

# FAMILY & CONSUMER SCIENCES

COOPERATIVE EXTENSION

 University of  
Kentucky  
College of Agriculture,  
Food and Environment



## Cooperative Extension Service

Wayne County  
255 Rolling Hills Blvd.  
Monticello, KY 42633  
(606) 348-8453  
Fax: (606) 348-8460  
[extension.ca.uky.edu](http://extension.ca.uky.edu)



## IN THIS ISSUE

Nutrition Notes, Gaye Hutchison, EFNEP Assistant.....	Page 2-3
Extension Homemaker Clubs, Blood Drive, & Club Reports.....	Page 4
Upcoming Classes & Meetings.....	Page 5
State KEHA Cultural Arts Competition Winners.....	Page 6-7
Passport Program & Homemakers Membership Drive.....	Page 8
Leadership Recognition Program & Just Down the Road Trip.....	Page 9
Therapeutic Venues - Seth Hart, Community Arts Assistant.....	Page 10
Cooking Thru The Calendar & In-Stitches Quilt Class .....	Page 11
Joy McGinnis, FCS Program Assistant - Welcome Butterflies.....	Page 12
Protection Against Skin Cancer.....	Page 13
Homemakers Annual Meeting.....	Page 14
EXPO, Farmers' Market & Community Service Projects.....	Page 15
Office Closings for Holidays.....	Page 16
Enclosure: Project Helping Hands & Project Wish List Information	



*June is the gateway to summer. - Jean Hersey*

**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



# Nutrition Notes.....

(Alta) Gaye Hutchison,  
EFNEP Assistant

(Expanded Food and Nutrition Education Program)

June 2022  
Nutrition  
Education  
Program  
Calendar Recipe

## ZUBEANIE BOATS



- *Nonstick cooking spray*
- *4 medium to large zucchini, cut in half lengthwise*
- *1 medium red bell pepper, diced*
- *1/2 cup diced green onions*
- *2 tablespoons olive oil (or other oil)*
- *1 cup cooked brown rice*
- *1 (15-ounce) can low-sodium black beans, rinsed and drained*
- *1/2 cup corn (canned, cooked from frozen, or fresh)*
- *1/2 cup salsa*
- *2 tablespoons taco seasoning*
- *Salt and pepper (a pinch of each)*
- *1 cup shredded Mexican blend cheese, divided*

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 400 degrees F. Spray rimmed baking sheet with nonstick cooking spray.
3. Gently scrub zucchini and bell pepper with a clean vegetable brush under cool, running water. Rinse green onions. Prepare vegetables as listed above.
4. Scoop the flesh out of the zucchini halves.

**Tip:** First, score the zucchini flesh with a knife or a spoon, then use a spoon to scoop out the flesh. Dice about a cup of the flesh to use for the filling.

**Tip:** Use leftover zucchini flesh for other dishes, such as soup, stir-fry, or casseroles. You can also freeze it to use later.

5. Place zucchini halves upside down (skin-side up) on oiled baking sheet and bake for 10 to 12 minutes. Remove from oven and turn the boats over.
6. While zucchini is baking, heat the olive oil in a medium-sized skillet over medium-high heat. Add the red pepper, green onions, and zucchini flesh. Stir until tender about 3 to 5 minutes.
7. Add rice, black beans, corn, salsa, taco seasoning, and a pinch of salt and pepper to the skillet and cook another minute until heated through. Remove from heat and stir in the cheese. Reserve 1/4 cup of cheese to top zucchini boats.
8. Evenly distribute the filling mixture between the zucchini boats. Sprinkle remaining cheese on top. Return the filled boats to the oven and bake for 10 to 12 more minutes, until cheese is melted.
9. Store leftovers in the refrigerator within 2 hours.

**Makes 8 servings**

**Serving size:** 1 zucchini boat (half a whole zucchini)

**Cost per recipe:** \$9.56

**Cost per serving:** \$1.20

### Nutrition Facts per serving:

190 calories; 8g total fat; 3g saturated fat; 0g trans fat; 15mg cholesterol; 320mg sodium; 23g total carbohydrate; 6g dietary fiber; 4g total sugars; 0g added sugars; 9g protein; 0% Daily Value of Vitamin D; 10% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of Potassium

Sources: Adapted from Humboldt State University (recipe courtesy of Food for People) and Math Maxedon former Shelby County SNAP-ED Program Assistant

# FARMERS' MARKET STRAWBERRY SORBET



## **Nutrition facts per serving:**

100 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 26g total carbohydrate; 2g dietary fiber; 23g total sugars; 0g added sugar; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium.

