

Nicholas County Family Consumer Science Newsletter

February Agent Update

Happy March! As I'm typing this update, I'm wondering if March will come in like a lamb or like a lion? Kentucky weather is so unpredictable and this week has surely shown that; from 70s on Tuesday to 30s on Friday and flooding. We have lots of fun activities coming up for March for you to get involved in. One new thing that I am hoping is a popular opportunity is our NEW walking club. Using the Old Armory Gym, we will begin the second week in March walking laps in a fun and social way on Mondays, Wednesdays, and Fridays. Let's make March the month we "MARCH" towards meeting our fitness goals. If you are interested in joining us, please call the office to get on the list.

Also in March, I will be hosting a Food Preservation Class on the topic of drying. With hard economic times, drying can be one way you can preserve something that you find on sale. It also may be a new way to get more fruits and vegetables in your diet by having them on hand. The list goes on, but I hope you will join me as we talk about drying techniques, dehydrators, and sampling fruits and vegetables that I've dried.

We continue to need your help for hosting the 2023 Bluegrass Area Homemaker Meeting. This needs to be a team effort of all clubs and an all hands on deck approach. I hope that you will join us at a planning meeting soon to see how you can help. Let's show the Bluegrass Area the true meaning of the "LITTLE town with the BIG heart!"

Lastly, please spread the word about our next blood drive on March 20th at the Nicholas County Public Library. There was a mix-up with our contact at the blood center, and they weren't able to come on the original date for a Valentine's Blood Drive. If you can't donate due to iron levels or medicines you take, spread the word to your family and friends to register.

Here's hoping March brings you lots of luck and a pot of gold!

Ashley H. Vice

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PRESIDENT'S CORNER

Hope everyone is getting their hoes sharpened, their rakes ready and a tune up to the old roto-tiller. Garden time is here! I've seen farmers turning sod for about a week and I get so excited. I love the smell of soil and fresh-cut grass. As I write, there's a chance of storms tonight and snow tomorrow. Springtime in Kentucky for sure.

We've been meeting to talk about our Area Annual Meeting to be held in October. We need input & help from all clubs! We're inviting the Bluegrass Area to visit us here in Nicholas County! Nine Counties will be represented! WE NEED EACH OF YOU! Please try to attend meetings!

We're working on our quilt projects. We have finished pillows you can see on Facebook! Please join us if you want to learn or teach! We love new ideas!

Our International Dinner is being held on April 17, 2023. Working on a speaker and menu currently.

We'll have our Nicholas County Annual Dinner coming up soon as well.

I hope we slide in to Spring before the next newsletter is printed. Until then...

Sandy Hamilton

President , Nicholas County Extension Homemakers



We are always needing extra hands during 4-H Sewing Club. If you would like to help, please let me or Lois Mitchell know!



March Quilters Meeting
will be March 14th
at 10 a.m. at the office

Will be taught in clubs in April! Leaders
come March 14th @ 10 a.m.



Leader Lesson March 14th @ 10
a.m. @ Livestock Barn



Want to switch to receiving
this newsletter via email,
scan the code below and we
will get you switched.



**Homemaker Leader
Lesson-you can vote on
the paper form on pg. 10 or
scan the QR Code here:**



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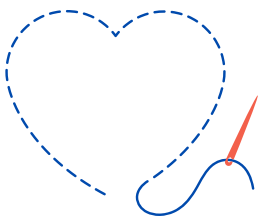
Food Preservation 101: Dehydrating Fruits, Vegetables, and Herbs

Who: Anyone
interested in
food
preservation

What: Learn
about the
benefits of
drying to
preserve,
techniques, and
equipment

When: March 2 at
6:00 p.m. at the
Nicholas County
Livestock Barn





Homemaker News



March is Women's History Month

Some ways to celebrate:

- read a biography about a female role model
- go through that old box of photos you've been meaning to, and share family history stories about the women in your family with you children
- send a note of encouragement to a female friend who needs a spiritual lift

Knit Wits

On February 7, our Knit Wits meeting focused on hanging with our crafting "gnomies," and creating a Valentine Gnome. In March we would love for you to join us for our Burlap Easter Door Hanger Class. You can choose between a bunny or a chick to do! Call the office to register and let us know which one you choose OR register online.



