

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY
COOPERATIVE EXTENSION
MARCH 2023
NEWSLETTER



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Franklin County
101 Lakeview Court
Frankfort, KY 40601-8750
(502) 695-9035
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Keep Your Food Safe During Emergencies: Power Outages

Source: fsis.usda.gov/food-safety/safe-food-handling-and-preparation/

Power Outages

Plan Ahead

- Keep an appliance thermometer in both the refrigerator and freezer. Make sure the refrigerator temperature is at 40 °F or below and the freezer is at 0°F or below.
- Group foods together in both the refrigerator and freezer. This helps foods stay cold longer.
- Keep the freezer full. Fill empty spaces with frozen plastic jugs of water, bags of ice, or gel packs.
- Freeze refrigerated items that you may not need immediately, such as leftovers, milk, and fresh meat and poultry. This will keep them at a safe temperature longer.
- Have a large, insulated cooler and frozen gel packs available. Perishable foods will stay safe in a refrigerator only 4 hours.
- Find out where dry ice and block ice can be purchased.

(Continued on pg. 2)

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(Continued from pg. 1, Keep Your Food Safe During Emergencies: Power Outages)

During a Power Outage

- Keep refrigerator and freezer doors closed.
- The refrigerator will keep food safe for up to 4 hours. If the power is off longer, you can transfer food to a cooler and fill with ice or frozen gel packs. Make sure there is enough ice to keep food in the cooler at 40° F or below. Add more ice to the cooler as it begins to melt.
- A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full).
- Obtain dry ice or block ice if your power is going to be out for a prolonged period. Fifty pounds of dry ice should hold an 18-cubic-foot freezer for 2 days. (Caution: Do not touch dry ice with bare hands or place it in direct contact with food.)
- In freezers, food in the front, in the door, or in small, thin packages will defrost faster than large, thick items or food in the back or bottom of the unit.
- During a snowstorm, do not place perishable food out in the snow. Outside temperatures can vary and food can be exposed to unsanitary conditions and animals. Instead, make ice. Fill buckets, empty milk containers, or cans with water and leave them outside to freeze. Use the homemade ice in your refrigerator, freezer, or coolers.

After a Power Outage

- **Never** taste food to determine its safety.
When In Doubt, Throw It Out!

Refrigerated Foods

Unsafe Foods

- Discard the following if your refrigerator has been without power for more than 4 hours:
 - raw, cooked, or leftover meat, poultry, fish, eggs, and egg substitutes;

- luncheon meat and hot dogs;
- casseroles, soups, stews, and pizza;
- mixed salads (i.e., chicken, tuna, macaroni, potato);
- gravy and stuffing;
- milk, cream, yogurt, sour cream, and soft cheeses;
- cut fruits and vegetables (fresh);
- cooked vegetables;
- fruit and vegetable juices (opened);
- creamy-based salad dressing;
- batters and doughs (i.e., pancake batter, cookie dough);
- custard, chiffon, or cheese pies;
- cream-filled pastries; and
- garlic stored in oil.
- Discard opened mayonnaise, tartar sauce, and horseradish if they were held above 50 °F for over 8 hours.
- Discard any foods like bread or salad greens that may have become contaminated by juices dripping from raw meat, poultry, or fish.
- In general, if any food has an unusual odor, color, or texture, **throw it out**.

Safe-to-Eat Foods

- High-acid foods such as mustard, ketchup, relishes, pickles, non-creamy salad dressings, jams, and jellies; however, they may spoil sooner.
- Foods that don't actually require refrigeration. These foods may be used unless they turn moldy or have an unusual odor;
 - whole fruits and vegetables (fresh);
 - fruit and vegetable juices (unopened);

(Continued from pg. 2, Keep Your Food Safe During Emergencies: Power Outages)

- dried fruits and coconut;
- baked goods such as fruit pies, bread, rolls, muffins, and cakes (except those with cream cheese frosting or cream fillings);
- hard and processed cheeses;
- butter and margarine;
- fresh herbs and spices;
- flour; and
- nuts.

Frozen Foods

Safe-to-Eat Foods

- Frozen foods that have thawed, but still contain ice crystals.
- Foods that have remained at refrigerator temperatures — 40 °F or below. They may be safely refrozen; however, their quality may suffer.
- Foods that don't actually need to be frozen. These foods may be used unless they turn moldy or have an unusual odor:
 - dried fruits and coconut;
 - baked goods including fruit pies, bread, rolls, muffins, and cakes (except for those with cream cheese frosting or cream fillings);
 - hard and processed cheeses;
 - butter and margarine;
 - fruit juices; and
 - nuts.
- **Never** taste food to determine its safety.