- 1 pound fresh strawberries
- 1/4 cup honey

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash, hull, and halve the strawberries. Place them on a parchment paper-lined baking sheet and freeze until hardened.
3. Add the frozen strawberries and honey to a blender or food processor and process until evenly mixed.
4. Transfer to a loaf pan and freeze until firm.

## **Options**

- You can substitute orange juice for honey. The product will be harder.
- You can substitute store-bought frozen strawberries for fresh, and skip step 2.
- You can substitute other frozen fruit for strawberries. You might need to allow frozen fruit to soften slightly before blending.

## **Makes 4 servings**

**Serving size:** 1/2 cup

**Cost per recipe:** \$3.10

**Cost per serving:** \$0.78

**Taken from: May 2022 Nutrition Education Program Calendar**

**Source: Jackie Walters, Extension Specialist Senior,  
University of Kentucky Cooperative Extension Service Apple**



## Extension Homemaker Club Meetings

**Sunnybrook** - June 2nd @ 6:30 p.m. - Downstairs Meeting Room

**Odds 'N Ends** - June 9th @ 12 noon - Downstairs Meeting Room

**Country Charmers** - June 13th @ 6:00 p.m. - Downstairs Meeting Room

**Charity** - June 14th @ 5:00 p.m. - New Charity Baptist Church

**Happy Chippers** - June 16th @ 6:00 p.m. - Downstairs Meeting Room

**Pots & Pans** - June 20th @ 6:00 p.m. - Downstairs Meeting Room

**Creative Characters** - June 21st @ 1:00 p.m. - Downstairs Meeting Room

**Mudslingers** - June 28th @ 1:00 p.m. - Downstairs Meeting Room

### **Blood Drive!**

Tuesday, June 14, 2022

Aspire Center

Country Charmers 11:45 a.m.-3:00 p.m.

Creative Characters 3:00 p.m.-6:15 p.m.



---

### **2021-2022 County & Club Reports**

Extension Homemakers County & Club reports for the 2021-2022 program year are due to the office no later than June 30th. This includes all monthly club minutes, financial reports, etc.

Please send us your list of your NEW Officers & Chairpersons for the 2022-2023 program year ASAP so we know we are contacting the correct people when needed. Thank you!



## Christmas Village Committee Meeting

Thursday, June 9, 2022 @ 5:00 p.m.

Small Upstairs Meeting Room



Clubs will be discussing the items from the last committee meeting. Please come prepared to engage for planning and decision making. Call the Extension Office at (606) 348-8453 to let us know that you plan on attending the meeting.

---



## Jams & Jellies Class



Monday, June 13, 2022 @ 10 a.m.

Wayne County Extension Office - Upstairs Meeting Room  
Hands On Class - Class fee is waived for those who attend.

**REGISTRATION REQUIRED BY WEDNESDAY, JUNE 8TH.**

If you register and then cannot attend, you **MUST** notify us **NO LATER** than Wednesday, June 8th, or you will be charged a \$10 cancellation fee as supplies for your attendance will have already been purchased.

Please call 606-348-8453 to register for the class.

---



## Hold the Dates!

Thursday, July 21st - Saturday, July 23rd for our first annual Get Creative Days! ALL kinds of creative classes. Sewing, quilting, crafting, fine arts, cooking, etc.

Class catalog available soon!



## State KEHA Cultural Arts Competition Winners

**Congratulations to our Purple and Blue Ribbon  
Winners in the State KEHA Cultural Arts  
Competition!**

Denise Grady - Doll/Toy Making - Handmade Toy Chicken  
Marionette - Name "Corona Iris Pandemy" - **Purple & Blue  
Ribbon**

Polly Sartin - Novelty - Cross Stitched/Hand Quilted - **Purple  
& Blue Ribbon**

