

**ADAIR COUNTY EXTENSION HOMEMAKERS**

# March 2025



## Confetti Chicken Quesadillas

- 1 small green bell pepper, seeded and diced
- 1 small red bell pepper, seeded and diced
- 1 tablespoon hot pepper, minced (optional)
- 1 pound skinless, boneless chicken breast, diced
- 1 (1 ounce) packet fajita seasoning mix
- 1 tablespoon olive oil
- 10 (10 inch) whole-wheat tortillas
- 1 (8 ounce) package reduced fat cheddar cheese, shredded

**Preheat** the broiler and prepare baking sheet with non-stick spray. **Toss** the diced chicken with the fajita seasoning and place on the baking sheet. **Spread** chopped peppers on baking sheet. **Place** under the broiler and broil until the chicken pieces are thoroughly cooked and no longer pink in the center, about 10 minutes. **Brush** skillet with oil and heat to medium. **Place** one tortilla in skillet. **Layer** half of tortilla with approximately one-third cup chicken

and pepper mixture. **Sprinkle** with 3 tablespoons cheddar cheese. **Fold** over and flip tortilla to crisp other side. Repeat until all quesadillas have been prepared. **Cut** each quesadilla into wedges and serve with salsa, if desired.

**Yield:** 10 servings

**Nutritional Analysis:** 270 calories, 10 g fat, 3 g saturated fat, 40 mg cholesterol, 880 mg sodium, 2 g sugar, 23 g carbohydrate, 2 g fiber, 19 g protein

Hello Homemakers! March is bringing plenty of opportunities to connect, give back, and take care of yourself. Here's what's happening this month.

One of the biggest upcoming events is the Lake Cumberland Area Extension Homemakers Annual Meeting on May 15, 2025, at the Clinton County Fairgrounds. It's a great chance to gather with fellow Homemakers, learn, and celebrate our work together. Don't forget to submit your \$15 registration fee by May 1st!

We've got some wonderful community projects underway. The Quilt Drive is collecting extra-large twin quilts for Camp Courageous Kids, a summer camp for children with special needs. Whether you make, buy, or donate a quilt, you can drop it off at the Extension Office by May 1st. Also, the Blessing Box Donation Collection has been extended through early March—this is your chance to help stock local blessing boxes with non-perishable food and toiletries. Volunteers will sort and distribute donations to make sure they reach those in need.

On March 18th at Noon CST, we're hosting an Indoor Air Quality Program led by Katelyn Squires from Green County FCS. Learn simple ways to improve the air inside your home and keep your family breathing easier.



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

### Calendar of Events

- Dylan is out of the office - Mar. 3 - 7
- Town and Country Club - Mar. 3
- Joyful Hearts Quilt Guild - Mar. 10
- Sano Stars - Mar. 11
- Area Cultural Arts- Mar. 11
- Green River Club - Mar. 12
- Bliss & Happy Club - Mar. 13th
- Indoor Air Quality - Mar. 18th

See you soon!  
*Dylan Gentry*  
 Dylan Gentry  
 County Extension Agent  
 for Family & Consumer Sciences



Adair County Cooperative Extension Service



Adairces



adair.ca.uky.edu



Disabilities accommodated with prior notification.

# Blessing Box Donation Collections

## THE MONTH OF FEBRUARY



**When?** Extended through early March

**Item drop-off location?** Extension Office

**Who?** Open to everyone

**Description:** During the month of February and early March, the Adair County Homemakers will lead a community initiative to collect non-perishable food items and small toiletries to help stock and replenish local blessing boxes. This effort aims to support individuals and families in need by ensuring these boxes remain a reliable resource for essential supplies. A detailed list of local blessing box locations will be compiled and shared to guide stocking efforts effectively. In March, volunteers will play a crucial role in delivering the collected items to the blessing boxes, ensuring they are well-stocked and accessible to those who rely on them. Community members are encouraged to contribute to this meaningful project, either by donating items or assisting with distribution efforts. Donations can be dropped off at the extension office during working hours. We ask that no glass items are donated.

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Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

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# Indoor Air Quality

## MARCH 18TH

**When?** Tuesday, March 18th at Noon CST

**Where?** Extension Office

**Who?** Open to everyone

**Cost?** FREE

**Teacher:** Katelyn Squires, Green County FCS

**Description:** Breathe easier with our indoor air quality Program! Did you know that the air inside your home can be more polluted than the air outside? Our Indoor Air Quality Program is designed to help you and your family create a healthier living environment by reducing indoor pollutants, improving ventilation, and understanding common air quality hazards.



