

Leslie County Informer

March 2024

Cooperative Extension Service
Leslie County
22054 Main Street #514
Hyden KY 41749
606-672-2154


Happy Retirement!

1992-2024

**Thank you for your
years of service.**



After 31 years of dedicated service to the Leslie County Extension office, Lorene Coats has officially retired. Lorene began her career at Extension in 1993. She has contributed so much to the people of Leslie County through her leadership and her passion for both learning and teaching. During her years of service, she had many great accomplishments. In 2016 she received her Bachelor of University Studies degree from Morehead State University followed in 2018 receiving her Master of Science degree. She was always willing to lend a helping hand and volunteer her services whenever needed. Often referred to as, “the queen”, full of wisdom and knowledge, always had the answer and if not, she was quick to figure it out.

Lorene plans to spend time with her family, especially her grandchildren. She hopes to continue volunteering at Extension and other places in our community. Truly a local treasure. All of us here will miss Lorene and will never forget her contributions. Congratulations and enjoy your well-deserved retirement.

Vicki R. Boggs

Extension Agent
Family and Consumer Science
vicki.boggs@uky.edu

Jawna Jace Peters

Extension Agent
4-H Youth Development
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Michelle Brock

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**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

FUNGUS AMONG US

Mushroom Club



Drilling holes to place the mushroom spores.



Inoculating logs.

Coming in March!

In mid March the Fungus Among Us Mushroom Club will be inoculating logs with Oyster and Shiitake mushroom spores. If you are interested in joining call today. Space is already filling up

Learn about:

- Cultivation
- Foraging
- Cooking
- Photographing
- Identification
- and more.

**Follow us on
Facebook for
upcoming Dates
and Times!**

The Cackle Fruit

Backyard Chicken Club



If you **LOVE** chickens, then this is the club for you!

Learn about:



- Chicken Breeds
- Incubation
- Nutrition & Health
- Egg Production
- Coops
- Selling Eggs
- And More!

Our 1st meeting is

Date: March 15th, 2024

Time: 5:30 pm

Location: Leslie County Extension Office

Please call to register. 606-672-2154

Is your Soil Ready?

Seed catalogs sit rumped on the coffee table from hours of being looked through. Pages sport dog ears marking favorite seeds. Spring is coming!

On Tuesday, March 19 it will be official, Spring will be here, If you're like me you can't wait to get back into the garden. Even though you're ready to get those seeds and plants in the ground, is your ground ready for them?

The best way to find out is to have a soil test. Currently the extension office is offering free soil test curtesy of Leslie County Farm Bureau. Call or stop by our office today to find out how to submit your sample.



UK Extension and Grow Appalachia



Let's Get Ready to Garden!

We recently had the pleasure of hosting a Leslie County Grow Appalachia meeting. The members learned about selecting a garden site, preparing their garden, and soil sampling. Grow Appalachia is a free program through Berea College that helps families in the Appalachian region with food insecurities. The members receive gardening knowledge, plants, tools and much more.

Before You Begin Your Garden

Every aspiring gardener should follow eight steps to have a successful gardening season:

1. Plan your garden on paper before you begin.
2. Select a good gardening site that is: a. in full sun for at least eight hours each day, b. relatively level, c. well-drained, d. close to a water source, e. dries quickly from morning dew.
3. Prepare the soil properly, conduct a soil test, and add fertilizer and lime according to U.K. test result recommendations.
4. Plan only as large a garden as you can easily maintain. Beginning gardeners often overplant, and then they fail because they cannot keep up with the tasks required. Weeds and pests must be managed, water applied when needed and harvesting done on time.
5. Grow vegetables that will produce the maximum amount of food in the space available.
6. Plant during the correct season for the crop.
7. Choose varieties recommended for Kentucky.
8. Harvest vegetables at their proper stage of maturity. Store them promptly and properly if you do not use them immediately.