Blood Drive

There was mix up with the Blood Drive. Our blood drive is scheduled for March 20th and will be in the basement of the library from 1 p.m.-6 p.m.. Pre-registering is recommended, but not required. I would love to exceed our 25 pints from December. Let's save some lives!

*Please watch our page for pre-registration links



1 PINT = 3 LIVES SAVED

Upcoming Events

Food Preservation-Drying March 2nd- 6 p.m.- Livestock Barn

Join us for an evening of learning the best techniques for drying foods using a food dehydrator to preserve your summer crop, or even a surplus of fruits or vegetables that you got a great price.

Samples will be provided. Call the office to register!

Cooking Through the Calendar- March 14th- 11 a.m. Livestock Barn

On February 13th, I will be cooking the March recipe: Vegetarian Taco Soup! I hope you will join me for an in-person demonstration at 11 a.m..

If you are here for Leader Lesson at 10 a.m., make plans to stay for lunch. If not, simply show up to the Livestock Barn at 11 a.m.

Leader Lesson for March 14th @ 10 a.m.

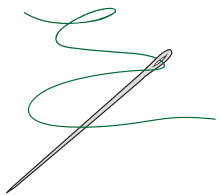
If you are in charge of the Leader Lesson for April on Green Cleaning, join us for your training at the Livestock Barn on February 13th at 10 a.m..

2023 Bluegrass Area Homemaker Planning Meeting-March 14th @ 11 A.m.

Nicholas County Homemakers will host the 2023 Annual meeting on October 13, 2023 here in Nicholas County for all of our area homemakers. Each club needs to have representation at the meeting so that we can equally share the responsibility of hosting.

Quilting Club 2/28 and 3/13 @ 10 a.m.

Join us for our NEW Quilting Club!!!! Meet at the office at 10 a.m. on Tuesday, February 28th and March 13th.





March Book Corner

FICTION for ENJOYMENT

Agent Recommendation: Firefly Lane by Kristin Hannah- I am in love with Kristen Hannah currently! More than a coming-of-age novel, it's the story of a generation of women who were both blessed and cursed by choices. It's about promises and secrets and betrayals. And ultimately, about the one person who really, truly knows you—and knows what has the power to hurt you...and heal you.

CELEBRATE Women's HISTORY MONTH with NONFICTION...

The Moment of Lift: How Empowering Women Changes the World by Melinda Gates (2019). "Part memoir, part call to action, Gates's compassionate narrative underscores her determination to leave a positive mark on this world. She inspires and emboldens in this eloquently argued work."—Publishers Weekly

Did someone say "SPRING CLEANING?".....

Organizing for the Rest of Us: 100 Realistic Strategies to Keep Any House Under Control by Dana K. White (2022) Decluttering expert and self-proclaimed 'recovering slob' Dana White outlines affordable and unintimidating ways to declutter and get organized. With her 100 tips, she covers the basics of organization, better ways to think about clutter, and our relationships with things. Chip away at bigger problems by breaking them down into bite-size jobs to tackle clutter, let go of perfectionism, and still get organized.



Let's Walk!

WHO: ANY HOMEMAKER INTERESTED IN THE BENEFITS OF WALKING

WHAT: WALKING GROUP

**WHEN: MONDAY, WEDNESDAY, AND FRIDAYS
STARTING ON 3/13**

WHERE: OLD ARMORY GYM

WHY: TO GET ACTIVE

***WILL NEED A SIGNED WAIVER EACH SESSION YOU PARTICIPATE IN!**

QUESTIONS: CALL (859)289-2312



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2023

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

SHRINKFLATION: INCREASING PRICES, DECREASING QUANTITY

You have likely noticed increased prices when shopping lately, but have you also noticed packaging sizes are shrinking? This is known as "shrinkflation." Let's unpack what this means for your household and explore ways to be more mindful when shopping.

UNDERSTANDING SHRINKFLATION

Sometimes called downsizing, *shrinkflation* occurs when companies maintain current prices (or even increase prices ever so slightly) while giving you less product. The size differences are often small enough to keep the physical packaging the same, such as a bag of chips shrinking from 13 ounces to 11 ounces, or a package of bacon shrinking from 16 ounces to 12 ounces. These small changes can easily go unnoticed. In fact, manufacturers are counting on consumers not paying attention to the amount of product in their packages, especially when it comes to shrinking sizes.

