May 2019

“May” the Sun Shine Bright

For me, May is much anticipated this year. The many days of rain coupled with the incessant pollen is making me ready to see the sunshine and flowers that May afford. While I am waiting for the slower days of summer to arrive, I want to remind you to not let Homemakers fall off your radar this summer. We still have many great programs happening, starting with a Local Traveler coming back in July. Check your calendars and make sure to “make some space” for an activity or program coming soon!

-Angie

Save the Date!

County Annual Day 2019

If you thought last year’s County Annual Day Hootenany was fun, then make sure to mark your calendars for this year’s Hoe Down. The event will be held on June 25th, 2019 at the Lee S. Jones Convention Center. We are now taking sign-ups for the event. The cost for the day is $3. The last day to sign up is June 21, 2019. Many of you have asked to learn some line dances after we had such fun with the band last year. Please mark your calendars to join us for Line Dancing lessons each Wednesday at 8:30 AM at the Lyon County Senior Center. The lessons are being taught by Brenda Hawkins and she is a wonderful teacher. The best part….the classes are free. Brenda has also agreed to come to County Annual Day and lead us in line dances as the band plays. Please don’t miss this opportunity to prepare yourself for County Annual Day. We are going to have a great time!

Area Annual Day 2019

Area Annual Day 2019 will be hosted by Caldwell County. Please Mark your calendars now for October 14, 2019. More details to come!

Bags of Love Work Day

In recent years the County Homemaker Council has chosen a non-profit to support by organizing work days to benefit the chosen group. This year the council chose to support the Bags of Love program working in Lyon County. To help further their cause, we will be having a work day on May 29, 2019 from 9:00 am until 3:00 pm. We will be assembling the backpacks that are given to children who have been put into foster care. There will be sewing, cutting, ironing, and organizing to do on that day. Our goal is to complete 50 backpacks. Please mark your calendars and plan to volunteer to help this great organization. All supplies will be provided for the bags but please feel free to bring your sewing machine and basic sewing supplies. If you can’t sew, no problem! We have plenty of other non-sewing jobs that need to be done.
Please call the office to let us know if you will be coming to help. Lunch will be provided for those who come to work and we will need an accurate head count. Looking forward to working alongside you to accomplish our goal.

Cakes and Pies Fundraiser?

Our first cakes and pies fundraiser was a success! We took orders for 45 cakes and pies which made a profit of just under $500 for the Lyon County Homemakers general fund. Let me say a huge thank you to the 9, yes you read that correctly, only 9 people who came to help and successfully baked all 45 confections in a short amount of time. Even with a power outage interrupting our day, these ladies still did a fantastic job! Another thank you to those of you who sold and turned in order forms. Word on the street is that our goodies were really delicious!

Homemaker Summer Trip: Louisville

Do you have your bags packed yet? We are headed on an action packed trip to Louisville, KY on July 17 and 18, 2019. Here’s what you need to know:

- Total Trip cost: $63 (I am covering the cost of the bus for Lyon County Homemakers. Your price will be different than other Homemakers in the Pennyrile Area.) This price includes the lunch meal on Wednesday the 17th.
- **The last day to sign up for the trip is June 25, 2019.**
- All UK forms will need to be up to date and signed before you may travel with the group.
- Participants will need to call the hotel and make their own reservations. We are staying at the Hampton Inn located at 1451 Alliant Ave, Louisville, KY 40299. We have a block of rooms. You will need to specify that you are with the UK Pennyrile Area Homemakers group. Rooms will have to be held on your own personal credit card. I have already negotiated room costs. The price quoted here reflects all taxes and fees. Please do not try to negotiate for a different price. Everything in Louisville is more expensive and unfortunately that includes hotel rooms. The phone number to call for reservations is 502-809-9901.
- **Cost breakdown for hotel rooms including tax and fees:**
  - $165.99 for one person per room
  - $82.96 for two people per room
  - $55.33 for three people per room
  - $41.50 for four people per room
- **Cost breakdown for the tours:**
  - Bernheim Lunch-$10
  - Churchill Downs-$12
  - Slugger Museum-$14
  - Ali Center-$12
  - Flame Run Glass-$7
  - Louisville Stoneware-$8

We are going to see many great things in a short two day trip. A full itinerary with times listed will be given when you sign-up and pay for the trip. If you have questions please call the office at 270-388-2341.

Meal Prepping Saves Time, Frustration and Calories

Source: Heather Norman-Burgdolf, assistant extension professor

Deciding what to have for dinner each night can be a daily conundrum for many of us. As a result, we may find ourselves in line at a fast food restaurant more than we care to admit. But it does not have to be this way. By preparing at least portions of our meals in advance, we can have home cooked, healthy meals on a regular basis.

Research shows people who regularly do advanced meal preparation tend to consume more fruits and vegetables and eat an overall more balanced diet. Meal prepping is extremely popular as it allows us to live our hectic lives while still providing our families with nutritious foods. It saves time because steps in the cooking process are already completed to varying degrees. The process may include simply
prepping ingredients to be used later to completely preparing dishes that are stored until 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 before, start small and don’t invest a lot of money. At first, aim to prepare two to three meals per week in advance. Find nutritious recipes that your family would enjoy and make a grocery list of the needed ingredients. Allow your family to chime in on the meals 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 have to 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 out the cooking responsibilities, but it will also teach your family basic cooking skills and healthy eating habits.

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

After the food is prepared, store it in an airtight container and either place it in the refrigerator or freezer depending up 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.
May **Paper Crafters and Pinterest Interest** will be cancelled due to being at the state Homemaker meeting. Please watch for an exciting project in June.

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**Cooking through the Calendar**  
**Date:** May 30, 2019 (12:00 PM)  
**Class size:** 15  
**Cost:** Free  
**Supplies:** Supplies will be provided.  
**Last Day to Sign Up:** May 28, 2019

Are you tired of the same old foods you fix every week? Broaden your cooking horizons by joining us for the yearlong cooking class where each month we will meet at lunch time to learn a cooking skill while tasting something new and exciting from the 2019 SNAP calendar. Seating is limited so don’t wait to get your name on the list for this fun new program. **You must sign up each month for the class.**

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**Homemaker Leader Lesson: Zumba, Yoga, Pilates and More**  
**Date:** May 31, 2019 (1:00 PM)  
**Class size:** Unlimited  
**Cost:** Free  
**Supplies:** Supplies will be provided.

Join us for a great lesson offered by FCS Agent Ashley White. She will be sharing information on great ways to keep yourself healthy with exercise. You don’t have to be the lesson leader in your club to attend. All are welcome for the leader lesson classes.

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**Paper Crafters**  
**Date:** June 10, 2019 (5:00 PM)  
**Class size:** Unlimited  
**Cost:** Free  
**Supplies:** Supplies will be provided.  
**Last Day to Sign Up:** June 7, 2019

Come join the fun and see what you can make with a little paper and lots of friends. Each month is a new surprise but you are always guaranteed to take home a great project!

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**Pinterest Interest**  
**Date:** June 11, 2019 (5:00 PM)  
**Class size:** Unlimited  
**Cost:** Free  
**Supplies:** Supplies will be provided.  
**Last Day to Sign Up:** June 7, 2019

Stay tuned for the next exciting Pinterest Interest project!