Vicki R. Boggs, Leslie County Extension Agent for Family & Consumer Sciences Education

SAVE YOUR VISION

Coming Up

March 7,14,21 1:00 p.m.	DROP IT LIKE IT'S HOT!
March 8 11:30 a.m.	Stinnett Professor Popcorn
March 11 5:00 p.m.	Hyden Homemakers Club Meeting
March 12 12:00 p.m.	Lunch & Learn Mental & Physical Health
March 19 12:00 p.m.	Cooking Through the Calendar
March 20 1:00 p.m.	Beech Fork Homemakers
March 26 9:45 a.m.	Hayes Lewis Professor Popcorn
March 26 11:30 p.m.	WB Muncy Professor Popcorn
March 26 1:30 p.m.	FMD Unit LCHS
March 27 11:50 a.m.	Mountain View Professor Popcorn
March 28 11:30 a.m.	DROP IT LIKE IT'S HOT!
March 28 10:00 a.m.	Diabetes Support Group Meeting

March is “Save Your Vision Month” in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes.

Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light



If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses

or contact lenses, or even eye surgery, can help restore many people’s eyesight, or help them see better than they ever could before.

Other ways to protect your vision include:

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.
- Know your family’s eye health history.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun’s rays).
- Quit smoking or don’t start.
- Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

Resource: <http://fcshees.ca.uky.edu/content/health-bulletins>



What's coming up in Extension?

Leslie County Extension

Hyden Homemakers

Plan to meet at Leslie County Extension at 5:00 p.m. on Monday, March 11th for their regular monthly meeting. Please contact **Faye Couch at (606) 672-3231** or **Vicki Boggs @ 672-2154** for more information.



Leslie County Extension Beech Fork Homemakers

Plan to meet at Lower Beech Fork United Methodist Church on Thursday, March 20th For more information concerning homemaker meetings contact **Vicki Boggs at 672-2154** or **Donna Nantz at 374-5251**



Cooking Through the Calendar: March 19 @ 12:00 Noon

We all love the free recipe calendars the Extension Office provides each year! Cooking through the Calendar is supported by the Kentucky Nutrition Education Program (KYNEP), which is administered by the University of Kentucky Cooperative Extension Service. The goals of both organizations are to educate families and individuals and to help them plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle. ARH continues to partner with us and plans to provide incentives for this health and wellness program. Sign up soon, spaces are limited. For more information and to sign up for this class please contact **Leslie County Extension at 672-2154**.

It starts with us. #UKFCSExt.

Homemaker Leader lesson, Lunch and Learn: March 12th @ Noon



Self-Care: Taking Care of Your Mental and Physical Health

Self-care is essential for maintaining overall well-being, encompassing both mental and physical health. It involves nurturing yourself emotionally, mentally, and physically to reduce stress, enhance resilience, and improve quality of life. Taking time for activities such as exercise, meditation, hobbies, and relaxation can help alleviate stress and promote a sense of balance. Prioritizing self-care also involves setting boundaries, practicing self-compassion, and seeking support when needed. By making self-care a priority, individuals can cultivate greater resilience and vitality, enabling them to thrive in all aspects of life. To learn about self-care join us at the Leslie County Extension Office at 12:00 Noon. Laken Campbell, Lee County FCS agent, will be presenting this lesson. For more information and to sign up for this class please contact Leslie County Extension at 672-2154.

It starts with us. #UKFCSExt

Diabetes Support Group Meeting -Thursday, March 28th at 10:00 a.m.

Please call 672-2154 to sign up for this monthly program! (See enclosed flyer for more details)

DROP IT LIKE IT'S HOT!

