

EDGAR COUNTY HOME & COMMUNITY EDUCATION ASSOCIATION January/February 2024

Meetings

<u>Date</u>	<u>Time</u>	<u>Unit</u>	<u>Hostess</u>
January 9	1:30 p.m.	Bell Ridge	Peggy Cline
January 25	7 p.m.	Chrisman Nite	Mary Forsythe & Harriett Graves
Chrisman Christian Church		Unit Leader – Vickie Hollingsworth	
January	TBA	Redmon Night	
January	TBA	Stratton	
February 13	1:30 p.m.	Bell Ridge	Alicia Hollis
February 22	6 p.m.	Chrisman Nite	Nancy Harper & Vickie Hollingsworth
Chrisman Christian Church – potluck meal (meat provided)		Unit leader – Nancy Harper	
February	TBA	Redmon Night	
February	TBA	Stratton	

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Questions about items in this newsletter? Don't hesitate to contact the Extension Office at 217-465-8585 or Rebecca at schiver@illinois.edu

Private and Commercial Pesticide Applicator Testing

Wednesday, March 6 9 a.m. **AND** 1 p.m. Edgar County Extension Office 217-465-8585

Friday, March 8 9 a.m. **AND** 1 p.m. Clark County Extension Office 217-826-5422

These events are for testing only. No cellphones allowed. Please bring a calculator. Please note that pre-registration is REQUIRED. Please call 217-465-8585 (Paris) to register or register online at extension.illinois.edu/psep/training-and-testing



From your HCE Co-Presidents
HAPPY NEW YEAR! WELCOME 2024!
DIAMONDS ARE FOREVER AND SO IS HCE!!!

IAHCE (Illinois Association for Home and Community Education) will be celebrating 100 years at the **MARCH 2024 CONFERENCE**. The Edgar County units started in 1937! A lot of education and volunteer hours have been done over those years. A lot of memories, too! We need new members to pass the torch along so keep looking and bring them to meetings. Our survival is in your hands. We are looking forward to the coming year and getting to see you all. Thanks to Carole Halloran for putting up the Christmas sign in the park. Hope you all got to see and enjoy it. We are working on our year end reports for IAHCE. Celebrating Edgar and Clark counties on November 16 was great fun! For those who didn't come, you missed a great time! We got to meet new people and had a good time doing it! We found out we weren't up to date on facts about Thanksgiving! Can't wait for a future event. Our annual meeting will be coming up in April so watch for news of it. May you have a blessed New Year 2024!

Co-Presidents: Pat Brazelton & Kate Morecraft

100th IAHCE Annual Conference – Road to 100

Tuesday, March 12 – Thursday, March 14, 2024 Registration deadline is January 31, 2024

Keller Convention Center, Effingham, IL

Find all of the conference information at:

iahce.org/Newsletters/2023%20December%202024%20Conf%20Insert.pdf



Winter is on the way.....

Please remember that bad weather is right around the corner, and it could cancel some HCE and Extension events. When in doubt, before leaving your house, please call the Extension Office at 217-465-8585 to see if programs have been cancelled or rescheduled! You can also check the University of Illinois Extension – *Clark, Crawford, Edgar Counties* Facebook page for up-to-date information.

Edgar County H.C.E. Board Members

Co-President – Pat Brazelton, 217-822-6183
Co-President – Kate Morecraft, 217-822-4956
First Vice – Paula Coombes, 217-822-4058
Second Vice – Becky Step, 217-264-6855
Secretary/CVH – Cindy Bruce, 217-948-1021
Treasurer – Carole Halloran, 217-251-2384
International /Public Relations – Trudy Arrasmith

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silly1kate@me.com
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rstep1954@gmail.com
cndlu347@gmail.com
jchalloran.itj@gmail.com
tarrasm57@gmail.com
217-822-7262
217-822-2419
hillcrest30@frontier.com

Cultural Enrichment/Community Issues – Dona Hoult, 217-822-2419

If you have something to place in the newsletter to share with the membership, please send it to Rebecca at the Extension Office, schiver@illinois.edu, or mail to Illinois Extension, 210 W. Washington St., Paris.

Please include your unit news and meeting dates, times, and hostesses. We also want to know about your unit’s activities and successes. Pictures are welcome. The due date is the 20th of the month before publication. The newsletter is printed bi-monthly. Thank you for helping Edgar County HCE.



