

NEWSLETTER



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

ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

Robertson County Cooperative Extension
39 E Walnut Street
P.O. Box 283
Mt. Olivet, KY 41064

INSIDE THIS ISSUE

Important Dates

- March 1 Laugh & Learn
- March 2 Passport Kitchen
- March 7 Farm & Family Night @ MCTC
- March 9 Cooking through the Calendar
- March 9 Crafts & Crumbs @ RCPL
- March 13 4-H Sewing Club
- March 16 God's Pantry Food Drive
- March 17 Youth Cookie Decorating @ RCS
- March 18 Methodist Church Food Drive
- March 27 4-H Sewing Club



Start off the new year the MyPlate way

- Step 1: Reflect and act**
What are your eating goals? What stops you from eating healthy? Do you eat from all food groups?
- Step 2: Start simple**
Take it one day at a time. Focus on small changes you can make now. Slowly build on those to meet your long-term goals.
- Step 3: Plan to eat more meals at home when possible**
Look for ways to eat at home more often. Involve family members to help decide the weekly menu. Have theme nights such as Meatball Monday, Taco Tuesday, Slow Cooker Wednesday, Leftovers Thursday, and so on.
- Step 4: Make a plan for grocery shopping**
Shop wisely by using grocery store ads, store discount cards, online digital coupons, weekend and special sales. Fresh fruits and vegetables cost less when they are in-season.
- Step 5: Celebrate success**
Have a special meal or family outing to celebrate the family's success. Be sure everyone shares positive changes.



Source: Adapted from USDA, FNS Pub No. 924, December 2021



SEE YA

Around Town

Mount★ Olivet

BINGO-CIZE

Over 13 million adults 65 years of age and older will fall this year resulting in over \$50 billion in health care costs. The good news is effective health promotion programs can help reduce falls. The bad news, adherence and retention are typically less than 50% because older adults believe exercise programs are painful and not very much fun. To address this problem, Dr. Jason Crandall created Bingocize®, a socially engaging group-based program that combines exercise, health education, and the widely popular game of bingo.



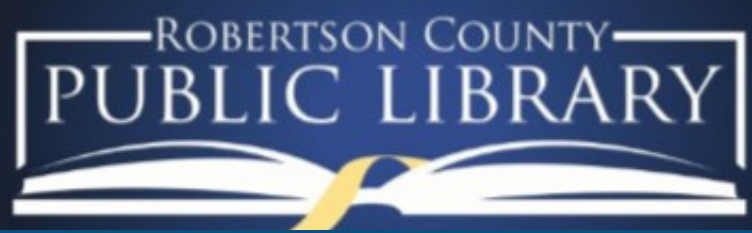
At Robertson County Health Care Facility, residents participate in Bingocize twice a week with Brintey Poe who is a trained facilitator. Group sizes vary from 6 to 15 participants each session. Friends and family can visit during Bingocize sessions and exercise and socialize together.





Robertson County Extension Office

College of Agriculture, Food and Environment



CRAFTS & CRUMBS

Crafting with Mary and special guest Shelley Slade.

Britney will demonstrate a Plate it Up! Kentucky Proud Recipe

March 9 Robertson County Public Library

Cooking at 5:00 p.m. and crafting at 6:00 p.m.

Call Library to Register

606-724-5746

*** Must have 10 registered, 25

Spots Available***

\$25.00



Eggroll in a Bowl

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



COOKING THROUGH THE CALENDAR

MARCH 9
11 A.M.



Robertson County
Senior Citizen's
Building

Each attendee will receive a free 12 month recipe calendar and will be able to taste-test each dish.

Participants must be 60 years of age to participate.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

FEBRUARY 2023

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

THIS MONTH'S TOPIC:

PUT COMPOUND INTEREST TO WORK FOR YOU

The current rising interest rates may mean higher costs for mortgages and other variable rate credit, such as credit cards. However, it also means higher interest paid on savings. Take advantage of compound interest and put those rates to work for you to earn more on your money.

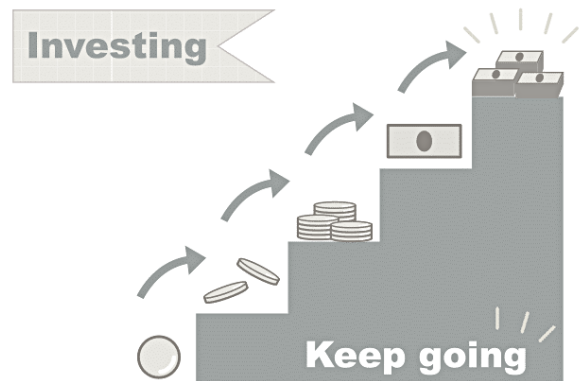
UNDERSTANDING COMPOUND INTEREST

When interest is compounded, you earn profit on the money you save, as well as on the interest you have already earned. The money you save is known as the principal. Compound interest offers an advantage over simple interest where you only earn profit on the principal and not any interest paid.

Compound interest helps your money to grow faster over time. The more frequently it is compounded, the greater the compound interest will be. For example, an account that compounds daily will build faster than an account that compounds monthly or annually.

PROS AND CONS OF INTEREST

Compounding interest can work for or against you, depending on the products you use. Compound interest on a savings account, especially a high-yield account, provides benefits. The larger the account or the higher the interest rate earned, the faster your money will grow. If you are able to withstand the risk, an investment account or retirement account may be able to offer this opportunity.