Health and Wellness 10 week Program: beginning January 28th: See flyer enclosed for all dates. Join us for a fun health and wellness challenge that will keep you motivated and the best part, you make your own goals. Each month will include new challenges, activities and recipes to help keep you on track to meet new wellness goals! Please call 672-2154 today to sign up. Contact vicki.boggs@uky.edu for more information. It starts with us. #UKFCSExt

DROP IT LIKE IT'S HOT

10 week program

At the first session we will go over what to expect throughout the program and make **goals** for ourselves. For the next 10 weeks you will have different **Health** challenges for each week. **Call to register 672-2154**

- Dates:** February 29th @ 11:30.
 March 7th, 14th, 21st @ 11:30 & 28th @ 11:30.
 April 3rd @ 2:00, 11th @ 12:30, 16th @ 2:00 & 25th @ 12:30.
 May 2 @ 1:00 (**Attendance Drawing!**)
- Location:** Leslie County Extension Office
For: **Anyone looking to make a healthy change!**

DIABETES SUPPORT GROUP

MAR 28

Last Thursday of each month

DISCUSSION TOPIC:

Neuropathy: Coping with the Pain

Join us in person at the Leslie County UK Extension Office. Family and support caregivers are welcome to attend.

Or join via zoom from anywhere:



10AM: JOIN VIA ZOOM
zoom.us/my/arhdiabetessupport

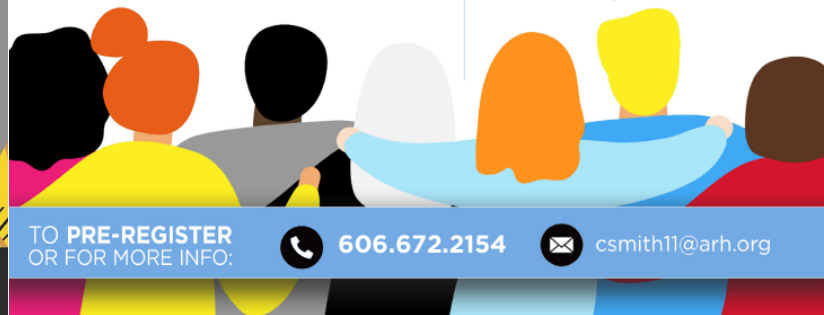


10AM Hyden

Leslie County UK Extension Office
 @ 22045 Main Street



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



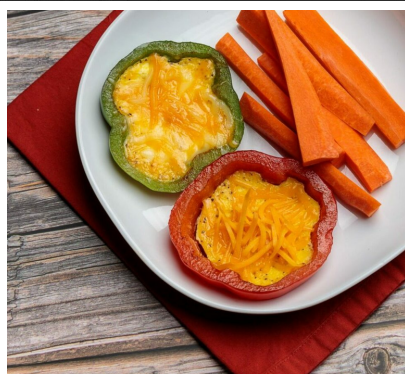
TO PRE-REGISTER OR FOR MORE INFO:



606.672.2154



csmith11@arh.org



Veggie Egg Rings

Ingredients:

- 1 large bell pepper of any color, tomato, or onion
- Nonstick cooking spray
- 2 eggs (1/2 egg per ring)
- Pinch of salt
- Pinch of pepper
- 4 tablespoons grated cheese of your choice (1 tablespoon for each ring)
- Optional ingredients: tomato, chopped spinach, herbs such as parsley, chives or dill, red pepper flakes, hot sauce, chopped onion, salsa, mushrooms, leftover chopped bell pepper

Directions:

- Wash hands with warm water and soap, scrubbing for at least 20 seconds. Rewash hands after handling eggs.
- Gently scrub vegetables under cool running water and dry. Slice into 1/2-inch rings trying to make straight cuts to better hold the egg. Be sure to remove seeds and centers of peppers and tomatoes. If using onions, separate rings and use the larger ones.
- Preheat a large skillet over medium-high heat and spray with nonstick cooking spray.
- Sauté the vegetable rings until the rings are slightly soft. Bell pepper may take longer (5 to 10 minutes) than other veggies.
- While the vegetables soften, crack eggs in a small bowl and lightly beat with a fork until well mixed.
- Spoon or slowly pour a small amount of egg mixture into veggie ring, allowing a seal to form. A small amount may leak out of the sides. Continue adding the mixture to the other vegetable rings.
- Sprinkle with salt and pepper and cover.
- Cook covered for about 2 to 3 minutes, flipping the ring to finish cooking if needed.
- Top with optional ingredients of your choice, add cheese, and let melt.
- Serve while hot and enjoy!
- Refrigerate leftovers within 2 hours.