Carson Payne - Art 3D Carving - Mountain Men - **Blue Ribbon**

Brenda Corder - Basketry - Novelty - Multicolored Reed -  
**Blue Ribbon**

Bonnie Buchman - Ceramics - Molded - Cockatiel - **Blue  
Ribbon**

Bonnie Buchman - Painting Art - Water Color - Beach - **Blue  
Ribbon**

Vera Duvall - Embroidery - Basic - Purple Embroidery  
Pillowcases - **Blue Ribbon**

Marilyn Rush - Photography - Black & White - Winter  
Beauty - **Blue Ribbon**

Marilyn Rush - Quilts Miscellaneous - Blue Butterflies Table  
Runner - **Blue Ribbon**

Polly Sartin - Quilts - Machine Pieced/Hand Quilted -  
Double Irish Chain - **Blue Ribbon**



# State KEHA Cultural Arts Competition

Congratulations to our Purple & Blue Ribbon Winners!





## Passport Program!



Starting July 1st, we will be starting a new Passport Program! We will be traveling throughout the new program year doing educational learning adventure tours! To be eligible for the Passport Program, you must be a paid Wayne County Extension Homemaker Member (membership form and \$10 dues for the July 1, 2022-June 30, 2023 program year). For each "Trip" you will receive a STAMP in your Passport. There will be special rewards and incentives along the way and at the end of the program year for those who participate. Contact the Wayne County Extension Office for your Passport to a new year of Learning Adventures! *Clubs who do educational learning tours can be approved for special passport stamp with prior approval of your adventures!* Our first adventure will be July 29th!

**The Passports will not be available until July 1st!**

---

### 2022-2023 Extension Homemakers' Membership Drive

Wayne County Extension Homemakers!

It is time for our 2022-2023 Membership Drive and  
New Program Year Planning!

Theme for 2022-2023 Year: Our Adventure Awaits

Homemakers who turn in their membership forms and dues **BY JUNE 30th** will receive a special gift! A beautiful embroidered Wayne County Extension Homemaker Apron!

Anyone who recruits a NEW member receives an extra special gift and so does the new member.

We are so EXCITED about this new year! Please use the "lemon" color form only for the 2022-2023 program year. Forms were mailed out with May's FCS Newsletter.

Forms are also available at the Extension Office.

Remember you can also pay for a new member and gift them a membership.

We have special certificates for that. Just make sure their membership form is properly filled out.

Let us know if you need a membership gift certificate.

Dues: \$10 - Please make checks payable to Wayne County Extension Homemakers.

Membership forms and dues are DUE together at the same time.



## Attention: Wayne County Extension Homemaker County & Club Officers

Our new program year will begin on July 1st.

We would like to announce a new Leadership Recognition Program for **Officers Only!**

We recognize that there is extra work and dedication when serving as an officer.

We want to acknowledge all your devotion to the Wayne County  
Extension Homemaker organization.

There will be special events, incentives, and rewards throughout the new program year!

First event for the new program year for all County & Club Officers:

Our Adventures Await with Food, Fun, & Friendship!

Mark your calendars for Thursday, June 23rd, at 6:00 p.m. in Downstairs Meeting Room.

Watch your mailbox for a special invitation and information.

You must register so we can be prepared for you!



### Our Adventures Await! Just Down the Road Trip - July 29th



Join us for a trip Just Down the Road. Get to know a few of our local historical sites.

- Meet at the Wayne County Extension Office at 9:30 a.m.
- Guided tour of local museum and new exhibits - no admission fee, donations to the museum are appreciated.
- Lunch and tour at Historic Dunagan's General Store at Mill Springs - approximate pricing: Sandwich \$6 to \$8, sides & drinks \$1 each.
- Historic guided tour of Brown-Lanier House - included in your registration fee.
- For those who wish to make the trek, you will have time to visit the Historic Mill. Trail is laid stone for good accessibility but slightly steep.
- Refresh with ice cream at Conley Bottom Resort - approximately \$3 to \$5.

Call and reserve your spot! When you call to register, please let us know if you are riding in our vans or driving. Only 20 spots available in vans, first come first served. **If you are driving and taking others in your vehicle, you must be on our approved drivers list. See us for more details.**

Wear comfortable walking shoes. If you are an Extension Homemaker, you are encouraged to wear your t-shirt. Bring an umbrella in case of rain.

Registration Deadline: Monday, July 25th.

Registration Fee: \$5 includes Brown-Lanier House Tour and information packet. All other expenses are on your own.

