



PURDUE UNIVERSITY

VANDERBURGH COUNTY

EXTENSION HOMEMAKERS

Scribbles

FEBRUARY 2018

NEWSLETTER

HHS EDUCATOR: MEAGAN BROTHERS
REPORTER: AMANDA REXING



Dates to Remember

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President's Pack

February 1 (Thurs.)

Exec. Mtg. 5:30pm, Council
7pm 4-H Center Banq. Hall

February 8 (Thur.)

RSVP & Payment Due for 2/22
Leisure Arts Lesson

February 14 (Wed.)

Valentine's Day

February 19 (Mon.)

Office Closed—President's
Day

February 22 (Thurs.)

Leisure Arts Lesson Freezer
Meals 6pm 4-H Center Aud.

March 1 (Thurs.)

Volunteer Community
Support forms due

Exec. Mtg. 5:30pm,
4-H Center Banq. Hall

RSVP & Payment due for
3/15 Leisure Arts Lesson

March 11 (Sun.)

Time Changes—Leap Forward

March 14 (Wed.)

Spring District Meeting
Warrick County

March 15 (Thurs.)

Leisure Arts Lesson Cast Iron
Skillet Cooking 6pm
4-H Center Banq. Hall Kitchen

March 17 (Sat.)

St Patrick's Day

March 20 (Tues.)

Spring Begins

March 30 (Fri.)

Good
Friday



From the Desk of Meagan Brothers

I am writing this note to you as I prepare to go on maternity leave. I have been sorting through some things in the office, thinking ahead to programming when I return, and even reflecting back on the last eight months. Yes, I have been in Vanderburgh County for eight months—I can't believe it, either! Part of me feels like I haven't been here that long, but another part feels like I've been here forever. Much of that is

due to your incredible welcoming of me as your HHS Educator. It has truly been an honor to meet and work with most of you in some capacity. Your support means so much to me. Between helping me to survive Fair and the Craft Show, and the outpouring of love you have shown for my new bundle of joy, it is quite overwhelming.

I look forward to all the fun we'll have in the future and the amazing things we'll be able to accomplish for this awesome county!

I plan to return to work in mid-March. Until then, you all know there is an excellent team of people who work in the office who can help with any needs you may have.

- Meagan

What's Happening

Thought of the

Month...

*When you love
what you have,
you have
everything you
need.*



Wow another year has come and gone! As many of you may have heard my husband had exciting news to tell our family and friends this year.... Baby Rexing arrives late June! With that said I have been trying to organize and make sure we have things in order for when the baby comes. So I thought I would share some of these tips and tricks I have been looking into.

One thing I have been putting together is our Emergency Binder, that way all of our important documents would be in one place and ready to grab should an unexpected emergency happen or disaster hit the area. We have seen the rain and snow storms, hurricanes, tornadoes, ice, fires and so many more unexpected situations in the news. Some people only had fifteen minutes to evacuate their properties. What do I grab, what is important, what is irreplaceable? I cannot imagine the stress level in some of those neighborhoods when they were given minutes to leave their home. So after doing some research here is what we have included in our Emergency Binder:

Emergency Contact Information

Bank & Investment Account #'s

Birth Certificates, Marriage Certificates, and Graduation Documents

Copies of driver's licenses, Original Passports, Concealed Weapons Permits, and Social Security Cards

Medical & Dental Information, Insurance Information, and copies of Insurance Cards

Titles to cars

Homeowners Insurance Info

Will/family trusts

All other account information

Another thing I have done is created a binder for all of our manuals, warranties/ receipts. All of these had just been thrown in a drawer and taking up to much space. The binder is broken

down by category. Here are what my categories include:

Electronics

Appliances

Furniture

Home Décor

Outdoor Items

Vehicles

I love to be organized and make life easier on myself. Having these items organized and in one place will hopefully be helpful especially once the baby comes! My next thing to tackle is a system for our coupons and gift cards. Hopefully you have found some helpfulness in this article or maybe it inspired you to do a little organizing.