Source: Benita Wade, Christian County SNAP-Ed Program Assistant

What's been happening in Extension?

HOMEMAKER LEADER LESSON

Homemaker Leader lesson, Lunch and Learn was held January 8, 2024 at Leslie County Extension.

Participants increased their awareness of carbon monoxide exposure and knowing the steps to prevent it, which can save lives. Participants shared stories and had lots of meaningful discussions as they enjoyed this lesson taught by Darian Creech, Wolfe County FCS Agent.



CUTTING BOARD WORKSHOP



On January 30th, Homemakers from Leslie, Lee and Knott Counties attended a cutting board workshop at University of Kentucky's Wood Utilization Center in Jackson Ky. Leslie County had 7 participants who enjoyed the lesson on Extension, forestry, woods and more as an introductory educational lesson before the hands-on cutting board class. Special thanks to the team at UK's Wood Utilization Center for their expert lesson.

Cooking Through the Calendar



On February 8th and 23rd @ 12:00 Noon, homemakers gathered to enjoy our January and February Cooking Through the Calendar Lessons. The January recipe was Savory Winter Pork Stew. It spotlighted nutritional benefits of pork having thiamine and being an excellent source of protein. The February calendar recipe was Everything Tuna Melts and was enjoyed by everyone! This recipe spotlighted whole wheat bagels and how this recipe has 25% of the daily value of calcium. Cooking through the Calendar is supported by the Kentucky Nutrition Education Program (KYNEP), which is administered by the University of Kentucky Cooperative Extension Service. The goals of both organizations are to educate families and individuals and to help them plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle.

ARH continues their partnership with us and provided \$20.00 grocery gift cards to each participant as promotional incentives for our program. We greatly appreciate ARH for being a valuable partner in supporting health and wellness for our community!

Diabetes Support Group Meeting #7



Held on Thursday, February 29, 2024 our 7th support group meeting was attended by 8 members. Participants enjoyed the tasty, Creamy Chicken Noodle Soup and learned how this recipe can be a part of Healthful Eating. We appreciate our local partnership with ARH Healthcare providing many beneficial resources for this educational and beneficial community meeting. Plan to join us each month for our Diabetes Support Group here at Leslie CES, the last Thursday of each month at 10:00 a.m.



DROP IT LIKE IT'S HOT!



Participants met on February 29th @ 11:30 for their first session of Drop It Like It's Hot. Everyone registered and many weighed in as we enjoyed our lesson on hydration and discussed the many benefits of drinking more water. Everyone enjoyed the delicious, flavored waters! Benefits of their GOALS and CHALLENGES were discussed along with activity to end our program! Join us in this fun wellness program that will keep you motivated and the best part, you make your own goals!



Healthy Eating Around the World



Healthy Eating Around the World was taught by Nanette Banks, Letcher County FCS Agent. Participants learned about dietary guidelines from other countries and about new foods and ways of eating. There was lots of discussion about what we learned and how advice about a healthy diet is remarkably similar, no matter where on Earth we live. Everyone enjoyed the delicious sample of an Indian cuisine, tandoori chicken. Special thanks to Nanette Banks for presenting this lesson.



BEECHFORK HOMEMAKERS



Leslie County Extension BeechFork Homemakers met at Lower Beechfork United Methodist Church on February 15th for their regular monthly meeting. There were 6 participants who enjoyed the leader lesson. Special thanks to Donna Nantz for teaching and sharing this very important lesson. For more information contact Donna Nantz @ 374-5251.

