

Marshall County FCS NEWS



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Marshall County
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Upcoming Events

- 3/20 - Game Day 9:00-2:00, MCEO
- 3/23 - Big Blue Book Club zoom Chapters 12-14
- 3/30 - Learning Session - 'Entertaining Little Ones' 10:00am, MCEO
- 4/4 - Advisory Council meeting 9:30am, MCEO
- 4/4 - Sewing with Robynn 11-4:30, MCEO
- 4/10 - Maker Monday 9-noon, MCEO
- 4/12 - Olive Club meeting 10-noon, MCEO
- 4/13 - Sharpe Club meeting 10-noon, MCEO
- 4/19 - Hardin Club meeting 10-noon, MCEO
- 4/22 - 'Strawberry Stroll' 10-2, Benton Court Square
- 4/24 - Learning Session - 'Learn with a Purpose' 10:00am, MCEO
- 5/2 - Sewing with Robynn 2-4:30pm
- 5/9-11 - KEHA State Meeting in Louisville

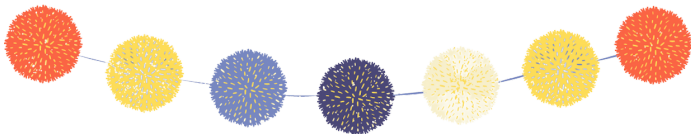
Entertaining Little Ones

Keeping little ones entertained can be rather difficult at times. The April Homemaker learning session will be presented on **March 30** at 10am. Kelly Alsip, McCracken County FCS agent will share three simple steps used to identify activities children enjoy. Learn how to create a 5-day activity routine to keep little ones engaged and active.



Congratulations

to Marshall County Extension Homemakers
whose Cultural Arts entries will advance
to KEHA state competition in May



- | | |
|------------------|--------------------|
| Mary Bowlin | Carolyn Hast |
| Connie Conley | Lynn Hicks |
| Shaun Darnall | Melanie LeTourneau |
| Naomi Dawson | Martha Lynn |
| Robynn Garrett | Judy Oakley |
| Barbara Gillihan | Nancy Rubin |
| Susan Zweedyk | |



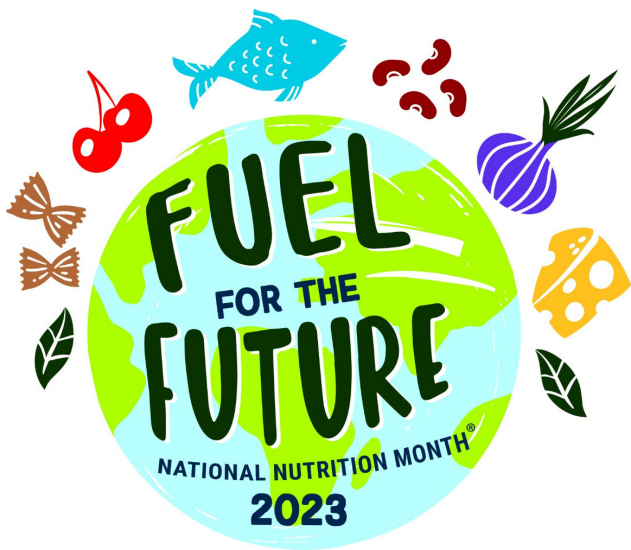
2023 KEHA State Meeting
May 9-11, 2023
Crowne Plaza
Louisville, KY
see registration form
in KEHA Spring newsletter
or at keha.org

Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification



1. **Plan your meals and snacks.**
2. **See what food you have at home before purchasing more.**
3. **Use a grocery list and shop sales when purchasing food.**
4. **Learn about community. resources such as SNAP, WIC and local food banks.**

Recipe Corner...

Carrot Cake Smoothie

- **1 medium** frozen ripe banana
- **2 medium** carrots, chopped
- **1/2 cup** canned-in-juice pineapple tidbits, drained
- **1/4 cup** low-fat vanilla yogurt
- **1/2 cup** nonfat milk
- **4-5** ice cubes
- **Dash** cinnamon (optional)
- **1/2 teaspoon** vanilla extract (optional)

Wash hands with soap and warm water, **scrubbing** for at least 20 seconds. **Rinse** carrots under cool running water and scrub with a clean vegetable brush to remove any dirt before chopping. **Add** banana, carrot, pineapple, yogurt, milk, ice, and cinnamon and vanilla (if using) to a blender, and **blend** until smooth. If needed, **add** more milk to encourage blending. **Refrigerate** leftovers.

