



FAMILY & CONSUMER SCIENCES NEWS

APRIL 2024

A MESSAGE FROM YOUR FCS AGENT:

Spring has finally sprung!

The Fleming County Homemakers Annual Meeting will be April 18th, 6:00pm, at the Fleming County Extension Office. Registration is \$15. Please register by April 12th with payment and your choice of dinner (See the flyer inside this issue for more information). You are welcome to bring your favorite dessert to share! The theme is 'Boogie Night' - We are traveling back in time to the 70's! Groovy dress attire is encouraged :)

Take a look inside to see what's coming soon!

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Katie Fryman



Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities accommodated with prior notification.



LEARN. LEAD. SERVE.

Homemakers News

- **April 3rd** - Homemaker Council Meeting, 6:00pm @ the FCEO
- **April 8th** - Neighborhood Kids Club, 6:00pm @ the FCEO
- **April 16th** - Hillsboro Homemakers Meeting, 12:00pm @ Hillsboro Christian Church
- **April 18th** - Annual Meeting, 6:00pm @ the FCEO
- **April 29th** - Treasures of the Heart, 6:00pm @ the FCEO

UPCOMING!

- 2024 KEHA State Meeting is @ the Sloan Convention Center & Holiday Inn University Plaza in Bowling Green
May 7-9, 2024
Blazing the Way with KEHA
- Fleming County Homemakers Breakfast Fundraiser,
May 24th



APRIL

2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3 6pm- Homemaker Council Mtg, FCEO	4	5	6
7	8 6:00pm Neighborhood Kids Club, FCEO	9	10	11	12	13
14	15	16 11am - Hillsboro Cooking Thru the Calendar 12pm- Hillsboro HM Mtg	17 9am-4pm Table Decorating for Annual Meeting	18 12pm- Cooking Through the Calendar, FCEO 6pm- Annual Meeting, FCEO	19	20
21	22 5:30pm - CEC	23	24	25 9:00am - Shriners Hospital Baby Quilt Drop Off	26	27
28	29	30 9:00am - 4:00pm Baby Quilt Day				

COOKING THROUGH THE
Calendar



WHEN: APRIL 16TH
TIME: 11:00AM
WHERE: HILLSBORO CHRISTIAN CHURCH

WHEN: APRIL 18TH
TIME: 12:00PM
WHERE: FLEMING COUNTY EXTENSION OFFICE - OLD MEETING ROOM

RECIPE: LENTIL SLOPPY JOES

For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:

Fleming County Extension Office
 1384 Elizaville Ave
 Flemingsburg, KY 41041
 (606) 845-4641



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





Baby Quilt Making Day

hosted by the Fleming County Extension Homemakers

Utilizing Homemaker talents, we work to give to children that are dealing with medical challenges, by providing quilts at Shriner's Hospital.

Fleming County Extension Homemakers donated twenty (20) Baby Quilts to the Fleming County Sheriff Department on Wednesday, July 26, 2023.



**TUESDAY
APRIL 30TH, 2024**

9:00AM - 4:00PM
FLEMING COUNTY EXTENSION OFFICE
1384 ELIZAVILLE RD. FLEMINGSBURG

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Attention ! Road Trip - Baby Quilt Day Participants !

Call the Office at 606-845-4641 if you would like to join us in dropping off Baby Quilts at the Shriner's Hospital in Lexington on April 25th.

We will meet at the Fleming Co. Extension Office at 8:45am. We will have lunch at Olive Garden, please plan accordingly to pay for your own lunch and if you wish to make a purchase at Hobby Lobby and/or Joann's Fabric. Return to FCEO by 4:00pm.

You must call to sign up by April 18th.



THE INSTANT NEW YORK TIMES BESTSELLER

"Brilliant and compassionate... deeply affectionate yet clear-eyed, a portrait of proud, hardworking Midwestern farm families. You will fall in love with the people of *Heartland*."
—JEANNETTE WALLS, author of *The Glass Castle*

