

Whitley County Family & Consumer Sciences Community Newsletter



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

P.O. Box 328
4275 N HWY 25 W
Williamsburg, KY 40769
(606)549-1430
whitley.ca.uky.edu

Dates To Remember:

Feb 28 - Spring Lesson Homemaker Leader Training - 10 am at Laurel Co. Extension

March 2, 9, 16, 23 - Learning to Sew Series, 6-8 pm

March 6, 13, 20, 27 - Learning to Sew Series, 12-2 pm

March 7 - Cooking Through the Calendar at Corbin Public Library, 11 am

March 10 - No-Knead Yeast Rolls, 6-8 pm

March 21 - Cooking for You or Two, two sessions offered: 11 am or 5:30 pm

March 24 - No-Knead Bread, 6-8 pm

April 1 - Introduction to Tatting, two sessions offered: 10 am or 12 pm

April 11 - Cooking Through The Calendar at Corbin Public Library, 11 am

April 22 - Earth Day Event at River Fog Park, Williamsburg, Time TBA

May 2nd - Cooking Through the Calendar at Corbin Public Library, 11 am

June 6th - Cooking Through the Calendar at Corbin Public Library, 11 am

June 17th - Jams and Jellies at WD Bryant Corbin, 10 am

June 24th - Dehydrating Foods at WD Bryant Corbin, 10 am

Unless noted otherwise, all classes will be held at the Whitley Co. Extension Service at 4275 N HWY 25, W, Williamsburg, KY. Please call 606-549-1430 to register for classes.

All sessions will begin
at 11 AM and last
about an hour

Thursday, Jan. 5th

Tuesday, Feb. 7th

Tuesday, March 7th

Tuesday, April 11th

Tuesday, May 2nd

Tuesday, June 6th

Tuesday, July 11th

Tuesday, Aug. 1st

Tuesday, Sept. 5th

Tuesday, Oct. 3rd

Tuesday, Nov. 7th

Tuesday, Dec. 5th

Cooking Through The Calendar at Corbin Public Library

**Love to cook? Looking for
healthier meals for your
family? Join us as we "Cook
through the Calendar!"**

**This is a series of cooking
demonstrations that will
feature a new recipe each
month from the University of
Kentucky's 2023 Food and
Nutrition Calendar. All
session dates are listed on
the left.**

**Call the Whitley Co. Cooperative
Extension Service to register!
606-549-1430**



AFTERNOON AND
EVENING CLASSES
OFFERED!



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

MACHINE SEWING BASICS



Have you ever said “Someday, I am going to learn to sew!”

Then this class is for you! This 4-session class is designed just for beginners.

We will be supplying the sewing machines, supplies and basic tools so students may come and focus on the process of sewing. We will be covering the very basics, starting with components of the sewing machine and some basic tools and supplies used in sewing. During each class, students will add to their skill set and take home what they have created.

This class will meet on Monday afternoons in March from 12 - 2 pm, and on the first four Thursday evenings in March from 6 - 8 PM.

The class fee of \$10 includes equipment and materials for all four sessions. This class is intended for adults and class size is limited to 6 students. Registration is required.



**MARCH
2, 9, 16, & 23
6-8 PM**

OR

**MARCH
6, 13, 20, & 27
12-2 PM**

WHITLEY CO.
COOPERATIVE
EXTENSION

4275 N HWY 25 W,
WILLIAMSBURG, KY

Register online at <https://ukywhitley.pacecommunity.net>
or by calling 606-549-1430.





NO-KNEAD YEAST ROLLS

No-knead is a method of making bread that uses a very long rising time instead of kneading the dough to develop the gluten strands that give bread its texture. Join this exciting foundation class where students will learn to make yeast rolls using this no-knead method of baking. Once you have mastered this beginner recipe, you will be able to build on it to create homemade bread for any occasion. Students will need to bring a mixing bowl and a tea towel in order to make and take their dough home. This class is intended for ages 18+. Registration required.