**Note: If you are a Wayne County Extension Homemaker, this trip will count towards your Passport Program!**



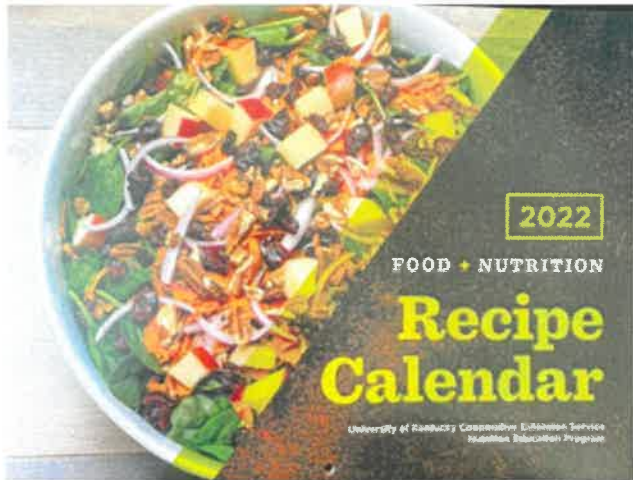
Seth Hart,  
Program Assistant  
for Community Arts

# Barn Quilt Painting Workshop April 25th & 26th

Each student completed a 2 ft. x 2 ft. Quilt Block Painting, as a reflection of both quilting and local heritage.



# Cooking Thru the Calendar!



Wayne County Extension Office  
Downstairs Meeting Room  
12 Noon

Recipe Demos & Taste Testing!  
Free Classes!

Must register so we can be prepared for  
you!

Call (606) 348-8453

Wednesday, June 22nd - Zubeanie Boats

Monday, July 11th - Garden Fresh Tomato Pizza

Wednesday, August 24th - Easy Baked Fish with Pineapple Salsa



## In Stitches Quilt Class - Sit & Sew

Wednesday, June 15, 2022 @ 10:00 a.m.

Wayne County Extension Office  
Downstairs Meeting Room



We will be wrapping up our program year with a **Sit & Sew!** Please bring a project you'd like to work on and enjoy the fellowship of the day! We will be available to answer questions and assist with any troubleshooting you need on your chosen project. We will also do a potluck lunch. If you have had the safe food handling class, please feel free to bring a dish to share. If you haven't, please feel free to bring something pre-packaged/prepared! We will provide the drinks. While you sit and sew, Laurie Lou will put her embroidery machine to work to make you each a free custom quilt label. All supplies will be provided by the extension office **unless you prefer your label stitched on a specific fabric. If so, a fat quarter (18" x 22") would be a good size for easy hooping for the embroidery.** Consider what info you would like on your label. Laurie will try to accommodate your wishes, depending on the number of requests and the time limits of the day. What fun! Please let us know if you plan to attend.

**Don't forget to bring your items for Show & Tell!**



Joy McGinnis,  
FCS Program Assistant

## Welcome Butterflies to Your Garden



Light as air, bright as stained glass or creamy as angel wings, butterflies and moths do the important work of pollinating our plants while bringing joy to our gardens. They don't require a lot from us human caregivers - only a few host plants for the babies, a few nectar plants for the adults, a little water or moist soil, a flat rock for sunning, and they're happy critters. The best flowers to plant for adult butterflies are nectar-rich classics. Hybrid plants, while beautiful, are often sterile or don't provide the largesse of nectar butterflies need. Plant sun-loving, brightly colored plants of all heights to attract the greatest diversity of butterflies and moths to your yard. Perennial plants such as coneflowers, asters, catmint and liatris are good choices. Some annuals that will attract butterflies and bees are lantana, sweet alyssum, sunflowers, zinnias, and snapdragons. Most salvias, either annual or perennial, are pollinator magnets. Night flying moths are especially attracted to white flowers, so moonflower vines, white impatiens and nicotiana are good annuals to plant. Different butterflies are attracted to plantings of various heights. For instance, tiger swallowtails are attracted to the tall Joe Pye weed and New England aster blossoms. Least skippers enjoy low-growing plants like lavender, dianthus, and low-growing asters such as Stokes' aster. Shrubs like viburnum, sweetspire, and elderberry are also good options to attract a variety of species. You will also need to plant some host plants as nurseries for the insects. If you intermingle host plants with nectar plants, you will improve your chances of seeing generations of butterflies in your garden. Milkweed is preferred by Monarch butterflies, because feeding on the plant as caterpillars build up the toxins in their bodies that make them unpalatable to their enemies. The Eastern tailed-blued butterfly likes to lay eggs on sweet peas. The hackberry tree is a host tree to many species of butterfly caterpillars. Larvae of the black swallowtail butterfly frequent garden plants of parsley, carrot, dill, and fennel - with practice their striped caterpillars are easy to spot. Butterflies are cold-blooded and need warmth in the morning. Placing a flat rock in a sunny spot near your flowers can give them the energy they need for a day of foraging. And leaving them a shallow pan of water filled with pebbles or sand or soil will provide them with the water and minerals they need to be healthy. Above all, do not use pesticides in your garden. Most pesticides can harm or kill butterflies and moths, as well as other important pollinators. Even organic pesticides such as neem oil or insect soap can kill them or cause disruptions in their mating or feeding behaviors. The best way to control harmful insects in your garden is to plant for diversity and let nature take care of the problem for you.