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*Get in Tune with  
Homemakers*



**Lake Cumberland Area  
Extension Homemakers  
Annual Meeting**

**May 15, 2025**

**Clinton County  
Fairgrounds**

**Registration 4:30 pm CST**

**Program 5:00 pm CST**

**\$15 Registration**

**\*Due to your Extension Office May 1st**



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2025

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## THIS MONTH'S TOPIC:

### STRETCHING YOUR DOLLAR: WHAT TO DO WHEN THE "ENDS" DON'T MEET

"Making ends meet" is getting harder in today's economy. If you've ever wondered how to make your dollars and resources go farther, think about these tips for managing your money in tough financial times.

#### SPENDING WISELY

There are two basic ways to balance a budget: either **increase your income** or **reduce your expenses**. Scaling back on spending may be the quicker and easier of the two strategies. Start by taking a look at your spending habits to see where your money goes each pay period. List small purchases (like fast food, hobbies, and other "wants") and large expenses (like housing, insurance, and your family's "needs").

Next, use a highlighter to mark more **flexible** categories where you can cut back (or cut out altogether). While not always pleasant, looking for small ways to save in the present allows you to redirect that money where it matters most. This increases your family's future financial stability. Cancel "wants" until you can make ends meet again, like streaming services or monthly subscriptions. Or, cut back on things like eating out or buying name brands. For example, saving



\$10 a week is \$520 a year; saving \$20 weekly is \$1040 annually; saving \$50 a week is \$2,600 a year; and so forth. Small savings really do add up.

#### PRIORITIZING YOUR FINANCES

Household expenses fall along a continuum of fixed and variable costs. **Fixed costs** are the same amount each month. These may include bills such as mortgage or car payments, insurance premiums, cell phone plans, internet, and streaming services. You can budget fixed expenses more precisely because you know the exact amount that will be due and when.

**Variable costs**, on the other hand, include charges that are different each month. Food costs, utility bills, revolving credit card



## **NOTE EACH MONTHLY “PAY DAY” (OR ANY DATE YOU EXPECT MONEY TO COME INTO YOUR ACCOUNT)**



payments, and “extras” are all variable costs. Some of these expenses may be necessary (e.g., food and electricity are essential), but often there are ways to cut costs in each category.

To begin prioritizing your finances, use a blank calendar and note every recurring monthly payment your family has (fixed or variable) on its due date. Also keep a running list of family expenses that are due quarterly or annually, like property taxes or insurance.

Next, note each monthly “pay day” (or any date you expect money to come into your account rather than go out of it). Do you have enough income to cover the required payments in between pay periods? If not, talk with the collector about the due date. Most companies offer flexibility in choosing a payment date that works for your financial situation. Be sure to pay bills on time to avoid late fees and additional finance charges or interest.

### **SAVING WHEN EXPENSES ARE TIGHT**

To save on groceries, gas, utilities, clothing, and other household essentials, begin by

shopping your home. For example, don’t go grocery shopping until you’ve shopped your pantry, fridge, and freezer. Eat or repurpose leftovers, get creative with the ingredients you have on hand, and use food before it expires. When we toss food in the trash, we’re trashing our cash too.

The same goes for clothing or other household goods. Look for items to sell, trade, refresh, or repurpose before going shopping. To save money on gas, group your errands and limit your shopping trips to one day a week or certain days a month. You can also carpool or use public transportation. For utilities, use energy-saving practices to lower your costs (like wearing layers and monitoring the thermostat).

### **LOOK TO THE PAST**

As you explore ways to save, consider the penny-pinching practices of past generations. They used what they had and weren’t wasteful. They borrowed from friends and neighbors. They sold and traded goods. They repurposed furniture, fabric, and clothing. They lived within their means and considered “a penny saved is a penny earned.”

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*Official Business Only*

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# Quilt Drive Going on Now

**When?** Now until May 1st

**Where?** Extension Office

**Who?** Open to everyone

**What size Quilt?** Extra large twin

**Description:** The Adair County Homemakers are collecting extra large twin size quilts to benefit the Camp for Courageous Kids, a summer camp for kids with special needs. They are in need of the quilts for the campers who will use them in their dormitories during the camping session. Quilts can be handmade, machine made, or purchased. Donations can be dropped off at the extension office during office hours.

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# Gentle Yoga

**When?** Most Wednesdays in the evening starting, March 5th

**Where?** Extension Office

**Who?** Open to everyone

**Cost?** FREE

**Teacher:** **Betty Knifley and Cherri Olson**

**RSVP REQUIRED, Call (270) 384-2317**

**Description:** Join us for a gentle yoga class focused on stretching, flexibility, core strength, and balance. Perfect for those looking to improve wellness as we age! Classes begin Wednesday, March 5, from 2:30-4:00 PM. Wear comfortable, stretchy clothing and bring a large towel and a strap (e.g., an old necktie or fabric belt). Class size is limited to 6-8 participants, so register early by calling the Extension Office. — no prior yoga experience necessary!