WHY SHRINKFLATION MATTERS

Even small changes in the amount of a food or household item can add up quickly and impact your monthly budget. The less of the item you receive, the more often you need to repurchase it. Take toilet paper, for example, which was quite the commodity in 2020. Would you notice if your toilet paper contained just 312 sheets per roll instead of its usual 340 sheets? For the same price, there would be less than 92% as many sheets per roll



than before it was downsized, and you will likely go through each package approximately 8% faster.

TIP #1: NOTICE PACKAGING CHANGES

To combat shrinkflation, pay attention to slight changes in packaging on the products you buy, from cereal to toilet paper to shampoo. While not all shrinking products will come with new packaging or a "new look," some companies may make boxes or bottles taller and narrower to trick the eye into believing it holds more product than it does. Also, be wary of "bonus buys" that promise additional product. Compare the "bonus buy" to the regular product to ensure it contains more.

TIP #2: CALCULATE UNIT PRICE

Shrinkflation is a legal tactic companies can use to save money from a production standpoint. The Fair Packaging and Labeling Act requires businesses to clearly label an accurate weight

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CALCULATING AND COMPARING UNIT PRICES HELPS YOU COMBAT SHRINKFLATION



on its packaging so that customers can comparison shop between like items. However, it doesn't prohibit companies from decreasing an item's weight if they clearly label the amount of product contained in the package.

Calculating and comparing unit prices helps you combat shrinkflation. Unit prices help you compare different brands and different sizes of the same brand. Unit prices show you the price per unit, such as pounds or ounces, and are located on the shelf price tag, not on individual packages. You can also calculate the unit price of an item by dividing the price of the item by the number of units.

For example, let's compare the unit price of two packages of bacon. Bacon #1 is priced at \$4.69 and contains 12 ounces. Bacon #2 is priced at \$5.38 and contains 16 ounces. When we divide price by units, Bacon #1 has a unit price of \$0.39 per ounce, and Bacon #2 has a unit price of \$0.33 per ounce. Although Bacon #2 costs more, you get more bacon in the pack, and it has a lower unit price than Bacon #1.

TIP #3: SAVE WHEN YOU CAN

Finally, keep an eye out for sales and consider stocking up on freezer or self-stable household staples when you find a deal. Between inflation (the rising costs of goods and services) and shrinkflation (the shrinking amount of goods we receive), many households may find it difficult to "bring home the bacon" because it's getting harder to afford it! Using smart shopping strategies like couponing, buying generic brands, and utilizing customer loyalty programs can also help you maximize your resources.

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MARCH 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

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THIS MONTH'S TOPIC: 988 SUICIDE & CRISIS LIFELINE



988 SUICIDE & CRISIS LIFELINE

The 988 Suicide and Crisis Lifeline can save lives. This three-digit universal phone number launched in July 2022 to connect people in suicidal crisis or emotional distress directly to the Suicide & Crisis Lifeline. Anyone can use this number, including friends, family, and caregivers of the person in crisis. The national network of local crisis centers and mental health professionals provides free and confidential emotional support 24/7 365 days a year.

Suicide is a serious concern among all ages. The National Council on Aging (NCOA) recognizes the rising rates of suicide among older adults, especially older men. According to the NCOA, some older adults are vulnerable to depression and suicide intent based on circumstances related to aging that affect life quality. Examples include the grief and loss of meaningful relationships, loneliness, loss of independence, chronic pain and illness, isolation,

Continued on the next page →



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world-wide pandemics, feeling like a burden, cognitive impairment, decrease in or loss of mobility and/or the sensory system, food insecurities, financial challenges, and worrying about health and safety. Alone or in accumulation, such struggles can become too much to bear, increasing an older adult's risk for depression and feelings of hopelessness. But depression is not a "normal" part of aging. Depression is treatable. Dr. Reed, from the Education Development Center, emphasizes that we need to stop assuming older adults are automatically sad, in pain, and lonely because of their circumstance. Instead, we need to watch behavior and listen to older adults so that mental health issues are recognized and acknowledged. Health-care professionals need to do a better job using screening instruments to recognize mental health struggles.

