



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



# LYON COUNTY HOMEMAKERS

## AUGUST 2023

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Sincerely,

Angie York  
 County Extension Agent for Family & Consumer Sciences

HELLO HOMEMAKERS,  
 BACK TO SCHOOL HAPPENED IN A DIFFERENT WAY THIS YEAR. TODAY MY LITTLE BOY STARTED LAW SCHOOL. IN MY MIND HE IS STILL THE SAME LITTLE FELLOW THAT STARTED KINDERGARTEN WHAT SEEMS LIKE YESTERDAY. IT IS TIME FOR HOMEMAKERS TO START THINKING ABOUT OUR BACK TO SCHOOL ACTIVITIES TOO. WE HAVE COUNTY ANNUAL DAY COMING UP THIS MONTH, AREA ANNUAL DAY IN OCTOBER, AND CLUB MEETINGS START BACK IN SEPTEMBER. AS A REMINDER, IT IS MUCH EASIER TO CAPTURE YOUR VOLUNTEER HOURS EACH WEEK OR EACH MONTH SO MAKE IT A PRIORITY THIS YEAR TO WRITE THEM DOWN AS YOU GO. WE ALWAYS HAVE SHEETS AVAILABLE AS WELL AS YOU CAN DOWNLOAD THEM ANY TIME DAY OR NIGHT FROM KEHA.ORG. WE ARE TRYING TO PUSH AS MANY HOMEMAKER ACTIVITIES BACK TO THE WAY THEY WERE BEFORE COVID, BUT THE ONLY WAY WE CAN DO THAT IS IF YOU ARE WILLING TO PARTICIPATE AND JOIN THE ACTIVITIES. I SURE HOPE YOU ARE WILLING TO JUMP ON THE BUS WITH US THIS YEAR AND DISCOVER SOMETHING NEW THROUGH EXTENSION.

-ANGIE

# County Annual Day 2023

When: August 31, 2023

Where: Lee S Jones Convention Center

What Time: Doors open at 10:00 AM, Program to  
begin at 10:30 AM

 Cost for the program is \$10

 The **ABSOLUTE** last day to sign-up is August 18, 2023 by 4:30 PM. No late sign-ups will be accepted.

 After business meeting and lunch we will have the first official presentation of the Quilts of Courage program. Please make plans to attend and support our veterans in Lyon County.





# OLD KENTUCKY HAYRIDE MUSICAL

HOMEMAKERS FALL ANNUAL AREA MEETING

October 27th

Marion Baptist Church

131 E. Depot Street, Marion, KY 42064

Live Performance by:  
**Classy & Grassy**

Food  
**MARION  
PIT BBQ**

\$15 Registration Fee is due to the  
Lyon County Extension Office by  
October 13, 2023.

THE CRITTENDEN COUNTY HOMEMAKERS HAVE GIVEN YOU A GREAT OPPORTUNITY. PLEASE MAKE SURE TO GET YOUR REGISTRATION IN ON TIME. NOT ONLY WILL YOU GET GREAT HOMEMAKER FELLOWSHIP, BUT YOU WILL GET TO HEAR ONE OF THE GREATEST BLUEGRASS GROUPS ON THE CIRCUIT TODAY. MORE INFORMATION ABOUT CLASSY AND GRASSY CAN BE FOUND AT:

[HTTPS://WWW.THESINGLETONBROTHERS.COM/](https://www.thesingletonbrothers.com/)

## Save The Date

If you have been in Lyon County Homemakers for a while, you know how fun Pretend Store is for both the Homemakers and the children we are serving. We have not been able to have a traditional Pretend Store since 2019, but that changes this year.

Please mark your calendars for December 5, 2023 for Pretend Store Set-up and December 6, 2023 for Pretend Store with the kids. Times for each day will be communicated at a later date. If you have never been a part of this program, please in the meantime, please start collecting items for the preschoolers to "purchase" for their families. **PLEASE READ THE FOLLOWING:** there is no room at the Extension Office for donations. They will need to be dropped off at Lee S Jones Convention Center on December 5, 2023 at the designated time.



## September Homemaker Leader Lesson

This month's leader lesson is on "Recognizing and Coping with Trauma after a Natural Disaster." The lesson will be offered at the Lyon County Extension Office at 5:00 PM on August 31, 2023. The club lesson leaders and anyone else interested in the topic is welcome to attend. Previous time, 10:00 AM, was adjusted to accommodate County Annual Day. If you plan to attend the 5:00 PM training, please call 270-388-2341 to add your name to the list. Tiffany Bolinger, FCS agent in Christian County will be offering the lesson.