All memberships of \$12 should be sent to Carole Halloran, 13556 N. 800th St., Paris, IL 61944. Thank you for your help in keeping the membership and officers list correct. (For memberships running from January until May 1, only \$6 should be collected.)

MARK YOUR CALENDAR FOR THIS MAJOR LESSON TRAINING:

Grocery Shopping on a Budget Thursday, January 4, 2024 1:30 p.m.

Extension Office Mary Liz Wright, Nutrition and Wellness Educator, will share ideas and tips for saving money on groceries. Bring a friend. If you are unable to make this time for the training, you can attend the same training at the Paris Public Library on January 4 at 6 p.m. or January 5 at 2:30 p.m.. This is training for the February major lesson.

FRIENDSHIP PROJECT FUND

Bell Ridge	\$25.25	Chrisman Nite	\$30.23	Redmon Night	\$20
Stratton	\$20	Events	\$35.48	Sustaining	\$20

Total collected: \$150.96

A BIG thanks to all units for making sure I have your pennies for the Friendship Project Fund. I was able to send into IAHCE in time to get in the state conference booklet.

Greatly Appreciated.

ATTENTION UNIT TREASURERS: Unit dues are due to the county treasurer by May 1.

HCE SCHOLARSHIP

Don't forget that Edgar County HCE provides a \$500 scholarship to any student beginning their second year of an associate degree or their third year of a bachelor's degree in a program related to Family and Consumer Sciences. Applications are available at the Illinois Extension Office in Paris or by emailing schiver@illinois.edu. Applications must be postmarked no later than April 1, 2023. If you know of an eligible candidate, please encourage them to apply.

Edgar County HCE Board Meeting – November 7, 2023

The ECHCE Board met on November 7, 2023 at Pat Brazelton's home.

Kate Morecraft led the Pledge of Allegiance and the Homemaker's Aim.

Cindy Bruce read the roll call. All members but Dona Hoult were present. Cindy also read the October minutes. The date for the Clark County meeting was changed. Minutes are on file.

Carole Halloran reported that as of October 31, 2023, we had \$2785.14 in the regular account and \$4125.98 in the premier account.

International night on Egypt was great. The speaker and food were good.

Women Walk the World was a good night. We had snacks and games after the walk.

Four board members, Carole Halloran, Pat Brazelton, Dona Hoult, and Cindy Bruce attended the Mini-District meeting in Decatur on November 1. We all went to different meetings to learn of any new things going on in the district. In my group, we talked about meeting with Clark County. They talked but no great deals on getting new members. Craft items to make were discussed.

Becky Step read the letter from the IL HCE State Board regarding member of the year. Joan Mattingly was not selected but the letter stated she was a good candidate.

A Clark and Edgar County HCE fun day is planned for November 16. They will meet at Betty Jane's Kitchen in Paris for lunch and then travel to Larkfield Glass.

March 12-14, 2024 is Annual Conference in Effingham. It is HCE's 100th year!! We are to wear diamonds. The conference will start one hour early!!

Our Christmas sign is up at the park.

Project ideas include cabin fever, sack lunch but switch it and not eat your own. Any other ideas??

Please prepare end of year reports!!

Send your volunteer hours to Cindy Bruce, PO Box 75, Kansas, IL 61933 by January 3, 2024. She has to turn them in to the state by the end of January.

If any unit has community project ideas or are doing them, please let the board know or put the information in the newsletter.

The next board meeting will be held December 5 at 11:30 a.m. at Monical's Restaurant.

Secretary

Cindy Bruce

Edgar County HCE Board Meeting – December 5, 2023

The ECHCE Board met December 5, 2023 at Monical's Restaurant for lunch and then the board meeting.

Kate Morecraft led the Pledge of Allegiance and the Homemaker's Aim.

Roll call was completed by Cindy Bruce with Trudy Arrasmith absent.

She also read and added last names to the minutes.

Carole Halloran reported the November 30, 2023 regular account balance was \$7397.14 and the premier account balance was \$4126.01.

Clark and Edgar counties had a fun day together in November. They had lunch at Betty Jane's Kitchen then went to Larkfield Glass. A good time was had by all. Nancy Wilson called from Clark

County to thank us for the good time. We might see if Clark County would like to do something again. Possibly a lunch and craft.

We have been thinking of going to Penn Station in Arthur for their entertainment. We might call to see if Moultrie/Douglas HCE would like to go with us.

In 2024...ideas for us to do...a cabin fever, a craft thing, or whatever. Carole is to contact Blake Gough about being a speaker in the spring on schemes or robberies in homes.