Source: Richard Durham, Extension Professor, Department of Horticulture



## Protection Against Skin Cancer

Skin cancer is the most common form of cancer in the United States. Skin cancer is the abnormal growth of skin cells, which most often develops after the skin has been exposed to the sun. Skin cancer can develop on areas like your scalp, face, lips, ears, neck, chest, arms, hands, and legs. Sometimes skin cancer forms on other places that rarely see the sun, such as the palms of your hands or soles of your feet. Skin cancer affects all people, no matter what skin tone. The most common sign of skin cancer is a change in your skin. As soon as you notice a change in your skin, such as a new growth, a sore that does not heal, or a change in an old growth, talk to your doctor. Different types of skin cancers look different, but a good way to remember and test the signs of skin cancer is as simple as the A-B-C-D-Es.

- A - Asymmetrical - Do you have a mole or a spot that has an irregular shape or is lopsided?
- B - Border - Do you have a mole or a spot with an uneven border?
- C - Color - Do you have a mole or a spot with irregular coloring?
- D - Diameter - Do you have a mole or spot that is larger than the size of a pea?
- E - Evolving - Do you have a mole or spot that has changed over the past weeks or months?
- If you answer yes to any of these questions, you need to talk to your doctor.



Not all skin changes are caused by skin cancer, but it is best to let your doctor investigate to determine the cause. Risk factors According to the Centers for Disease Control and Prevention, anyone can get skin cancer, but you are at a higher risk if you have one or more of these characteristics: (1) A light skin color, (2) skin that burns, freckles, reddens easily, or becomes painful in the sun, (3) blue or green eyes, (4) blond or red hair, (5) certain types and a large number of moles, (6) a family history of skin cancer, and (7) a personal history of skin cancer.

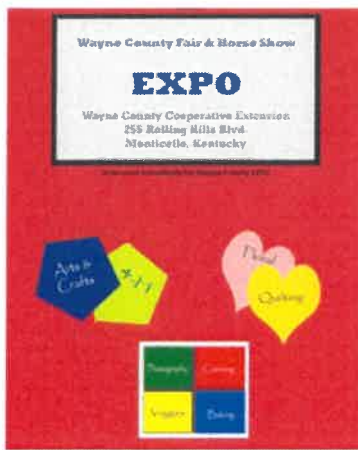
Protecting yourself is worth it. It is important to protect yourself from the sun's ultraviolet (UV) radiation year-round. The UV rays can reach your skin on a cloudy day as much as they do on sunny days. The CDC recommends protecting yourself from UV rays year-round by: (1) Avoiding indoor tanning beds, (2) using sunscreen with a sun protection factor (SPF) of 15 or higher year-round (look for protection of both UVA and UVB), (3) staying in the shade when possible, (4) wearing clothing that covers your arms and legs, (5) wearing a hat with a wide brim to shade your face, head, ears, and neck, (6) wearing sunglasses that wrap around and block both UVA and UVB rays, (7) being aware of sun-sensitizing medications, and (8) checking your skin regularly and reporting changes to your doctors.