Heartland

A Memoir of Working Hard and Being Broke in the Richest Country on Earth

SARAH SMARSH



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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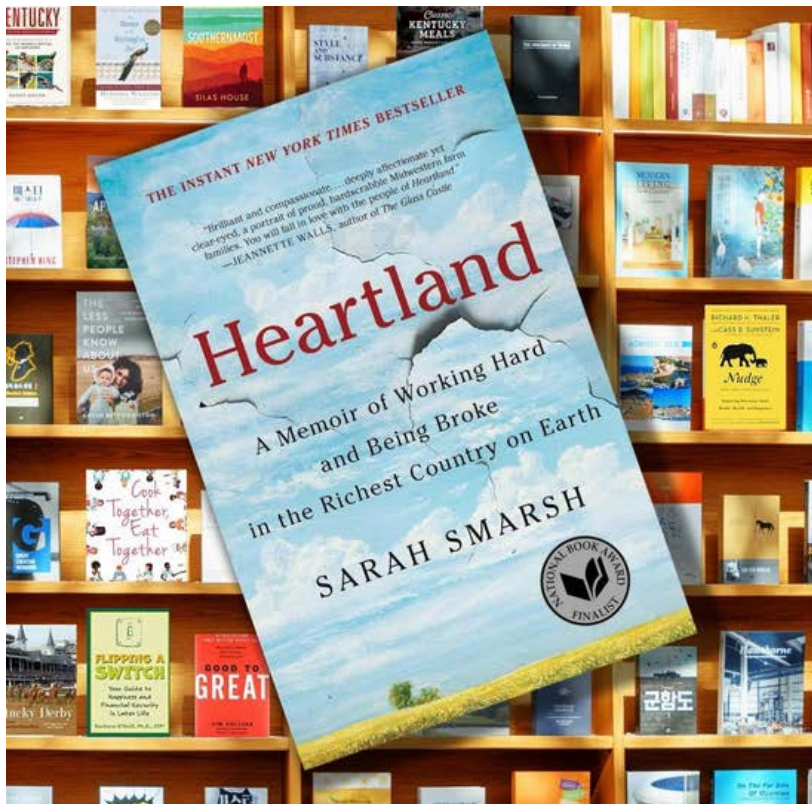
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BIG BLUE BOOK CLUB

Reading List

Session Date	Reading Assignment
4/11/24	pp. 1-125
4/18/24	pp. 126-208
4/25/24	pp. 209-end

FLEMING COUNTY EXTENSION HOMEMAKERS

ANNUAL MEETING

★ BOOGIE NIGHT

Registration

Meeting Date: April 18th, 2024

Registration Due: April 12th 5pm

Location: Fleming County Extension Office

Registration Fee: \$15, paid by exact change / check prior to event

Registration time: 5:30 p.m.

Meal time: 6:00 p.m.

Theme: Boogie Night

Dress: 70's theme clothing

Meal: (Choose One) Pineapple Chicken (OR) Sloppy Joe w/ Bun;

Watergate Salad: Green Beans; Mac 'N Cheese; and Rolls

Dessert: Each Club is encouraged to bring a "Dessert" to share

Speaker: Ann Porter, KEHA 1st Vice President

Decorations: Each club is to create their own table decoration, by providing everything needed for the table design including the tablecloth. Room available the day prior to decorate your Club table

Awards: Table Decorating Contest
The Best Decorated Table will win a prize

Assignments: Favors: FCEO
Decorations of room: FCEO
Set up / Clean Up: All Clubs
Registration: Hillsboro

Inspiration / Devotion: Treasures of the Heart

Photo Opportunity Area: FCEO

Pledge: Neighborhood Kids



LEARN. LEAD. SERVE.



Blueberry French Toast Bake

¼ cup whole wheat flour	3 eggs	1 cup fresh blueberries
¼ cup all-purpose flour	6 egg whites	½ cup chopped almonds
1½ cups skim milk	1 loaf (12 ounces) French bread, cut into 1 inch cubes	Honey, if desired
1 tablespoon sugar	3 ounces fat free cream cheese, cut into ½ inch cubes	
½ teaspoon vanilla		
¼ teaspoon salt		

Generously **grease** a 13x9x2-inch baking dish. **Beat** flours, milk, sugar, vanilla, salt, eggs and egg whites in a large mixing bowl with a hand mixer until smooth. **Stir** in bread cubes until they are coated. **Pour** bread mixture into baking dish. **Top** evenly with cream cheese, blueberries and almonds. **Cover** and **refrigerate** for at least 1 hour, but no longer than 24

hours. **Heat** oven to 400 degrees F. **Uncover** and **bake** 20-25 minutes or until golden brown. **Sprinkle** with honey, if desired.

Yield: 8, 1 cup servings

Nutritional Analysis: 420 calories, 6 g fat, 1 g saturated fat, 70 mg cholesterol, 860 mg sodium, 69 g carbohydrate, 4 g fiber, 9 g sugar.



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