For more information about programs

Contact us at 672-2154 or vicki.boggs@uky.edu #UKFCS Extension

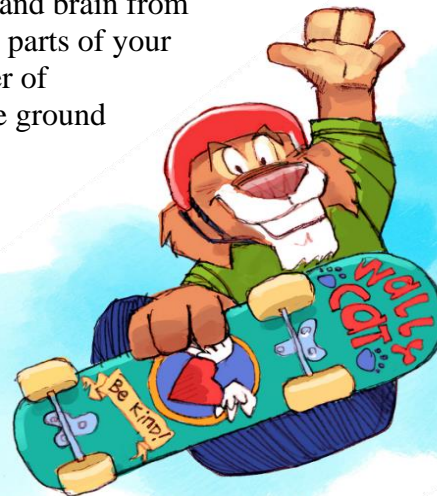
Dawna Jace Peters, Leslie County Extension Agent for 4-H Youth Development Education Email: jace.peters@uky.edu

Chicken Incubation Schedule

March 5 Nutrition	LCHS FMD – 10:00 Hayes Lewis – 12:20 WB Muncy – 1:20
March 6 Nutrition	Mountain View – 1:00
March 7 Nutrition	Stinnett – 8:30
March 8 Nutrition	Mountain View – 1:00
March 12 Candling	LCHS FMD – 10:00 Hayes Lewis – 12:20 WB Muncy – 1:20
March 13 Candling	Mountain View – 9:30
March 14 Candling	Stinnett – 8:30
March 15 Candling	Mountain View – 1:00
March 19 Hatching Day	LCHS FMD Hayes Lewis WB Muncy
March 20 Hatching Day	Stinnett Mountain View

PROTECT YOUR BRAIN: WEAR A HELMET!

Helmets protect your head, face, and brain from injuries. These are all very important parts of your body! Helmets add an important layer of protection between your head and the ground or other object that could really hurt. Some sports require a helmet, like hockey, football, and baseball. And there are other activities that you should always wear a helmet for, too.



You should always wear a helmet when riding a bicycle. Bike riding is great exercise and can help you get around your neighborhood. You can go faster and farther on a bicycle than you can on your feet. But, because you can travel fast on a bike, a crash can cause more damage, too! Wearing a helmet approved for bicycling that fits your head is an important way to protect your head and face if you have an accident. When choosing a bicycle helmet, look for a sticker inside that says “CPSC.” This means that it is approved by the Consumer Product Safety

Commission. Always wear your helmet chin strap buckled tightly under your chin. Make sure your helmet fits your head; that it’s not too small and not too big.

You should also wear a helmet when skiing, snowboarding, ice skating, and skateboarding. These activities require lots of balance, and it is normal to fall a lot. When you fall, you want your head protected. Especially with ice skating and skateboarding, falling backward is really common. Falling backward means your head is often the first part of your body to hit the ground. This makes wearing a helmet even more important.

Horseback riding is another activity where wearing a helmet is important. There are helmets made especially for equestrian (horse riding) sports. These helmets are shaped a little differently than other sport helmets. They give protection for the type of falls that usually happen in the sport.

If you ride ATVs, you should wear lots of special safety equipment, made especially for that kind of activity. Specific helmets with face shields, goggles, boots, gloves, and chest protectors are all made for reducing the risk of injuries in case of a crash.

Talk to your parents or other grown-ups for help finding the right kind of helmet to fit your head for the kind of activities you enjoy. <http://fcs-hes.ca.uky.edu/content/health-bulletins>