Signs and symptoms of suicide risk in older adults:

- Change in sleep habits
- Talking about a life without them
- Giving away belongings
- Unexplained sadness
- Neglecting self-care, including medical routines
- Self-isolation or avoiding activities
- Loss of interest in things they used to enjoy
- Eating and drinking less or not at all
- Lack of personal safety
- Sharing feelings of hopelessness and lack of self-worth
- Preoccupation with death

To help an older adult suffering from depression and/or suicidal thoughts:

- Understand that depression and suicidal thoughts are not a normal part of aging.
- Know the warning signs of suicide.
- Keep older adults connected. Plan daily or weekly visits or calls, and organize check-ins.
- Reinforce a person's sense of meaning and purpose by focusing on the positive, capitalizing on their wisdom, skill, or talent, and using words of encouragement.
- Create events or activities that provide anticipation or a reason to get out of bed.
- Talk to older adults about how they are feeling and doing.

- Make sure older adults are getting routine check-ups.

- Talk to health-care providers about your concerns and about options to screen and treat depression.
- Locate community organizations that offer counseling, support, and/or fellowship.
- Call 911 or go to the emergency room if you think an older adult is in immediate danger.

The 988 Suicide & Crisis Lifeline recommends the following steps if you know someone who is suicidal:

- 1. Ask questions . . . and listen.** Questions like "Are you thinking about suicide?" "How do you hurt?" and "How can I help?" will help you listen and acknowledge their feelings and assess your next steps. Help the person focus on their reasons for living. Do not impose your reasons for them to stay alive.
- 2. Be there.** Being present whether it is face-to-face or even by phone, provides a sense of connection. Be sure to follow through with anything that you promise.
- 3. Help keep them safe.** Keep the person in a secure and private place, free of any means of harm. Do not leave them alone until you can secure help. The 988 Suicide and Crisis Lifeline can be an important resource for next steps.
- 4. Help them connect.** Support systems, including 988, can be helpful in the present and in a future crisis.
- 5. Follow up.** Studies show that checking in with people — calls, texts, notes, messages, etc. — can mean the difference between life and death. This type of contact reinforces connection and ongoing support.

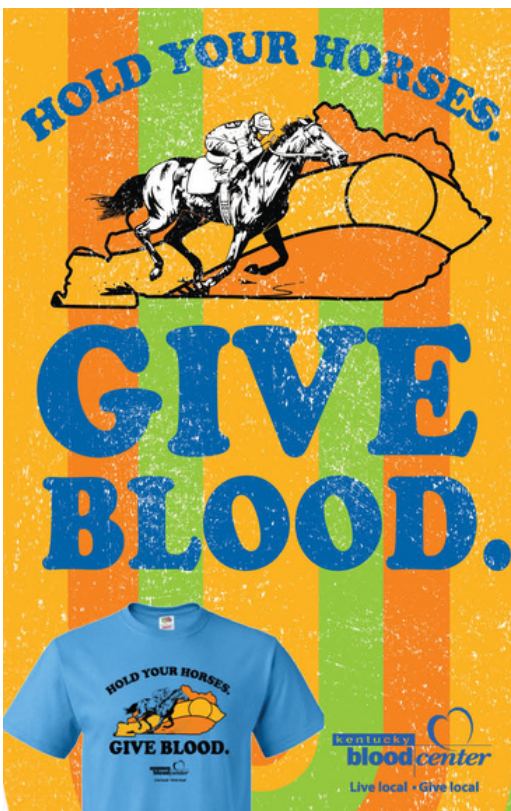
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- 988 Suicide & Crisis Lifeline. For more information, go to: <https://988lifeline.org>

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**FAMILY CAREGIVER
HEALTH BULLETIN**





Nicholas County Community BLOOD DRIVE

Monday, March 20
1–6 p.m.

Nicholas County Public Library
Basement Community Room
233 N. Broadway
Carlisle, KY 40311



Appointments preferred. Walk-ins welcome. Drive details subject to change.
Please check kybloodcenter.org prior to donating. Donors with appointments will be notified of changes.

kybloodcenter.org 800.775.2522 Please bring photo ID



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-garment construction
-quilting
-home decoration

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2023 - 2024 Bluegrass Area Homemakers Leader Lesson Ballot

Please choose the top 8 lessons you would like taught in the 2023-2024 homemaker lesson year.
Return to the _____ County Extension Office no later than _____.

Understanding Your Credit Score

Does one number define you? What is "good credit?" Find out more about the meaning behind credit scores, what are some factors that go into calculating a credit score, and tips on how you can potentially improve yours.

KEHA Plays Pickleball

It the fastest growing sport that all ages and skill levels can play and are talking about. That's right ... PICKLEBALL. It is a cross between ping-pong, badminton, and tennis. Come learn as well as teach other KEHA members to play a format with several health benefits associated to it and allows for both social and physical activity.

