within Reach

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

M☼NEYWI$E

VALUING PEOPLE. VALUING MONEY.

APRIL 2023

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

BEING A RESPECTFUL GIVER:
HOW TO HELP AFTER A NATURAL DISASTER

After a natural disaster or emergency, there is often widespread need. The desire to help those most affected is a normal and often well-intended response from those not affected. However, despite the best of intentions, most aid and donations after a disaster do not best help those in need. Many areas are overwhelmed with unusable in-kind donations that need to be sorted, distributed, and even discarded. This adds to the chaos that often engulfs communities after a disaster strikes. Instead, learn tips for how to help after a natural disaster by being a respectful giver.

SO. MUCH. STUFF.

When a natural disaster hits a neighboring community, a knee-jerk reaction is to go through your home and gather things your family no longer wears, wants, or needs to give to storm survivors. When hundreds or thousands of people do this, however, disaster-affected areas can quickly become overwhelmed with stuff. Most often the stuff is not needed; rather it is tattered, dirty, or broken – or the donated items are irrelevant. Used clothing is one of the most-donated but least-needed items after an emergency. Unless an organization specifically requests clothing (for example, winter coats after an ice storm), wait to donate clothing.

DONATE MOST-NEEDED ITEMS

If you choose to donate goods or items after a natural disaster, confirm that your items are needed. Reach out to the county Cooperative Extension Office, a local community center (like the YMCA or Red Cross), or a local place of worship, for example, which will be familiar with the specific needs of community members.

Also, consider providing new items that support common donations. An example of this would be manual can openers (as canned goods are frequently donated), or new baby bottles along with canisters of unopened, non-expired baby formula. Dry shampoo, baby wipes, diapers, feminine hygiene products, and work gloves are other examples of needed items that go overlooked after a large-scale disaster.

CONTACT RECOGNIZED AND TRUSTED ORGANIZATIONS WHO KNOW IF AND WHERE VOLUNTEERS ARE NEEDED

DONATE TIME, ENERGY, MONEY, OR GIFT CARDS

According to FEMA, financial contributions are the most flexible and most effective method of donating. Contact recognized charitable organizations who are on the ground in an affected area. They know what items and quantities are needed – and who needs them. Your time and energy may also be helpful in the days, weeks, and months after a disaster. However, never "self-deploy" to disaster areas. Again, contact recognized and trusted organizations who know if and where volunteers are needed. Disaster response and recovery efforts must be well-coordinated within a local community to be safe and effective.

BE WARY OF SCAMS

Finally, be wary of donation-related scams after an emergency. Unfortunately, scammers prey on generosity and compassion during times of widespread need. Before donating – especially cash or gift cards – research the charity. Also, be careful of crowdfunding scams. These happen when a person asks for help through a crowdfunding website, which is an online site where you can make financial contributions to an individual, family, or personal cause. Some crowdfunding sites do little to make sure the money goes where the organizer says it will.

Contact your local County Extension Office for suggestions of community organizations collecting money or in-kind donations.

REFERENCES:

https://www.fema.gov/disaster/recover/volunteer-donate

Huff, N. (2023). *Financial Management After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FRM-IFD.002. https://fcs-hes.ca.uky.edu/files/frm-ifd.002_financesafterdisaster.pdf

Norman-Burgdolf, H., & Norris, A. (2023). *Keeping Food and Water Safe After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FN-IFD.002. https://fcs-hes.ca.uky.edu/files/fn-ifd.002_foodwaterafterdisaster.pdf

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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

Become a fan of *MONEYWI$E* on Facebook! Facebook.com/MoneyWise