Amanda Rexing, Reporter

We Welcome

Little Miss

Corinne Elizabeth

Born 1/15/2018



This and That

READING FOOD LABELS

1. Start with the serving information at the top of the label.

This will tell you the size of a single serving and the total number of servings per container (or package). Be sure to check serving sizes. Many times, if you eat or drink the entire product, you're getting more than one serving.

2. Next, check total calories per serving.

Pay attention to the calories per serving and how many servings you're really taking in if you eat the whole package.

3. Limit these nutrients.

The American Heart Association says it's a good idea to keep these numbers in mind: Based on a 2,000 calorie diet, no more than 11-13 grams of saturated fat, as little trans fat as possible, and no more than 1,500 mg of sodium.

4. Get enough of these nutrients.

Make sure you get enough of these beneficial nutrients such as dietary fiber, protein, calcium, iron, vitamins and other nutrients you need every day.

5. Look at the % Daily Value.

The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount. These percentages are based on a 2,000-calorie per day goal.

Nutrition Facts	
8 servings per container	
Serving size 1/8 recipe (190g)	
Amount per serving	
Calories 360	
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 460mg	20%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 2g Added Sugars	4%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 3mg	15%
Potassium 401mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Black Bean Soup with Sausage & Kale

INGREDIENTS:

6 ounces fresh kale

1 package (12 to 14 oz.) reduced-fat, fully-cooked, smoked turkey sausage or reduced-fat, fully-cooked, smoked sausage made with turkey, pork and beef

1 tablespoon vegetable oil

1/2 cup chopped onion

2 cans (15 oz. each) black beans or white beans, rinsed and drained

3 cups reduced-sodium chicken broth or reduced-sodium beef broth

1 can (14.5 oz.) diced tomatoes with basil, garlic and oregano

DIRECTIONS:

Rinse kale under cold running water. Cut away and discard tough center stems. Pat leaves dry with paper towels. Coarsely chop leaves into 1/2- to 1-inch pieces (should have about 4 cups). Set aside.

Lengthwise cut sausage in half. Cut each half into 1/2-inch-thick slices. Set aside.

In Dutch oven or large pot, heat oil over medium-high heat. Add onion. Cook, stirring occasionally, for 3 to 5 minutes or until tender.

Stir beans, broth, and undrained tomatoes into onion mixture. Bring to boiling. Stir in sausage pieces. Return to boiling. Stir in kale.

Gently boil, uncovered, for 3 to 5 minutes or until kale is tender. Ladle into serving bowls.

Shared from:

<http://www.eatgathergo.org>



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Spring District Meeting

Spring District Meeting March 14th

Location: Warrick County

Warrick County Homemakers would like to invite you to the spring district meeting - Stars Among Us- on March 14, 2018 at the Alcoa Building at the Warrick County Fair Grounds in Boonville.

Registration will start at 8:30 cst and the meeting will begin at 9:00.

We'll have light breakfast with rolls, donuts, coffee cakes, fruit and drinks. Meal will be served by the Cha-teau of Mariah Hill. They will be serving pork chops, potatoes, green beans/ corn, salad, and dessert.

Cost of the meal will be \$11.00. Reservations need to be turned in by March 4. Please send reservations to our HE county treasurer Cindy Kiegel.

This is a good time to meet your State Officers and spend time in getting to know more of your southern Indiana Homemakers.

Cindy Kiegel
1455 Bell Rd.
Chandler, IN 47610
812-459-3214

Warrick County Fair Grounds
133 Degonia RD
Boonville, IN 47601

Submitted by Bev Turnock

Presidents Packet:

- Achievement Program Sign Up Sheet
- Consumer & Family Science Scholarship
- Volunteer Community Support Grant application
- Self Improvement, Volunteer Enhancement &/or Career Advancement Grants application
- First Timer Award Application