MARCH **6 - 8 PM**
10

\$5

**WHITLEY CO.
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WILLIAMSBURG, KY**



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NO-KNEAD BREAD

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MARCH 24 **6 - 8 PM**

\$5

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WILLIAMSBURG, KY**



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Wisely use your Tax Refund

It's that time of year when we get excited about our tax refunds. By responsibly using this one-time infusion of cash, you can improve your financial standing.

You could wisely use your tax refund to add to your emergency savings account. Most of us do not have enough money saved in the event of job loss, illness or another unexpected event that prevents us from working. Most financial experts recommend having at least six months of income saved to help you work through financial hardship. This fund can also help cover unexpected or emergency household repairs.

You could also choose to reduce your debt with your tax refund. Paying off high-interest debt as quickly as possible is a financial win-win because it reduces the principal on your loan and lowers future interest payments.

Make an extra mortgage payment toward the principal. Much of a mortgage loan goes toward interest and not the principal itself.

Investing in your family's future is always a wise move as it will continue to guarantee future financial stability. You could use your return to start or add a college savings fund for your children or to start or add to your retirement account.

If you must spend your tax refund, make wise spending choices. Consider purchases that allow you to make improvements that add to the resale value of your vehicle or home or to make home improvements that lower energy costs.

You never get too old to learn a new skill. Use some of the refund to take classes or learn new skills or hobbies.

More information on family financial education is available by contacting the Whitley County Extension office.

Educational programs of the Cooperative Extension Service serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 14 • ISSUE 3

Whitley County Extension Office | 4275 N. Hwy 25W | Williamsburg, KY | 40769 | (606) 549-1430

SHRINKFLATION: INCREASING PRICES, DECREASING QUANTITY

You have likely noticed increased prices when shopping lately, but have you also noticed packaging sizes are shrinking? This is known as “shrinkflation.” Let’s unpack what this means for your household and explore ways to be more mindful when shopping.

UNDERSTANDING SHRINKFLATION

Sometimes called downsizing, *shrinkflation* occurs when companies maintain current prices (or even increase prices ever so slightly) while giving you less product. The size differences are often small enough to keep the physical packaging the same, such as a bag of chips shrinking from 13 ounces to 11 ounces, or a package of bacon shrinking from 16 ounces to 12 ounces. These small changes can easily go unnoticed. In fact, manufacturers are counting on consumers not paying attention to the amount of product in their packages, especially when it comes to shrinking sizes.

WHY SHRINKFLATION MATTERS

Even small changes in the amount of a food or household item can add up quickly and impact your monthly budget. The less of the item you receive, the more often you need to repurchase it. Take toilet paper, for example, which was quite the commodity in 2020. Would you notice if your toilet paper contained just 312 sheets per roll instead of its usual 340 sheets? For the same price, there would be less than 92% as many sheets per roll



than before it was downsized, and you will likely go through each package approximately 8% faster.

TIP #1: NOTICE PACKAGING CHANGES

To combat shrinkflation, pay attention to slight changes in packaging on the products you buy, from cereal to toilet paper to shampoo. While not all shrinking products will come with new packaging or a “new look,” some companies may make boxes or bottles taller and narrower to trick the eye into believing it holds more product than it does. Also, be wary of ‘bonus buys’ that promise additional product. Compare the ‘bonus buy’ to the regular product to ensure it contains more.

TIP #2: CALCULATE UNIT PRICE

Shrinkflation is a legal tactic companies can use to save money from a production standpoint. The Fair Packaging and Labeling Act requires businesses to clearly label an accurate weight



CALCULATING AND COMPARING UNIT PRICES HELPS YOU COMBAT SHRINKFLATION



on its packaging so that customers can comparison shop between like items. However, it doesn't prohibit companies from decreasing an item's weight if they clearly label the amount of product contained in the package.

Calculating and comparing unit prices helps you combat shrinkflation. Unit prices help you compare different brands and different sizes of the same brand. Unit prices show you the price per unit, such as pounds or ounces, and are located on the shelf price tag, not on individual packages. You can also calculate the unit price of an item by dividing the price of the item by the number of units.

