

APRIL²⁰²⁴

MONTGOMERY COUNTY

Family & Consumer Sciences Newsletter



Reminders

*Homemaker Council Meeting is scheduled for Tuesday, April 8th at 10am.

*KEHA State Meeting is scheduled for May 7-9 in Bowling Green - Registration due by April 9th for earlybird discounted rate.

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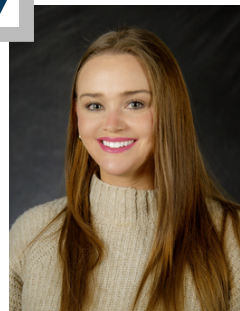
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APRIL SHOWERS
Bring
MAY FLOWERS

Sarah Congleton

Sarah Congleton



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Family &
Consumer Sciences Education
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Wednesday,
April 17th at 12pm

COOKING THROUGH THE Calendar

Interested in learning how to cook, get new recipes, or meet new friends?

Join us for Cooking Through the Calendar on the 3rd Wednesday of every month from 12:00pm - 1:00pm located at the Montgomery County Extension Office.

Participants cook and sample the featured recipe of the month and will receive a free kitchen gadget at each session.

Cost is free. Registration is required. Please contact our office to sign up; 859-498-8741



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

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Disabilities accommodated with prior notification.

APRIL 2024

Laugh and Learn Playdate

Topic: Being Healthy

Join our 12-month Laugh and Learn Playdate Program that targets school readiness objectives! Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities.

Each session is at the Montgomery County Extension Education Center.

The 3rd Friday of every month from 10am-12pm.

FREE for all children ages birth to 5 and all children must be accompanied by an adult.

Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play.

Friday, April 19th at 10am
104 E Locust Street
Mt. Sterling, KY 40353



REGISTER NOW

For more information, contact our office at 859-498-8742 or email Sarah.Congleton@uky.edu





Bread Making - April 4 at 6:00pm

Learn the fundamentals of yeast breads and get your hands on some dough! This program is for beginner or seasoned bakers.

FULL!

KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. The theme is "Blazing the Way with KEHA." Fort Harrod Area will serve as the host area. Reserve your hotel room now in the KEHA group block! The group rate is \$126/night (1-2 people; scaled pricing for more people per room). Details are on the [State Meeting](#) webpage.



Strawberry Salsa

1 tablespoon olive oil

2 tablespoons white vinegar or white balsamic vinegar

½ teaspoon salt

2 cups, coarsely chopped fresh strawberries

8 green onions, chopped

2 cups chopped cherry or grape tomatoes

½ cup chopped fresh cilantro

1. Whisk olive oil, vinegar, and salt in large bowl.

2. Add strawberries, green onions, tomatoes, and cilantro. Toss to coat.

3. Cover and chill for 1 hour.

4. Serve with tortilla or pita chips.

Yield: 7, ½ cup servings.

Nutrition Analysis: 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.

Source: www.fruitsandveggiesmatter.gov

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



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2024

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

THIS MONTH'S TOPIC: SHOPPING TIPS WHEN BUYING MAJOR APPLIANCES

Major appliances can make everyday life a little easier, but their convenience often comes with a hefty price tag. With this kind of investment, it's wise to do a little research and have a plan.

BEFORE YOU BUY

As with most high-dollar items, **assess your need for the item**. Do you really need it? In our present-day society, it's hard to argue that something like a refrigerator is not necessary. And even though our need is reasonable, we should **consider our budget** before we begin.

To ensure a good "fit" for your space, **measure the area** where the appliance will go, as well as any doors or hallways that it may need to pass through during delivery or installation. And **don't forget about the power source**. Some appliances require a 120-volt, 3-prong outlet, or a special 240-volt outlet. Regardless of what it needs, avoid using extension cords and outlet adaptors for major appliances.

WHERE TO BUY

Using the internet to research appliances and compare options is a good place to start, but it's worth going into stores to see the actual items. By shopping in a store, you'll be able to



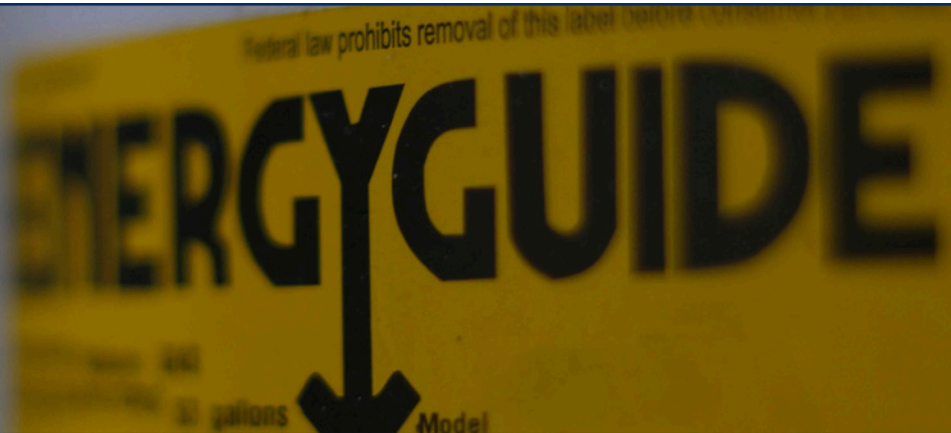
interact with a knowledgeable staff. **Buying locally** may cost a little more, but the personal connection may mean you'll get better customer service and help with any future repairs.

DON'T COMPARE APPLES TO ORANGES

When comparison shopping, **always check the model number** to make sure you're evaluating the same item. Manufacturers may produce versions of an appliance model with varied levels of quality to meet the needs of different stores. For example, the "same TV" sold at different stores with a price difference of \$200, could be two different model versions because the less expensive one has fewer cable inputs. Look at the item's



DON'T BE AFRAID TO NEGOTIATE, ESPECIALLY WHEN SHOPPING LOCALLY.



list of specifications to learn more; **compare the features and consider the benefits** to determine what is right for you.

GETTING A GOOD DEAL

You may be set on a specific brand or model, but if you're willing to **consider other options**, there may be significant savings. Sometimes there is a *floor model* available, or "*last year's*" *model* may be less expensive because it has fewer features. Stores may be willing to price match if you're comparing the exact model, but if you're waiting for a big sale, know that **most major appliance sales and rebates are manufacturer-driven**. That means the store is not setting the price, the manufacturer is. Therefore, discounts are going to be the same most everywhere. Don't be afraid to negotiate, especially when shopping locally. You are more likely to **"get a good deal"** if you shop at a local store that values your business.

OTHER "COSTS"

Finally, consider the **operating and maintenance costs**. Major appliances will have an EnergyGuide label to let you know the cost to run the item (based on average usage). The Federal Trade Commission notes, **an energy-**

efficient appliance may cost more up front, but it should save you money over time with lower utility bills. Also, in addition to keeping the appliance clean, your item may eventually require new filters, bulbs, or gaskets. Are there delivery or installation fees? What about hauling away an old appliance? Some stores include these services in the price, while others charge separately.

WARRANTY WISDOM

Read the warranty *before* you buy an item. Appliances should perform as advertised, and the **warranty should clearly define what you can do if the item breaks**. Before paying extra to buy an extended warranty or service plan, know what it covers. There's a chance the regular warranty is all you need, or if you used a special credit card for the purchase, the credit card company may include warranty coverage. In most cases, it's better to skip the extended warranty and set a little money aside for potential repairs.

REFERENCE:

<https://www.energy.gov/energysaver/shopping-appliances-and-electronics>

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