

FCS Newsletter

August 2023

What was invented in August?

Answer: 'Method for packaging frozen foods' **Clarence Birdseye**

Martin-Gatton
College of Agriculture,
Food and Environment

SIMPSON

COOPERATIVE
EXTENSION
SERVICE



Cooperative Extension Service
Simpson County
300 N Main St
Franklin, KY 42134
270-586-4484
simpson.ca.uky.edu

Upcoming Events:

August 3rd—Mammoth Cave Area Homemaker Meeting at
Warren Co Office. 10:00 am

RSVP for Simpson Co. Homemakers Annual Night to Ext Office

August 4—Cooking Through the Calendar 11:00 am

August 8th -Cultural Arts Contest

Franklin Church of Christ

Entry: 10:00 am– noon

(see attached for categories)

Viewing: **Homemaker Annual Night 6:00 pm**

Franklin Church of Christ

I hope to see you there! Please invite prospective members. The more the merrier!

Nancy Doyle

Nancy Doyle

Simpson County Extension Agent for Family &
Consumer Sciences Education

**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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Save the Date:

2023 Simpson County Homemakers
Annual Night

August 8th
Franklin Church of Christ
6:00 p.m.

Watch for details, coming soon!



Home of the free-
because of the brave!

Cook Through our Food &
Nutrition Calendar With Us!
Simpson County Extension Office

First Friday of the month

11:00 a.m.

July 7, 11:00 a.m.

August 4, 11:00 a.m.

***Dates subject to change.**

Ovarian Cancer Screening

If interested please notify the
office. We need Name,
Birthdate and Social Security
Number of those going.
Looking at a Wednesday in
the fall.

3 free screens: Ovarian,
cervical & uterine.

Please don't become a statistic!

Fair Catalogs available at the Ex-
tension Office on July 6th

Apple Coleslaw

Servings:12 Serving Size:1/2 cup Recipe Cost:\$3.38
Cost per Serving:\$.28

Ingredients:

- 2 apples (red and green), cored and chopped
- ½ head of green cabbage, shredded (3 cups)
- 1 cup shredded carrots
- 1 tablespoon honey
- ¾ cup low fat vanilla yogurt

Directions:

1. Mix yogurt and honey in a large bowl.
Add other ingredients and mix together lightly.

OPTION: Add raisins or grapes, if you choose.

Nutrition facts per serving: 45 calories; 0 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 25 mg sodium; 10 g total carbohydrate; 2 g dietary fiber; 7 g sugars; 1 g protein; 30% Daily Value of vitamin A; 40% Daily Value of vitamin C; 4 % Daily Value of calcium; 2% Daily Value of Iron



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

Hygiene Items Drive

Items To Be Collected:
(Can be Travel Size or Full Size)



- | | | |
|-----------------------|---|----------------------|
| Shampoo | Conditioner | Liquid or Bar Soap |
| Hand Sanitizer | Wipes | Body Wash |
| Toothpaste | Toothbrushes | Floss |
| Non-alcohol Mouthwash | Deodorant | Facial Care Products |
| Lotion | Shaving Cream | Feminine Products |
| Combs | Hairbrushes | Hair Products |
| First Aid Supplies | Lip Balm | Wash Cloths |
| Laundry Supplies | Monetary Donations Will Also Be Accepted & Will Be Used to Purchase Needed Supplies | |



Collection Period: May thru July



Drop Off Locations:

Simpson County Extension Office
300 N Main St, Franklin KY 42134
Monday – Friday 8:00 am to 4:30 pm

Warren RECC – Franklin Office
698 Morgantown Rd, Franklin KY 42134
Monday – Friday 7:30 am to 4:30 pm

Support
Local
Students

Questions/For Donation Pick Ups:

Hannah Meador - 270-647-0211
Hannah.meador@stu.simpson.kyschools.us

Wendy Meador - 270-647-0333
weminn@hotmail.com



As a Community Service Project for Simpson County 4-H & the John Swack 4-H Scholarship Program, FSHS Senior, Hannah Meador is hosting a Personal Hygiene Items Donation Drive. Items will be donated to Simpson County Schools & Simpson County Boys & Girls Club to be distributed to students on an as needed basis during the school year.



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



2023 KEHA State Meeting

May 9-11, 2023



Special thanks to Nell Jordan for making and donating a quilt that was given to Center for Courageous Kids in Scottsville.



2023 KEHA Attendees:

Jewell Burgett, Marie Pitts, Nancy Doyle, Sharon Taylor-Carrillo, & Nell Jordan



Congratulations to our Cultural Arts Creative Writing state winners, Ann Adams who won first place in Poetry, and Marie Pitts who won 2nd place in Memoirs.

Congratulations to our State Cultural Arts Blue Ribbon Winners

Nell Jordan, Ann Adams, and Deb Nealy!



Homemaker Leader Trainings

first Wednesday of the month at 10 a.m.

**** Due to many At Large/Mailbox Members, ALL are invited to the Leader Trainings.**

Wednesday, July 5 at 10 a.m.

Folk Medicine in Appalachia and Modern Home Remedies

***** VSU Hours Deadline extended to July 8th! Get those hours turned in!*****