Resources: <https://www.cancer.org/cancer/skin-cancer.html>, <https://www.mayoclinic.org/diseases-conditions/skincancer/symptoms-causes/syc-20377605>, <https://www.cdc.gov/cancer/skin/>, [https://mrisktool.cancer.gov/https://www.cdc.gov/cancer/skin/basic\\_info/risk\\_factors.htmblu](https://mrisktool.cancer.gov/https://www.cdc.gov/cancer/skin/basic_info/risk_factors.htmblu)

# Wayne County Homemakers 72nd Annual Meeting

The Wayne County Homemakers 72nd Annual Meeting was held on May 23, 2022 at the Barn at McKinley Farms. We would like to say "thank you" to all the Extension Homemakers in helping to make this annual meeting a success. Entertainment was provided by Debra Faulk with Kentucky Humanities portraying Nancy Green, *Being Aunt Jemima, the Pancake Queen*.





## EXPO coming soon!

Get your items ready!

Entry day will be July 5th from 8:30 a.m. to 1:00 p.m. at the Wayne County Extension Office. Stop by the Extension Office to pick up an EXPO catalog.



## Farmers' Market Kick-Off

June 18th Special Event  
8:00 a.m.-12 noon  
Homebuilders Building  
112 Harper Drive  
Monticello, KY



Fresh produce, artisan crafts, fresh baked goods, farm eggs, etc. and free Plate It Up/KY Proud recipes & tasting samples!

## Community Service Project Opportunities

### Project Helping Hands

We need your help with a community service project for the months of June and July! Please mark your calendars for June 27th & July 12th @ 12:30 p.m. We need your **Helping Hands!** Please help us on the dates listed above. We will meet at the House of Blessings to help them deep clean. Please call the Extension Office at 606-348-8453 to sign up.

### Project Wish List

We will be collecting items on the "**Wish List**" during the months of June & July to help support our local high school Family & Consumer Sciences Class. Monies for needed class supplies are limited. Most of what they do have is in bad need of updating/and or replacing. Let's all pitch in and see if we can fill their classroom "**Wish List.**"

More information concerning the above projects along with a copy of the "**Wish List**" is enclosed. *\*\*Participation in these community service projects can count as volunteer service hours and earn you some double points in your passport log!*

## Fun Facts About the Month of June

June is the start of summer time vibes. It's typically the month with the most daylight hours to enjoy, endless summer BBQ's, and long-overdue vacations. Here are a few fun facts about June.

- June has its own beetle named after it, the June Bug (or June Beetle).
- June's birth flowers are roses and honeysuckle.
- June has three birthstones - Pearls, Alexandrite, and Moonstone.
- June has its own named moon, the Strawberry Full Moon (named for the bounty of fruit grown at this time of year). You can see it for yourself around the 24th of June, with it being considered both the last full moon of Spring and the first of Summer. Source: [funfactsabout.com/fun-facts-about-june](http://funfactsabout.com/fun-facts-about-june)



*Debbie Shepherd*

**Debbie Shepherd, CEA FCS**  
**Wayne County Extension Agent**  
**for Family & Consumer Sciences**  
[debbie.shepherd@uky.edu](mailto:debbie.shepherd@uky.edu)  
DS/vm



**We Grow Families.**  
[www.ca.uky.edu](http://www.ca.uky.edu)



**Wayne County Cooperative**  
**Extension Family and**  
**Consumer Sciences**



**Cooperative Extension Service**  
**Agriculture and Natural Resources**  
**Family and Consumer Sciences**  
**4-H Youth Development**  
**Community and Economic Development**

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



## Community Service Project Opportunities!

*\*\*Participation in these community service projects can count as volunteer service hours and earn you some double points in your passport log!*

We need your help with a community service project for the months of June & July!

### Project Helping Hands

Please mark your calendars for June 27<sup>th</sup> & July 12<sup>th</sup> at 12:30 p.m.

We need your **Helping Hands!** Please help us on the dates listed above. We will meet at the House of Blessings to help them deep clean. They are in desperate need of **Helping Hands**. Many hands make light the work. We will go as group these two days to lend our **Helping Hands**.

Please call us at the Extension Office and sign up ~ Many thanks for lending your Helping Hands!

### Project Wish List

We will be collecting the items on the **“Wish List”** below during the months of June & July to help support our local high school Family & Consumer Sciences Class. Monies for needed class supplies are very limited. Most of what they do have is in bad need of updating and/or replacing. Life skills that are taught in these classes are essential to our young people. