

Hopkins County Extension

Family and Consumer Sciences

HOPKINS COUNTY
COOPERATIVE
EXTENSION SERVICES
75 CORNWALL DRIVE
MADISONVILLE, KY 42431-8780
(270)821-3650
WWW.CA.UKY.EDU/CES



Happy March,

As many of you know the Extension Office suffered water damage in January. Our office has been open, but the meeting room and conference room are not fully restored. Thank you to Homemaker groups and other groups who have found creative ways to continue to meet while everything is getting fixed. We hope within a few months we will be back to hosting meetings again. All Agents in the office have found ways to continue programs at other locations. Please keep in mind as the work continues in the building there may be days, we must close the office or work remotely so contractors can work in the office. Feel free to reach out to me via email, phone, or cell phone if you need anything or have any questions.

We have some great programs going on at the Extension Office. I hope you can join in on the fun and learn something new!

Amanda Dame
Hopkins County FCS Extension Agent

Upcoming Events & Classes

Homemaker Happenings

Piecemakers

3/11 8:00 AM
3/28 2:00 PM

Needles & Yarn

3/8 12:00 PM

Happy Homemakers

3/15 1:00 PM

Pennyriple Cultural Arts Exhibit—
March 17, 2023 @ Christian County
Extension Office

What's in this issue:

Health Bulletin

Prevent Poisonings in your
home

Money Wise

Shrinkflation



Following us online is an
easy way to keep up with
[Hopkins County Extension](#)
[Family and Consumer Science](#)





AMANDA DAME

County Extension Agent for
Family and Consumer Sciences



UPCOMING EVENTS

FOR ALL EVENTS AND CLASSES YOU MUST CALL THE EXTENSION OFFICE AT 270-821-3650 TO SIGN UP

Laugh & Learn is now offered at two separate locations!
Madisonville & Dawson Springs

For ages 5 and under accompanied by an adult

LAUGH & LEARN

Fun & Creative Playdate for Pre-Schoolers

Games, Story Times, Sensory & Developmental Activities



JOIN US

Thursday, March at 9th at 11:00 a.m.

Sign up by calling or scanning the QR code 270-821-3650

H O M P L E

HOPKINS COUNTY - MADISONVILLE PUBLIC LIBRARY
425 East Center Street
Madisonville, KY 42431

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development
LEADERSHIP, KY 40304

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

For ages 5 and under accompanied by an adult

LAUGH & LEARN

Fun & Creative Playdate for Pre-Schoolers

Games, Story Times, Sensory & Developmental Activities



JOIN US

Thursday, March at 23rd at 11:00 a.m.

Sign up by calling or scanning the QR code 270-821-3650

Dawson Springs Branch Library

103 West Ramsey Street
Dawson Springs, KY 42408

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Agriculture and Natural Resources
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LEADERSHIP, KY 40304

University of Kentucky
College of Agriculture,
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Cooperative Extension Service

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



DOOR HANGER CLASS

Cost \$ 20.00

*CAN ADD ADDITIONAL BUNNIES FOR \$2.00 PER BUNNY

Location:
JOHN H GRAY BUILDING AT
MADISONVILLE COMMUNITY COLLEGE
ROOM 303 ON THE 3RD FLOOR

Date & Time:
March 13
5:30 pm

Call today to sign up!
270-821-3650

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Crochet Club



BEGINNERS



REFRESHER



ADVANCED

BRING YOUR YARNS & J-HOOKS AND JOIN US FOR SOME CROCHET FUN HERE AT THE HOPKINS CO. EXTENSION OFFICE ON THE 1ST & 3RD TUESDAY OF THE MONTH AT 5:30P.M.

SIGN UP BY CALLING 270-821-3650



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

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

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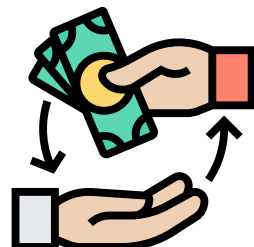
Disability
accommodations
with 911 or 800.486.2048

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 Hopkins 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.

Source: Kelly May, senior extension associate for family finance and resource management



LIVING WELL *calendar*

31 Ways to Live Well during Living Well Month



MARCH 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Hopkins County Extension Office
75 Cornwall Drive
Madisonville KY 42431

5 Try a new vegetable today or try a familiar vegetable in a new way

6 Take 5 minutes to do some flexibility exercises

7 Swap one sugar sweetened drink for water

1 Volunteer one hour of your time to help someone else (ex. moving furniture, cooking, cleaning, etc.)

8 Give 3 compliments today

9 Write down 5 blessings or things you are grateful for

2 Practice being still for 5 minutes today (Try out some breathing exercises)

3 Explore ways to save for your future, whether it be a piggy bank, savings account, or other investment

4 Have a meal that includes 3 of the 5 food groups (fruit, veggie, grain, dairy, protein)

12 Be aware of your feelings. Express them to people you trust

13 Reach out to someone you care about. Make a date to get together.

14 Be well at work—Set goals for your career and start taking steps to achieve them

15 Be a role model for those around you. Let them see you making healthy choices and encourage them to do the same

16 Explore public events in your community and discover ways to get involved

17 Find a book to read, and read 1 chapter today

18 Forgive someone who has wronged you

19 Practice and say out loud 5 positive affirmations (ex. I am strong, I am brave, I am smart, I am loved, etc.)

20 Declutter, donate, and recycle things you don't need or use anymore

21 Find an opportunity to appreciate nature today

22 Nurture your spiritual wellness. Ask yourself what values, are most important to you

23 Do 10 pushups (or modified pushups) and 10 sit-ups today

24 Take a mental health break at work and go for a walk outside or in the hallways

25 Instead of watching a 30 min show tonight, listen to a 30-minute educational podcast or watch a Ted Talk

26 Get outside and soak up some vitamin D. Find a park or trail and take a walk

27 Make a budget for April. If needed, talk to a financial advisor to get started

28 Have a plant-based meal today

29 Schedule any doctors visits, exams, or check ups that you have been putting off

30 Bring a homemade lunch to work today rather than buying fast food

31 Have dinner with your family, friend, or neighbor with no smart devices.



ADULT HEALTH BULLETIN



MARCH 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

PREVENT POISONINGS IN YOUR HOME



National Poison Prevention Week raises awareness of poison prevention during the third full week of March every year. Poisoning occurs when someone ingests a substance that can cause sickness or death. That can mean they swallow it, breathe it, touch it, or splash it in their eye. Sometimes, it is the substance itself that is dangerous because it is not meant for the body.

But often, poisoning happens when a person ingests too much of a substance, or misuses a substance, mixes it with other substances, or it is contaminated in some way before ingestion.

The American Cleaning Institute reports that 90% of all poisonings occur in the home. Even though it is the one environment you think people

Continued on the next page →



Keep medications in a secured area out of the reach of children.

→ Continued from the previous page

would have the most control over and would therefore be the safest. This statistic highlights the need for adults to make good choices in their homes. They need to pay attention when it comes to household products that can be a danger to themselves and their family members.

Read the label

Poison prevention at home starts with reading product labels. Turn on the lights, get your glasses, and read product labels, even if you use the item often. This includes medications, cleaners, repair products such as glue, or project supplies like paint and stain.

Pay close attention to products whose labels include words like “Caution,” “Warning,” “Danger,” or “Poison.” If you have any questions about how to use or store the item, call the toll-free number found on most product labels.

Share safety with others

There are some simple tips you can share with your friends and family to help keep poisoning accidents from happening:

- Always read and follow product label directions for proper use, storage, and disposal.
- Store cleaning products in a closed area that is away from food and not accessible to young children or pets.
- Store products in their original containers and keep the original label intact. Product use and storage, disposal instructions, precautions, and first aid instructions vary according to their ingredients.
- Do not mix cleaning solutions or other chemicals.
- Keep medications in a secured area out of the reach of children. Supervise children when they are taking a medication, even vitamins or supplements.
- Consult your pharmacist about taking multiple medications at once and taking any over-the-counter medications along with prescription medications. Never take a medication prescribed to someone else.



Never take a medication prescribed to someone else.

Call for help

Keep the number to Poison Help Line (below) posted in an easy-to-find place in your home and in your phone.

If you think someone may have ingested or otherwise been exposed to a harmful product, call the Poison Help Line at 1-800-222-1222.

This national number will connect you with your local Poison Control Center.

If the person is in distress, call 911 immediately.

REFERENCE:

<https://www.cleaninginstitute.org/prevent-poisoning-home>

**ADULT
HEALTH BULLETIN**

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

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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