We have 59 members in Edgar Count as of the end of December, 2023.

Please put any ideas your unit has or would like us to have in the newsletter or contact a board member.

Articles are due to the state HCE newsletter by April 1, July 1, and November 1.

The next board meeting will be Tuesday, January 2, 2024 at Pat Brazelton's

Attention Snowbirds!

If any HCE member is going south for the winter or going out of town for an extended time, please let us know. We would like to have your new address in which to mail your HCE newsletter or we would be glad to hold your newsletters until you return. The post office does not forward the newsletters. Instead, they are returned to us at a cost of \$0.66 each. Thank you for helping us keep costs down.

Working Sweets into your Diabetic Meal Plan

January, 2024 Minor Lesson

Source: diabetes.extension.illinois.edu

Working sweets into your meal plan may at first seem difficult if you use carbohydrate counting because of the large amount of carbohydrates that sweet foods contain. For instance, if your doctor advises you to eat about 90 grams of carbohydrate at each meal, you would not want to replace half of those 90 with three servings of nutrient-dense foods that contain carbohydrate like whole wheat bread, milk, or fruit with a piece of cake that contains 45 grams of total carbohydrate.



Consistently “using” your daily recommended carbohydrate on sweets instead of nutrient-dense food may not affect your blood glucose levels, but it may cause nutrient deficiencies. Fortunately, there is a way to have your nutrient-dense foods and eat your cake, too.

If you are not using carbohydrate counting, but use a different meal plan, remember that sweets are not “everyday foods.” Choose sweets only on special occasions.

Second, lower the calories in your cake, or other dessert as much as possible by making or buying products sweetened with artificial sweeteners. This way you can eat sweets that do not have as many carbohydrates or as many calories as those products made with sugar.

Third, eat a smaller serving size. By eating a small piece of cake with only 15 grams of carbohydrate per serving (instead of 45 grams of carbohydrate per serving) you will still have 30 grams of your meal carbohydrate allowance left to “spend” on nutrient dense foods.

Visit Fiesta of Flavors (web.extension.illinois.edu/fiesta) for lower calorie dessert recipes.

Grocery Store Basics

February, 2024 Minor Lesson

Source – Eat-Move-Save.

eat-move-save.extension.illinois.edu/tour/grocery-store-tour/grocery-store-basics

Grocery Store Tactics

Food companies use marketing tactics to get shoppers to buy their products. These tactics are used to market healthier foods, such as dairy, whole grains, and legumes, but it can also be used to market foods that are not as nutritious. Some of these tactics are obvious, like using attractive photos and designs on their products. Others are sneakier, like placing their products in specific spots in the store or using certain buzzwords to make the product seem healthier.

Look beyond eye-level. When you are looking for an item at the grocery store, be sure to look up and down to see what is on the higher and lower shelves. In some cases, lower cost or generic brand items may be on the lower shelves. In other cases, food items that may appeal to children (often colorful boxes with cartoon characters) can be on the lower shelves where they are easily seen by kids.

Watch out for the smell of fresh baked goods. Grocery stores use psychology to help sell more items. One of the popular tricks is to bake chocolate chip cookies and fresh bread to get shoppers hungry.

Avoid checkout aisle temptations. Grocery store checkout aisles are often full of candy, sugar-sweetened beverages, and salty snacks. This is meant to attract shoppers for a last-minute impulse buy.

End caps and special displays are not always showing the best deals. Grocery stores use end cap displays, or the small shelving units at the end of an aisle, to highlight certain items. Sometimes stores will display the price of end-cap items with larger price tags. This can confuse the shopper and make the item seem like it is on sale, when the number displayed is really its normal cost.

Think before you spend to save. Sometimes items on sale may be close to their expiration dates. If that is the case, then plan to use the item in the next few days. “Buy One, Get One” offers are common at the grocery store. Before you buy, think of whether you need the item, and if you could use the item before it goes bad. Also consider whether this item can be frozen. Other popular offers include bulk deals, such as getting 10 items for \$10. With these, be sure to read the fine print on the price tag carefully. In some cases, this offer is really one item for \$1 and you do not necessarily need to buy 10 items to take advantage of the deal.

Beware of buzzwords. Food packaging sometimes uses special buzzwords like “healthy” and “natural”. These words are not regulated and do not necessarily mean that they are good choices. Luckily, the Nutrition Facts label can help you make the best choices for you and your family.