However, when used on a loan product or a credit card, compounding may cause your debt to build faster. Be aware of the terms of all accounts you have. If you have high-interest debt, work to pay that off as quickly as possible.

RISING INTEREST RATES

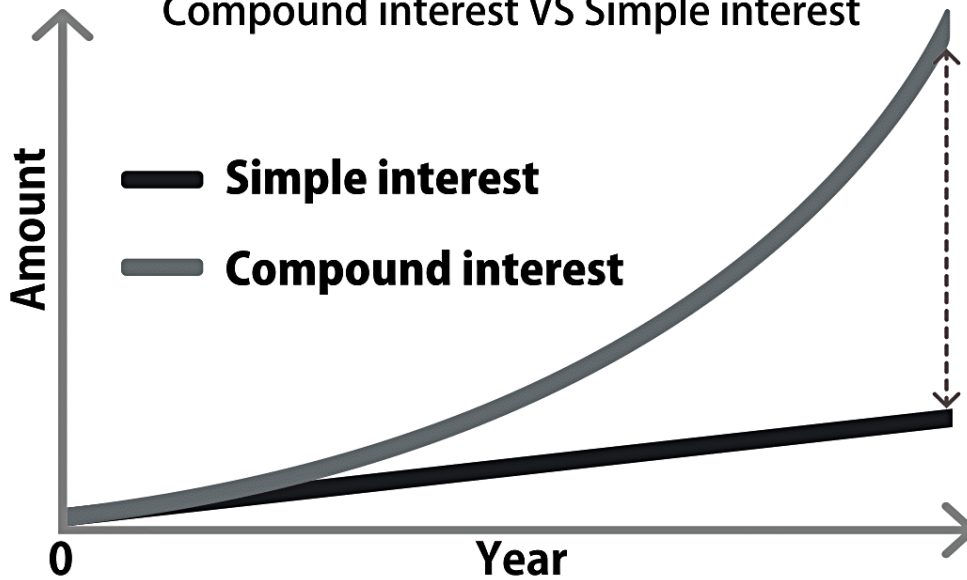
The Federal Reserve's Federal Open Market Committee has raised the federal funds rate seven times in 2022 to combat inflation. Currently it is between 4.25% and 4.5%, up from near zero in 2020 to combat the pandemic's effect on the economy. Average bank interest rates on savings accounts are still low in the U.S., at a national average annual percentage yield, or APY, of 0.30%. However, high-yield accounts may earn between 3% and 4% for those who qualify. Talk with a representative from your financial institution to see what products they offer with compounding interest.



**THE MORE OFTEN THE INTEREST COMPOUNDS,
THE FASTER IT WOULD GROW**

THE POWER OF COMPOUNDING

Compound interest VS Simple interest



COMPOUND INTEREST AT WORK

This chart shows how much money you would earn if you deposited \$500 in an account that earns 3% compounded annually. If no other deposits are made, the account owner would earn \$79.64 on the initial deposit after five years.

Years	Future Value (Compounded at 3% annually)
Initial Deposit (Year 0)	\$500.00*
Year 1	\$515.00
Year 2	\$530.45
Year 3	\$546.36
Year 4	\$562.75
Year 5	\$579.64

*Chart assumes no further deposits are made.

The more often the interest compounds, the faster it would grow. And if you add additional funds to the account, the interest would be compounded on the new principal as well.

Commit to saving today by taking the Kentucky Saves Pledge at www.kentuckysaves.org. The pledge is a personal commitment to save money, reduce debt, and build wealth over time. You simply type your name, choose a savings goal, and pledge how much you plan to save each month to reach your goal. There is no commitment, and you will receive free information on ways to save via email or text message.

REFERENCES:

Federal Open Market Committee meeting calendars, statements, and minutes (2022). Washington, DC. Board of Governors of the Federal Reserve System. <https://www.federalreserve.gov/monetarypolicy/fomccalendars.htm>

Personal savings rate (2022). Washington, DC: U.S. Bureau of Economic Analysis: <https://fred.stlouisfed.org/series/PSAVERT>

Written by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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

Fun & Creative
Activities for
Pre-school Age
Children

READ, LAUGH & LEARN KINDERGARTEN PREP

WEDNESDAY MARCH 1
3:30- 4:30

WEDNESDAY APRIL 5
2:00- 3:00



CALL
LIBRARY TO
REGISTER
606-754-5746

ACTIVITIES:

- Storytelling
- Painting
- Arts & Craft
- Fun Games
- Music & Dance
- Healthy Snacks



Robertson County Public Library

HEALTHY CHOICES FOR HEALTHY FAMILIES



WORKFORCE SOLUTIONS
CUSTOMIZED EMPLOYEE TRAINING



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This material was partially
funded by USDA's
Supplemental Nutrition
Assistance Program —
SNAP. This institution is an
equal opportunity provider.



This work is supported
by the Expanded Food
and Nutrition Education
Program from the USDA
National Institute of
Food and Agriculture.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Save The Date...
Farm & Family Night
Coming March 7th



Tickets After Feb. 3rd.
Questions.... Call 606.759.7141 ext. 66120

Maysville Community & Technical College Workforce Solutions
1755 US Hwy 68, Maysville, KY 41056
606.759.7141 ext. 66120