WHEN IN DOUBT, THROW IT OUT!


For additional information about food safety during an emergency, in English and Spanish, call:

USDA Meat and Poultry Hotline

1-888-MPHotline (1-888-674-6854)

Email: MPHotline@usda.gov

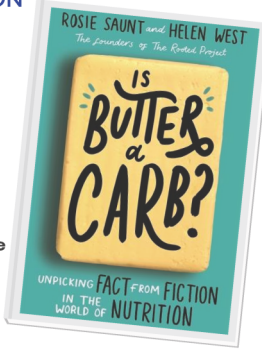




IS BUTTER A CARB?

UNPICKING FACT FROM FICTION
IN THE WORLD OF NUTRITION

Evidence-based, body positive and practical, *Is Butter a Carb?* is the modern must-have nutrition book for everybody interested in food, health, and pop science. **This isn't a diet book or quick-fix book.** Instead, the book is an engaging way to determine fact from fiction in the world of nutrition and **helps readers feel more confident as consumers.**




**BOOK CLUB WILL BE HELD
ON THURSDAYS**

MARCH 2, 9, 16, 23 AT 10AM (ET)


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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



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with prior notification.



Tax Aides Prepare 2022 Income Tax

WHEN: Tuesdays, Feb 7—April 11

WHERE: Paul Sawyer Public Library

HOW: BY APPOINTMENT ONLY

On January 23 or after, between 9 am and 6 pm: Call 502-783-7035 on Monday, Wednesday, or Thursday to schedule an appointment.

1. Leave your name and phone number; your call will be returned in the order tax aides receive it.
2. After tax aides have scheduled your appointment, and in advance of your appointment, you will pick up a packet at the library so you can complete the paperwork prior to your appointment.



From the Desk of Your FCS Agent

Carla A. Carter

As I look out my office window and feel the gentle breeze and warmer weather it's hard to believe that we just survived the hurricane, force winds that we sustained on this past Friday. If you lost power, remember to keep your refrigerator and freezer doors closed as much as possible. I have included a link to the [Food Safety in a Disaster or Emergency](#) from the USDA. **When in doubt, throw it out!**

As a reminder don't forget to "Spring Forward" this Saturday by setting your clocks one hour ahead.

I have placed the 2023-2024 Leader Lesson Ballots in each club's mailbox. Please turn one ballot per homemaker club or special interest group in no later than April 28, 2023.

If you haven't had an opportunity, please register for It's Sew Fine Sewing Expo. Registration ends on Monday, March 13th. Have a fruitful month!

SAVE THE DATE

March 7th, 5:30 PM - Craft Camp Committee Meeting

March 21st, 6 PM – Fort Harrod Area Spring Council Meeting, Lincoln County

March 22nd, 3:30 PM – Annual Meeting Committee Meeting

March 23rd – County Cultural Arts Contest – Drop off items on or before 10 AM

March 23rd, 10:00 AM Leader Lesson "Say Yes to Dessert" formerly known as Sweet Swaps

April 18th – Area Cultural Arts (**Reception in evening**)

April 28th, 10 AM – Leader Lesson "Living with Loss"

May 9-11th – KEHA State Meeting – Crowne Plaza, Louisville

From your FC Homemaker President, Denise Boebinger

I hope everyone has been busy crafting this year! Our county Cultural Art's Day is Thursday, March 23rd. Please have your items dropped off at the office on or before 10 a.m. Feel free to stay and sit in on the Lesson of the month "Say Yes to Dessert". Hopefully, we will have something yummy to try!

Please note the calendar for our next committee meetings. If you are interested in helping with the Cultural Arts, Annual Meeting or Craft Camp planning please join us!

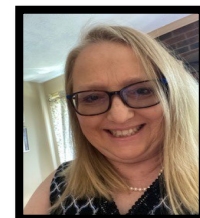
My term as President will be coming to an end in May. I am looking for some great homemakers to step up and run for County Officers. If you would like to volunteer, please let me know. Betsy Kennedy has agreed to stay on as Treasurer and Elizabeth Collins has graciously thrown her name in the hat for President. We need a new Secretary and Vice President.

Let's Take a Hike with KEHA! The KEHA State Meeting registration has been released! The dates are May 9-11th. It will be held at the Crown Plaza in Louisville this year. We have a couple of rooms reserved and I would love to fill them! There are great learning and craft sessions scheduled. I hope you will take the time to look over the registration and attend if possible.