Tips for Outsmarting Grocery Store Tactics

- Make sure to eat a snack before grocery shopping to prevent impulse buys.
- If you’re working with a tight budget, make sure you stick to your grocery list. For tips on writing a grocery list visit this website: <https://eat-move-save.extension.illinois.edu/save/make-plan>.
- Studies show that the less time you spend in the store, the less money you spend. To help you save a little money, focus on your list, and don’t let yourself stray.

Coupons, Apps and Loyalty Programs

Coupons, store loyalty programs and store apps are all great ways to save money at the grocery store. Before you head to the store, you can check the store’s website to see if they offer any digital coupons, apps with shopping incentives or store loyalty programs that you can sign up for in advance. You can find coupons in newspaper inserts, in your mail, on your receipts, or even online. Loyalty programs and apps can help you plan your meals by showing you the best deals on grocery items that week.

Coupons, Apps and Loyalty Programs: Know Before You Go

- Double check expiration dates on coupons so you know for sure that you can use all the coupons you have budgeted into your shopping trip.
- Make sure the store incentive programs and apps are free to use so you don't have the additional cost of memberships or subscriptions
- Think about how you plan to use the item before you buy it. Just because it is on sale or you have a coupon doesn't mean it is necessarily a good deal for you, especially if it spoils before you end up using it.
- Coupons and sales on name brand items aren't always a great deal. You can sometimes still get a similar store brand item for a lower price.
- Some stores will double the value of coupons during certain times of the year. Check with each store to see their policy on doubling coupons.

Type of Grocery Stores

In today's world there are many places you can shop for groceries. Popular places to buy groceries include standard grocery stores, bargain style stores, cultural stores, and convenience stores.

Whether you have access to one type of grocery store or all the above, there are tips to help you shop smarter.

Standard grocery stores are often chain stores. These stores usually have a wide selection of different foods. You can expect to find most food items at these stores, but may not be able to find cultural foods or specialty items.

Standard Grocery Stores: Know Before You Go

- Join loyalty programs if you shop there often. Not only is it free to join most loyalty programs, but you may receive special deals on sale items. You may also be sent email communications or mail circulars that tell you about upcoming deals.
- If the store has a phone app, you can download it to check for deals. Again, many apps are free and will let you know what the deals are before you even go in the store. This can be helpful to reference before you plan meals for the week.

Bargain style stores offer a variety of discounted groceries at a lower cost than you would find at a standard grocery store. These stores change what is in stock often so you may not be able to get the same food items week to week.

Bargain Style Stores: Know Before You Go

- To get the best deals, it can be helpful to be flexible with your meal planning. Instead of specifying that you need canned pears for a snack, plan on getting some sort of canned fruit and see what is available when you shop.
- If you have storage space available and can use the item before it expires, consider stocking up to take full advantage of the sale.

Cultural food stores can be great places to stock up on specific cultural foods. They offer a wider selection of cultural foods that aren't often found in mainstream grocery stores. These stores tend to be clustered around geographic areas that have a large community of that culture. They often offer lower prices of these foods than a mainstream store.

Cultural Food Stores: Know Before You Go

- These stores can be a great way to explore a culture.
- If you aren't sure what a food item is, ask an employee. Many would be happy to share how they use the cultural foods they carry in store.

Convenience stores, corner stores, or bodegas can be popular places to shop for groceries.

Convenience stores greatly vary in what kinds of foods they carry. Some focus on mostly pantry items, while others offer a selection of fresh foods. However, sometimes you pay for the convenience since groceries can be a bit pricier at these types of stores.

Convenience Stores: Know Before You Go

- While most people know to use SNAP or WIC dollars at grocery stores, many people do not realize you can often use those benefits at convenience stores as well.
- Many convenience stores are more expensive than a typical grocery store. If you have other nearby options, use convenience stores for when you forgot an item on your list or need something quickly. Do most of your shopping at a store with lower prices when you can.
- Many convenience stores carry a disproportionate number of high-calorie, nutrient-poor foods, such as chips, ice cream, soda and other convenience food and beverages.

The Chrisman HCE met at the home of Gail Pruitt for their monthly meeting and Christmas party. Following a delicious catered meal, games were played, carols were sung, and a fun gift exchange was enjoyed by all. Pictured below are members who attended the party.