Yield: 2, 1.5 cup servings. **Nutrition Analysis:** 160 calories, 1g total fat, 0g saturated fat, 5mg cholesterol, 90mg sodium, 36g total carbohydrate, 4g fiber, 26g total sugars, 2g added sugars, 5g protein, 6% DV vitamin D, 10% DV calcium, 6% DV iron, 15% DV potassium.



If you know families raising relative children, please invite them to join us at 'All in the Family'. The next workshop will be at the Marshall County Resiliency Center on 4/20 at 9am. Everyone is welcome to attend.

Vicki Wynn

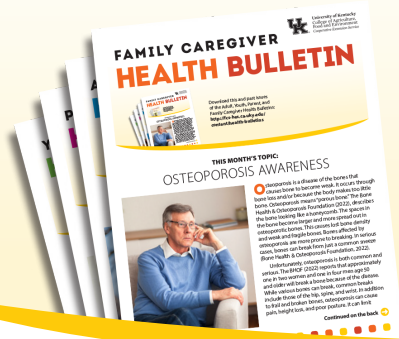
Vicki Wynn
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March/April 2023



FAMILY CAREGIVER

HEALTH BULLETIN



APRIL 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:

HAPPINESS FOR HEALTH AND WELL-BEING



Happiness can help you feel better and improve your health according to researchers at the Harvard Medical School. Their research demonstrates that positive emotions can help people live healthier and longer lives.

Many factors influence happiness including your genetic makeup, life circumstances, achievements, social connections, and relationships. But a lot of happiness comes down to personal control. For example, people tend to be happier when they set and meet goals, maintain meaningful relationships, find purpose, engage in challenging activities, and indulge in life's pleasures.

Continued on the next page



It is not possible to be happy and upbeat all the time, but there are ways to boost positive emotions and mental health.

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Even if you do not consider yourself particularly happy, research suggests that most people can increase their happiness. A study, printed in the June 2019 Psychological Bulletin, reported that something as simple as smiling makes people feel happy.

Happy people may live healthier and longer lives for a list of reasons:

- Happiness improves heart health.
- Happy people are more likely to engage in better exercise, sleep, and nutrition.
- Happy people are less likely to smoke and abuse alcohol and drugs.
- Happy people have stronger immune systems.
- Happiness combats stress.
- Happiness is associated with improvements in short- and long-term disease and disability.
- Happy people have better attitudes and outlooks.
- Happy people are more productive.
- Happy people are more likely to be successful.
- Happy people have a lower risk of depression.
- Happy people smile more.

It is not possible to be happy and upbeat all the time, but there are ways to boost positive emotions and mental health. Researchers at the University of Pennsylvania found that happiness and life satisfaction come from focusing on things that make you happy, being fully engaged in activities that trigger pleasurable emotions, and by deliberate intentions to do good.

Other ways to boost happiness, according to Harvard Health include:

- Look for meaningful social connections and emotional stimulation.
- Perform acts of kindness.
- Volunteer.
- Invest in experiences.
- Pick up hobbies and activities you enjoyed as a kid.
- Be grateful for big and little things.
- Take time to smell the roses.
- Add variety to your day or break up your routine.

Blue Zones True Happiness Test

Dan Buettner, author of the book *The Blue Zones*, has worked with experts in the field of positive psychology to help evaluate true happiness. Dan believes that tracking your happiness helps you stay focused on your well-being.

To take the Blue Zones True Happiness Test, go to: <https://apps.bluezones.com/en/happiness> or follow the QR code on the right.

You will receive personalized results and learn more ways to improve your environment to maximize happiness.



- Minimize your decision-making and choice burden (limit options, set time limits for making choices, don't second guess).
- Embrace nature.
- Be with happy people.

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FAMILY CAREGIVER HEALTH BULLETIN

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2023

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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.

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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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