## Senior Citizen's Nutrition Class



**JOIN ME AUGUST 24, 2023 AT THE LYON COUNTY SENIOR CITIZEN'S FOR THE MONTHLY NUTRITION LESSON. WE PLAY GAMES, TASTE TEST RECIPES, AND GAIN VALUABLE KNOWLEDGE ALONG THE WAY. NO NEED TO SIGN-UP, JUST COME BY AT 10:30.**

# HOMEMAKER DUES 2023

Starting September 1, 2023 we will begin collecting Homemaker dues for this year. In past years we have had a couple of issues that need to be addressed so that everyone can access all the benefits of being a state KEHA member. First, if you are joining Homemakers as a member-at-large, those dues must be paid to either Miranda or Olivia. Member-at large dues cannot be paid to a club treasurer, even if you attend a club meeting every month. If you enjoy the club meetings and identify with that group, the best practice would be to pay club dues to that club. If you want to be a member-at-large the dues must be paid to the county and not run through a club treasury or treasurer. Secondly, the hard deadline for dues to be paid is December 1, 2023. If we don't receive dues by that date, you will not be eligible to be a full KEHA member for that year. When you pay dues in January or February, you are unable to enter items into the Cultural Arts competitions or receive state correspondence with state activities. The cost for dues this year is \$12. Please mark your calendars now to make sure you get your dues paid by December 1, 2023. Friends don't let friends forget to pay their dues, so make sure to spread the word!

*Now is the time to start talking to your neighbors and friends about joining Homemakers. Invite them to your September meetings early so they have it on their calendar. The best recruitment tool we have is YOU! Each one bring one and together we can grow our organization to new heights.*



EVERY FOUR YEARS  
WE NEED THE HELP OF  
THE COMMUNITY TO  
MAKE SURE  
EXTENSION IS  
SERVING YOU IN THE  
BEST WAY POSSIBLE.  
PLEASE USE THE QR  
CODE BELOW OR  
FOLLOW THE WEBSITE  
ADDRESS TO  
COMPLETE THE SHORT  
SURVEY. YOUR VOICE  
MATTERS!



# How can we **Lyon County** **serve you, Kentucky?**

Take a ten-minute survey to help us develop programs addressing needs in your community.

[go.uky.edu/serveKY](http://go.uky.edu/serveKY)



# Meal Prepping Saves Time and Frustration

Source: Heather Norman-Burgdolf, assistant extension professor

Deciding what to have for dinner each night can be a daily conundrum for many of us. Barriers often include deciding what to prepare and needing more time to prepare a full meal. By preparing at least portions of our meals in advance, we can regularly have home-cooked, nutritious meals.

Research shows that people who regularly do advanced meal preparation tend to consume more fruits and vegetables and eat a more balanced diet. Meal prepping allows us to live our hectic lives while still providing our families and ourselves with nutritious foods. Pre-completing certain cooking steps saves time. The process may include simply prepping ingredients you will use later and completely preparing dishes to store for later use. Meal prepping also takes some of the stress and frustration out of deciding what to eat each night.

If you have never tried meal prepping, start small and don't invest much money. First, aim to prepare two to three meals per week in advance. Find nutritious recipes your family will enjoy and make a grocery list of the needed ingredients. Allow your family to chime in on the process or ask them if there is a new food or recipe they would like to try.

It is easier to set aside one day for grocery shopping and meal prepping as it cuts down on the number of times you must handle the food and gives you a set time to work meal prepping into your busy schedule. Include your family in the food preparation. Not only will it help spread the cooking responsibilities, but it will also teach your family basic cooking skills and balanced eating habits.

Remember food safety when preparing food. For example, when using a cutting board, slice vegetables before cutting meat. Store produce and meat separately to avoid contamination. While most people associate meal prepping with dinnertime, you can prepare quick breakfasts or use leftovers for lunches. When cooking dinner, make the most of your time in the kitchen. Clean the kitchen as you prepare food, chop veggies for a salad the next day, or slice some fruit for a quick grab-and-go snack for the family.

After preparing the food, store it in an airtight container and place it in the refrigerator or freezer, depending on how soon you plan to eat it. Consume refrigerated meals within five days. Freezing will allow you to store meals for a longer time.

As you become a meal-prepping pro, you can watch for sales to stock up on food staples and increase the number of meals you prepare at home.