A Guide to Beginner Meal Planning and Meal Prepping

Planning meals is one of the best ways to save money and eat healthy meals. Learn some tips and tricks that will help to remove the stress of putting healthy meals on the table every night.

Recognizing and Coping with Trauma after a Natural Disaster

This lesson will focus on coping with trauma that may occur after a natural disaster, or other events that disrupt your ability to cope due to significant loss. Participants will learn tips and skills to aid in recognizing trauma, how to help others in the community who might have experienced trauma and learn strategies that may be helpful for families to build a toolkit in order to prepare for the future.

Self-Care and Self-Pampering

Self-care is about realizing and prioritizing one's own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. This KEHA lesson will help you take control of your own well-being beyond the basic self-care recommendations.

Planning Thrifty and Healthy Holiday Meals

Lesson focuses on healthy meal planning, staying within budget, kitchen time management strategies, preparing low-cost and delicious recipes, food safety tips, and maximize your leftovers to avoid waste.

Mentoring and Empowering Youth

Mentoring is very important to our youth today. It is versatile and can be done in many ways. This lesson will help to identify needs in your community and provide ideas for creating and accessing opportunities to mentor.

Savor the Flavor: Seasoning with Spices

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use spices to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

Savor the Flavor: Building Flavor with Herbs

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use herbs to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

Personality Assessment

That's not the way I would have done it! Do you ever find yourself scratching your head at another person's reaction? The way one person processes, interprets, and reacts are often not the same responses of others in the same household, family, workplace, or surroundings. This workshop will shed light on different personality traits, help you learn more about yourself, and allow you to see other perspectives.

Radon: A Silent Killer

Kentucky leads the nation in the number of new cancer cases and lung cancer deaths. Not only is this because of Kentucky's high smoking rates, but also due to Kentucky's high radon levels. Radon is more than an element on a chemical chart. This lesson will provide information and resources about radon and how to make sure your home is safe for you and your family.

Lead Your Team: Health Literacy for the Wini

Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take a prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. It is estimated that 9 out of 10 adults have difficulty understanding and using health information, also known as health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals.

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(OVER)

BALLOTS DUE BACK BY 3/31/23!!!!!!!!!!!!!!

March 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Quilting Club meets on 2/28 @ 10 a.m.	1	2 Moorefield and Ellisville Homemaker Meetings Food Preservation Class @ 6 pm	3	4
5	6	7 Headquarters Homemakers	8	9	10	11
12 National Plant a Flower day CLOCKS SPRING FORWARD	13	14 Leader Lesson Cooking Thru Calendar Annual Meeting Planning	15	16	17 St. Patrick's Day	18
19 National Let's Laugh Day	20 Sewing Club A - volunteer Homemaker Council @ 1 o'clock BLOOD DRIVE 1-6 p.m	21 Knit Wits - 6pm	22 Sewing Club B - volunteer	23 Domestic Divas - tentative date	24	25
26 WEAR PURPLE for Epilepsy Awareness	27	28	29 National Vietnam War Veterans Day	30	31- Lesson Ballot DUE!!!	



**KISS ME
THE
TRISH**





Cabbage Noodle Casserole

5 strips turkey bacon	1 teaspoon salt	3 cups whole grain egg noodles, cooked
1 tablespoon vegetable oil	½ teaspoon pepper	1 cup reduced-fat sour cream
2 teaspoons sugar	6 cups cabbage, chopped into 1 inch pieces	1 teaspoon paprika

1. In a large skillet, **cook** bacon until crisp. **Remove** and set aside.
2. **Add** oil, sugar, salt and pepper to the skillet with the bacon drippings. **Add** chopped cabbage and stir until coated. **Cover** and **cook** 7-10 minutes.
3. **Crumble** bacon and **add** to cabbage. **Stir** in noodles.
4. **Spoon** into a greased 2-quart casserole dish; **cover** and bake at 325° F for 30 minutes.
5. **Remove** from oven. **Spread** sour cream over the top and **sprinkle** with paprika.
6. **Bake** 5 minutes.

Yield: 6, 1 cup servings.

Nutritional Analysis: 260 calories, 12 g fat, 4.5 g sat. fat, 40 mg cholesterol, 720 mg sodium, 30 g carbohydrate, 5 g fiber, 10 g protein.

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