Workshops to be held at the Paris Public Library

Mary Liz Wright, Nutrition and Wellness Extension Educator, will conduct monthly sessions covering several different topics. The sessions will be held the 1st Thursday and 1st Friday of each month through May, 2024 at the Paris Public Library. Dates and sessions for these free presentations are:

Grocery Shopping on a Budget: More Bang for your Buck Thursday, January 4 6 p.m. and Friday, January 5 2:30 p.m. Is it really more expensive to eat healthy? It doesn't have to be! In this lesson, we'll show you how to cut down on food waste with simple meal planning tricks and find value for your money. Learn how to find affordable yet healthy options at the grocery store, and get the most nutrition bang for your buck. **Please note: This is the topic of the February, 2024 HCE major lesson. If you are unable to attend the Jan. 4, 1:30 p.m. training at the Extension Office, you might consider attending one of these two presentations.**

Air Fryers and Electric Pressure Cookers Thursday, February 1 6 p.m. and Friday, February 2 2:30 p.m. Did you get one of these appliances for a gift? Do you only boil eggs in your electric pressure cooker? Are you hesitant to purchase one for yourself? Find out how easy it is to add one or both of these appliances to your cooking repertoire!

Let's Amp Up the Veggies! Thursday, March 1 2:30 p.m. and Friday, March 7 6 p.m. Tired of droopy broccoli? Do you serve canned corn as your go-to side? Did you know that we are supposed to eat 2-3 cups of vegetables per day? Learn how to make veggies interesting and delicious!

Herbs Thursday, April 4 6 p.m. and Friday, April 5 2:30 p.m. Did you buy cute little herb plants this spring? They smell so good – but what should you do with them? Learn how to use fresh herbs in recipes and how to preserve them to use this winter.

Five Flavors: How the Palate Changes Thursday, May 2 6 p.m. and Friday, May 3 2:30 p.m. How does our palate change through our lifecycle? Learn about the five senses, the process of aging, and the connection between smell and taste. What are some ways to enhance flavor using color and spices? What is behind the psychology of taste?

Horticulture Webinars Offered this Winter

University of Illinois Extension will offer horticulture webinars available for viewing from your personal device or computer. Topics and dates are:

Native Seed Starting for Spring Planting – January 23 1:30 p.m.

Insects to Know: Spotted Lanternfly and Periodical Cicadas – February 13 1:30 p.m.

Growing Great Vegetables – February 27-March 28 6 p.m.

This five-week webinar series will cover how to grow a vegetable garden from seed to harvest

- *Where Will You Garden?* February 27 6 p.m.
- *Seed & Plant Choices, Soils & Fertilizers* March 5 6 p.m.
- *Cool-Season Vegetables* March 12 6 p.m.
- *Warm-Season Vegetables* March 19 6 p.m.
- *Insects and Diseases* March 28 6 p.m.

Rain Garden essentials: Design, Build, Plant March 5 1:30 P.M.

Register at: extension.illinois.edu/events/2024-01-23-native-seed-starting-spring-planting



On November 16, members of Clark & Edgar County's HCE groups gathered for a lunch at Betty Jane's Kitchen in Paris & then traveled to Larkfield Glass for a glass-blowing demonstration. Members had a very enjoyable time. Thank you to our hosts, Joy & Randy Turner. Shown in the picture to the left are Joy & Randy Turner.



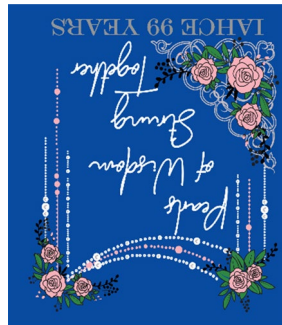
PLEASE send your 2023 volunteer hours to Cindy Bruce by January 3, 2024. She must send the report to the state by the end of January. You can email them to cnclu347@gmail.com or mail them to PO Box 75, Kansas, IL 61933

Individual Volunteer Hours (CVH) Summary			
Unit Name _____	Member _____	Year of Hours _____	
Monthly Hours	HCE Hours	Other Hours	Total Hours
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			
Total Hours			
Signature of Unit CVH Chair			
Address			
Phone & e-Mail			
List Locations Volunteered:			

Illinois Extension, Edgar County (HCE)
210 W. Washington St.
Paris, IL 61944

U.S. Paris, IL 61944
Permit 308
Non-Profit Organization

RETURN SERVICE REQUESTED
January/February, 2024 HCE Newsletter



University of Illinois Extension would like to wish you a happy & healthy 2024!
Our office will be closed December 22, 2023 through January 1, 2024 for the holidays.
We will also be closed in observance of Martin Luther King, Jr. Day on
January 15, 2024.