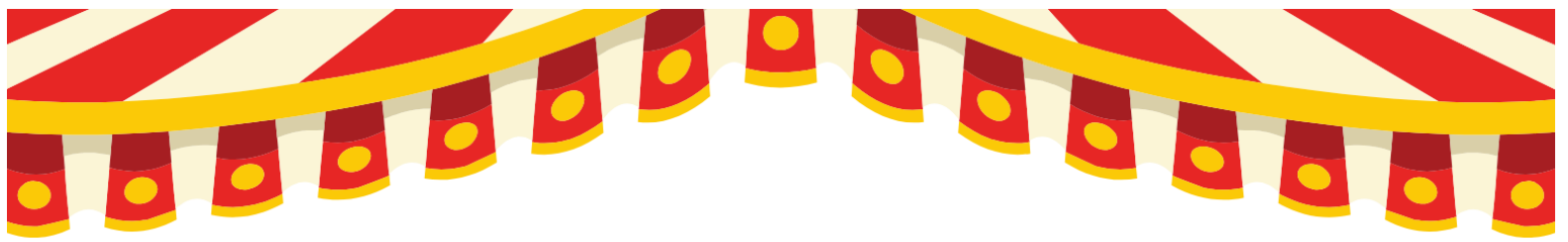


4-H Youth Bee Club Meeting will be March 25th at 4:00 p.m.
at the Leslie County Extension Office.

Sweet Successful Fundraiser

Our Chocolate Covered Strawberry fundraiser was a huge success! Over 4,000 strawberries dipped and over 300 orders out the door! Thank you to everyone who continues to support our youth. Also, a huge thank you to our 4-H volunteers and the staff at Leslie CES for making this possible. All proceeds will directly benefit our Leslie County 4-H youth!





Save the Date
4-H Summer Camp
 July 31st - August 2nd



4-H Camp is for youth ages 9 - 14. Spots are limited and on a first come, first serve basis. Teens 14-17 who previously attended camp can attend as teen leaders.



2024 4-H State Teen Conference
 June 11th-14th



During this four-day conference, teens develop valuable life skills, leadership competencies and communication abilities. They experience college life by living on the University of Kentucky campus, attend educational majors based on your interests, complete a leadership minor, community service project, attend Cloverfest, Fashion Revue, Performing Arts Showcase, State 4-H Officer elections, and make new friends across Kentucky.

#illuminateky4h



Veggie Egg Rings



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

- 1 large bell pepper of any color, tomato, or onion
- Nonstick cooking spray
- 2 eggs (1/2 egg per ring)
- Pinch of salt
- Pinch of pepper
- 4 tablespoons grated cheese of your choice (1 tablespoon for each ring)
- **Optional ingredients:** tomato, chopped spinach, herbs such as parsley, chives or dill, red pepper flakes, hot sauce, chopped onion, salsa, mushrooms, leftover chopped bell pepper

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Rewash hands after handling eggs.
2. Gently scrub vegetables under cool running water and dry. Slice into 1/2-inch rings trying to make straight cuts to better hold the egg. Be sure to remove seeds and centers of peppers and tomatoes. If using onions, separate rings and use the larger ones.
3. Preheat a large skillet over medium-high heat and spray

with nonstick cooking spray.

4. Sauté the vegetable rings until the rings are slightly soft. Bell pepper may take longer (5 to 10 minutes) than other veggies.
5. While the vegetables soften, crack eggs in a small bowl and lightly beat with a fork until well mixed.
6. Spoon or slowly pour a small amount of egg mixture into veggie ring, allowing a seal to form. A small amount may leak out of the sides. Continue adding the mixture to the other vegetable rings.
7. Sprinkle with salt and pepper and cover.
8. Cook covered for about 2 to 3 minutes, flipping the ring to finish cooking if needed.
9. Top with optional ingredients of your choice, add cheese, and let melt.
10. Serve while hot and enjoy!
11. Refrigerate leftovers within 2 hours.

Makes 4 servings
Serving size: 1 Veggie Egg Ring
Cost per recipe: \$1.94
Cost per serving: \$0.49

Nutrition facts per serving:

60 calories;
 3.5g total fat; 1.5g saturated fat; 0g trans fat; 85mg cholesterol; 115mg sodium; 4g total carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:

Benita Wade, Christian County SNAP-Ed Program Assistant



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 15 • ISSUE 3

THIS MONTH'S TOPIC: ALLOWANCE: A LIFE SKILL BUILDER

Allowance plays a crucial role in shaping a child's development. It fosters important life skills, instills a sense of responsibility, and promotes financial literacy. Allowance can be a powerful tool for teaching important life lessons.