Remember to invite someone to your meetings each month! Talk about our wonderful Homemaker program to everyone you meet. You might just find your next club member in an unusual place. Word of mouth is our best advertisement!

Blessings,

Denise





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>

Franklin County Cooperative Extension Office
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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

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

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**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

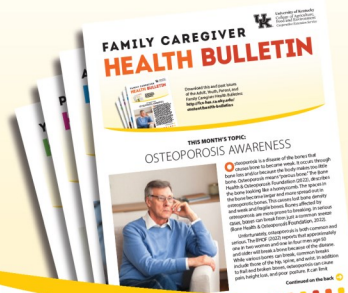
Stock images:

123RF.com





FAMILY CAREGIVER 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>

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THIS MONTH'S TOPIC:

988 SUICIDE & CRISIS LIFELINE



The 988 Suicide and Crisis Lifeline can save lives. This three-digit universal phone number launched in July 2022 to connect people in suicidal crisis or emotional distress directly to the Suicide & Crisis Lifeline. Anyone can use this number, including friends, family, and caregivers of the person in crisis. The national network of local crisis centers and mental health professionals provides free and confidential emotional support 24/7 365 days a year.



Suicide is a serious concern among all ages. The National Council on Aging (NCOA) recognizes the rising rates of suicide among older adults, especially older men. According to the NCOA, some older adults are vulnerable to depression and suicide intent based on circumstances related to aging that affect life quality. Examples include the grief and loss of meaningful relationships, loneliness, loss of independence, chronic pain and illness, isolation,

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world-wide pandemics, feeling like a burden, cognitive impairment, decrease in or loss of mobility and/or the sensory system, food insecurities, financial challenges, and worrying about health and safety. Alone or in accumulation, such struggles can become too much to bear, increasing an older adult's risk for depression and feelings of hopelessness. But depression is not a "normal" part of aging. Depression is treatable. Dr. Reed, from the Education Development Center, emphasizes that we need to stop assuming older adults are automatically sad, in pain, and lonely because of their circumstance. Instead, we need to watch behavior and listen to older adults so that mental health issues are recognized and acknowledged. Health-care professionals need to do a better job using screening instruments to recognize mental health struggles.

Signs and symptoms of suicide risk in older adults:

- Change in sleep habits
- Talking about a life without them
- Giving away belongings
- Unexplained sadness
- Neglecting self-care, including medical routines
- Self-isolation or avoiding activities
- Loss of interest in things they used to enjoy
- Eating and drinking less or not at all
- Lack of personal safety
- Sharing feelings of hopelessness and lack of self-worth
- Preoccupation with death

To help an older adult suffering from depression and/or suicidal thoughts:

- Understand that depression and suicidal thoughts are not a normal part of aging.
- Know the warning signs of suicide.
- Keep older adults connected. Plan daily or weekly visits or calls, and organize check-ins.
- Reinforce a person's sense of meaning and purpose by focusing on the positive, capitalizing on their wisdom, skill, or talent, and using words of encouragement.
- Create events or activities that provide anticipation or a reason to get out of bed.
- Talk to older adults about how they are feeling and doing.

- Make sure older adults are getting routine check-ups.
- Talk to health-care providers about your concerns and about options to screen and treat depression.
- Locate community organizations that offer counseling, support, and/or fellowship.
- Call 911 or go to the emergency room if you think an older adult is in immediate danger.

The 988 Suicide & Crisis Lifeline recommends the following steps if you know someone who is suicidal:

- 1. Ask questions . . . and listen.** Questions like "Are you thinking about suicide?" "How do you hurt?" and "How can I help?" will help you listen and acknowledge their feelings and assess your next steps. Help the person focus on their reasons for living. Do not impose your reasons for them to stay alive.
- 2. Be there.** Being present whether it is face-to-face or even by phone, provides a sense of connection. Be sure to follow through with anything that you promise.
- 3. Help keep them safe.** Keep the person in a secure and private place, free of any means of harm. Do not leave them alone until you can secure help. The 988 Suicide and Crisis Lifeline can be an important resource for next steps.
- 4. Help them connect.** Support systems, including 988, can be helpful in the present and in a future crisis.
- 5. Follow up.** Studies show that checking in with people — calls, texts, notes, messages, etc. — can mean the difference between life and death. This type of contact reinforces connection and ongoing support.