For example, let's compare the unit price of two packages of bacon. Bacon #1 is priced at \$4.69 and contains 12 ounces. Bacon #2 is priced at \$5.38 and contains 16 ounces. When we divide price by units, Bacon #1 has a unit price of \$0.39 per ounce, and Bacon #2 has a unit price of \$0.33 per ounce. Although Bacon #2 costs more, you get more bacon in the pack, and it has a lower unit price than Bacon #1.

TIP #3: SAVE WHEN YOU CAN

Finally, keep an eye out for sales and consider stocking up on freezer or self-stable household staples when you find a deal. Between inflation (the rising costs of goods and services) and shrinkflation (the shrinking amount of goods we receive), many households may find it difficult to "bring home the bacon" because it's getting harder to afford it! Using smart shopping strategies like couponing, buying generic brands, and utilizing customer loyalty programs can also help you maximize your resources.

REFERENCES:

<https://research.stlouisfed.org/publications/page1-econ/2022/12/01/beyond-inflation-numbers-shrinkflation-and-skipflation>

https://consumerfed.org/press_release/coping-with-shrinkflation-tips-on-making-ends-meet-as-packages-get-smaller-and-inflation-carries-on/

<https://www.npr.org/sections/money/2021/07/06/1012409112/beware-of-shrinkflation-inflations-devious-cousin>

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Freezing Eggs Safely

Whole eggs or yolks

- Crack and mix until blended. Don't whip in air.
- To prevent graininess and gelling of the yolks for one cup (or more) of eggs or yolks:
 - Add 1 ½ tablespoons sugar or corn syrup per cup of eggs for use in sweet dishes
 - Add ½ tablespoon salt per cup of eggs for use in savory dishes
- Pour into a freezer safe container*
- Leave ½-inch space at the top of the container to allow for expansion
- Label and date

Egg whites

- Crack and separate the whites. Gently mix.
- Pour into a freezer safe container*
- Leave ½-inch space at top
- Label and date

Using frozen eggs and egg whites

- Thaw in refrigerator
- 3 Tablespoons egg mixture = 1 whole egg
- 2 Tablespoons of egg whites = 1 large egg white
- 1 Tablespoon egg yolks = 1 large egg yolk

***For best texture, strain eggs through a sieve before packaging. Freezer bags work well as they lay flat.**

With the rising cost of eggs, many people are taking advantage of sales and buying in bulk. Eggs can be frozen safely following a few simple steps. Frozen eggs should be used within one year for best quality.



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Return Service Requested

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PERMIT NO. 4

Spinach Pasta Bake

2 cups whole wheat penne pasta	1½ teaspoons dry basil	1 can (14 ounces) Italian diced tomatoes, drained
1 pound lean ground beef	1 teaspoon garlic powder	10 ounces fresh spinach, chopped
1 large onion, chopped	1 teaspoon dried oregano	1 cup low-fat shredded Mozzarella cheese
1 large carrot, shredded		
1 teaspoon black pepper		

Preheat oven to 350 degrees F. **Cook** pasta according to package directions. **Drain** and **cover** to keep warm. In a large skillet over medium heat, **cook** the beef and onions until beef is no longer pink. **Drain. Return** beef to skillet. **Add** carrots and spices and **cook** an additional two minutes. **Stir** in tomatoes. **Reduce** heat to low. **Cover** and **simmer** 10 minutes. **Add** pasta and

spinach and mix well. **Cover** and **cook** an additional 3 minutes or until spinach is wilted. **Pour** into greased 3-quart baking dish. **Sprinkle** with Mozzarella cheese. **Bake**, uncovered for 10 minutes.

Yield: 9, 1 cup servings

Nutritional Analysis: 200 calories, 4.5 g fat, 2 g saturated fat, 35 mg cholesterol, 270 mg sodium, 25 g carbohydrate, 4 g fiber, 4 g sugars, 18 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

<http://plateitup.ca.uky.edu>