Allowance is money parents or caregivers give to their children on a regular basis to teach them money management skills. Giving children an allowance is a personal decision for each family that may depend on disposable income or household expectations. Some parents tie allowance to specific chores while others provide a fixed amount each week or month.

FINANCIAL RESPONSIBILITY

One of the main benefits of giving children an allowance is to teach money management. When children receive a fixed amount of money regularly, it is easier to understand how to budget. They learn to save their money for various reasons, such as saving for a desired toy, spending on daily needs such as lunch, or giving to charitable causes. This early exposure to financial decision-making lays the foundation for responsible money management later in life.



WORK ETHIC

Allowance also teaches children the value of hard work. Many parents give allowance for the completion of chores. By associating money with effort, children develop a strong work ethic and understand that rewards are earned through dedication and responsibility. This connection between work and reward prepares children and teens for adulthood.

GOAL SETTING

Allowance is a practical tool for teaching children about goal setting. Whether it's saving for a new toy, a special event, or a long-term investment, children learn to set goals and work toward them. This is a valuable skill that goes beyond financial matters.

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Disabilities
accommodated
with prior notification.

ALLOWANCE ALSO PLAYS A ROLE IN NURTURING EMPATHY AND SOCIAL RESPONSIBILITY.



DECISION-MAKING

Receiving an allowance allows children to make choices about spending. “Do I buy what I can afford today, or do I wait and save more money for the nicer option?” This fosters critical thinking and decision-making skills. Children must evaluate their priorities, make trade-offs, and consider the consequences of their choices. Such decision-making experiences contribute to the ability to analyze and solve problems which are essential skills in life.

EMPATHY

Allowance also plays a role in nurturing empathy and social responsibility. Parents can encourage children to give some of their allowance to charitable causes or community projects. This practice can expand a child’s understanding of others’ needs and teaches them to give back. These early lessons in generosity and compassion create individuals who are mindful of the needs of others.

FINANCIAL LITERACY

As children grow, the lessons learned through allowance provide a foundation for understanding financial literacy concepts.

Understanding the basics of budgeting, saving, and making informed financial decisions is crucial in making wise decisions later. Individuals who have been exposed to these concepts through allowance are better equipped to manage money, avoid debt, and plan for their future.

The value of allowance extends far beyond the simple act of receiving money. It is a tool for building life skills, responsibility, and financial literacy. Allowance can contribute to the overall development of children, shaping them into more responsible, thoughtful, and money-wise individuals.

REFERENCES:

- Greenspan, A. (2005). The importance of financial education today. *Social Education*, 69(2), 64-66.
- Rossmann, R. (2002). Involving children in household tasks: Is it worth the effort? University of Minnesota.
- Trautner, T. (2017). The benefits of chores for your child. Michigan State University Extension.

Written by: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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



Become a fan of *MONEYWISE* on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

The Leslie County Conservation District and the Leslie County Extension Office will be taking applications for the YAIP Program (Youth Agriculture Incentive Program).

The applications can be picked up at either office from March 1st through March 22nd.

Applicants must be between the ages of 9 and 18.

Call Connie Sizemore 672-2357 or Jace Peters at 672-2154 for more information.



KENTUCKY AGRICULTURAL DEVELOPMENT FUND

The Leslie County Conservation District is open

Monday - Friday 8:00 a.m.- 4:00 p.m.

410 Davidson Fork Road 41749

The Leslie County Cooperative Extension Office is open

Monday - Friday 8:00 a.m. - 4:00 p.m.

22045 Main Street, Hyden.

RETURN SERVICE REQUESTED

Leslie County Cooperative Extension
22045 Main Street #514
Hyden, KY 41749-8568

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