REFERENCES:

- National Council on Aging. (2021). Suicide and Older Adults: What You Should Know. Retrieved January 20, 2023, from <https://www.ncoa.org/article/suicide-and-older-adults-what-you-should-know>
- Rope, K., and Smith, M. (reviewer). WebMD. (2021). What to Know About Suicide Rates in Older Adults. Retrieved January 20, 2023, from <https://www.webmd.com/healthy-aging/features/suicide-rates-older-adults>
- 988 Suicide & Crisis Lifeline. For more information, go to: <https://988lifeline.org>

FAMILY CAREGIVER HEALTH BULLETIN

Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
123RF.com



UPCOMING



Leader Lesson: Say Yes to Dessert

March 23 at 10:00am

Taught by Wendy Hood

- Why America has an obesity epidemic
- The problem with the explanation “carbs make you fat”
- Why “eat less, exercise more” does not work for weight loss
- Are food companies out to get us?
- The culprit behind diabetes

We will be emphasizing why we should cut sugar out of our diet, and how to cut it out (hint: it is not to replace with artificial sweeteners). We will demonstrate how to make two healthy sweet treats that do not use sugar.



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LOGO CONTEST

Fort Harrod Area needs a logo design for KEHA State Meeting 2024! The theme is: "Blazing the way with KEHA"

ENTRY REQUIREMENTS:

- Must say "Blazing the way with KEHA"
- Must depict Old Fort Harrod in some manner.
- Can be color but must also look good in black and white.
- Open to everyone but must be a KY resident.
- Design cannot be larger than 8 1/2 x 11 inches.
- Electronic entries must be submitted in PDF format.
- Entries must be received or postmarked by March 14, 2023.

WINNER will receive half of the 2024 Early Bird State Meeting Registration Fee or \$75.00.

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March 2023

SUBMIT ENTRIES TO:

**MERCER COUNTY
EXTENSION OFFICE
1007 LEXINGTON ROAD
HARRDSBURG, KY, 40330
OR: TARA.DUTY@UKY.EDU**

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SAVE THE DATE COMMUNITY SEED SWAP



Saturday, March 25, from 11:00 AM - 3:00 PM

Paul Sawyer Public Library

319 Wapping Street | Frankfort, KY 40601

If you would like to help support the event by donating seed packets in advance, drop them off at the PSPL Check-Out Desk anytime during the month of February!



For more info, visit www.pspl.org/event/community-seed-swap, or contact Diane Dehoney at diane@pspl.org.

2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES*Categories and Subcategories***1. APPAREL**

- a. Accessory
- b. Appliqued
- c. Basic Sewing
- d. Quilted
- e. Specialty

2. ART, 3-Dimensional

- a. Carving b. Sculpture

3. ART, NATURAL

- a. Wood b. Other

4. ART, RECYCLED (Include a before picture)

- a. Clothing
- b. Household
- c. Other

5. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

6. BEADING

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

7. CERAMICS

- a. Hand-formed
- b. Molded
- c. Pre-made

8. COUNTED CROSS STITCH

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

9. CROCHET

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

10. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

11. DRAWING

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

12. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Miscellaneous

13. FELTING*

- a. Needle Method b. Wet Method

14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER)**18. NEEDLEPOINT**

- a. Cloth Canvas b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY

- a. Black & White (mounted & framed) b. Color (mounted & framed)

22. QUILTS**

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)
- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)

2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES

- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking****

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric b. Other

26. WEAVING

- a. Hand (macrame, caning) b. Loom

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been

knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

**Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

*** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

Criteria for Judging:

A. Three-dimensional art, decorative painting, drawing, art painting, and ceramics.

- 1) Originality
- 2) Artistic promise
- 3) Technique
- 4) Composition

B. Apparel, basketry, beading, counted cross stitch, crochet, embroidery, felting, holiday decorations, jewelry, knitting, natural art, needlepoint, pillows, quilts, recycled art, rug making, toy/doll making, wall or door hanging, weaving, and miscellaneous.

- 1) Originality
- 2) Workmanship
- 3) Color harmony
- 4) Beauty of design
- 5) General appearance.

C. Photography

- 1) Originality
- 2) Content
- 3) Clarity
- 4) Technical competence
- 5) Composition

D. Scrapbooking — Please indicate page(s) to be judged if entire scrapbook is sent.

Contest is limited to one-page and two-page layouts only.

- 1) Balance and symmetry
- 2) Color coordination
- 3) Quality of photography
- 4) Use of space
- 5) Neatness
- 6) Lettering
- 7) Journaling
- 8) Use of embellishment
- 9) Does it tell a story

CULTURAL ARTS EXHIBIT CULTURAL ARTS EXHIBIT RULES

All Extension Homemakers are encouraged to submit “original” items for competition in state exhibits.

Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years.

Champion (purple ribbon) entries from previous years in each category or subcategory are not eligible for entry in another KEHA cultural arts contest.

Areas may exhibit one item from each category and/or subcategory (maximum number is 94 for 2020-2021).

Identification of item should be on tag provided by state and attached to exhibit.

The exhibitor and/or their representative is responsible for transporting exhibits to and from the state meeting.

Should a KEHA member who is in good standing happen to pass away before a qualified entry can advance to the next level of judging (county to area, area to state), the deceased member’s entry will remain eligible, and the club/county will have the option to enter it at the next level.

Each exhibitor must provide their own materials to properly display their item. Tape and nails cannot be used on the walls. If items are best displayed vertically, please provide an easel or means of hanging exhibit from the wall. **All items used for display should be labeled with exhibitor name.**

Entries will be exhibited by category. Entries will be judged by subcategory when indicated. **Exhibitor is responsible for category/subcategory determination.**

Extreme care should be taken at the county and area level to place entries in the correct category. Entries entered in the wrong category will be moved to the correct category, if possible. Entries entered in the wrong category, where there is no correct category available or where there is already another entry, will be disqualified.

Blue ribbons are awarded for high quality work, the number depending on the quality of the entries. A championship purple ribbon is awarded to best of the blue ribbon entries in each category.

All exhibits must remain displayed throughout the duration of the Cultural Arts Exhibit. In the case of an emergency, items may be removed only on approval of the state Cultural Arts Chairman.

Neither the Kentucky Extension Homemakers Association nor the University of Kentucky will be responsible for any lost, misplaced or broken items. We do not anticipate any misfortune, but this disclaimer must be clearly understood by all exhibitors. Please label any easels, picture stands, hangers, or other display equipment.

The exhibits will be hosted at all times the exhibit is open. Additional security will be provided when necessary.

If categories are to be eliminated, there will be a one-year notice.

Handbook 43- June 2022



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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

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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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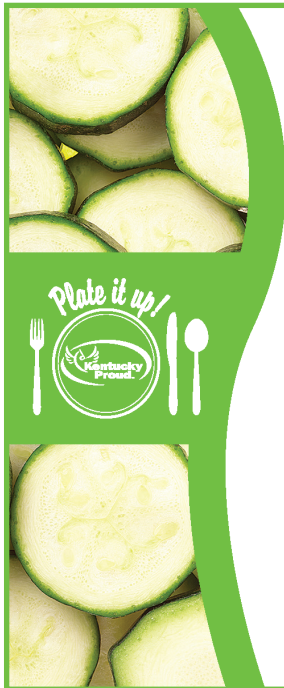
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Pepper Sauce Zoodles with Chicken

3 skinless, boneless chicken breast halves	2 ½ tablespoons olive oil, divided	½ teaspoon dried basil
1 ¼ teaspoons paprika, divided	1 medium onion, diced	½ teaspoon dried oregano
1 ¼ teaspoons salt, divided	1 red bell pepper, diced	½ teaspoon freshly ground black pepper
¼ teaspoon cayenne pepper	1 green bell pepper, diced	4 zucchini, cut into noodles with a spiralizer
	4 fresh Roma tomatoes, diced	
	3 garlic cloves, minced	



Dice chicken breasts and **season** with ¼ teaspoon paprika, ¼ teaspoon salt, and ¼ teaspoon cayenne pepper. In a large pan, **sauté** chicken in 1 tablespoon olive oil until chicken is no longer pink in the center and the juices run clear. **Remove** chicken to a bowl and **set** aside. In a medium saucepan, **add** ½ tablespoon olive oil, onions, and red and green peppers. **Cook** on medium-high heat until the peppers and onions are tender. **Add** tomatoes, garlic, basil, oregano, 1 teaspoon paprika, black pepper,

and 1 teaspoon salt. **Simmer** on low for 5 minutes, **stirring** often. **Add** 1 tablespoon olive oil to large pan. **Heat** to medium-high and **sauté** zucchini noodles 3 to 5 minutes. **Top** zucchini noodles with chicken breasts and pepper sauce.

Yield: 6 servings

Nutritional Analysis: 170 calories, 8 g fat, 1.5 g saturated fat, 45 mg cholesterol, 530 mg sodium, 11 g carbohydrate, 3 g fiber, 6 g sugars, 0 g added sugars, 16 g protein.

QUILTERS GUILD OF THE BLUEGRASS
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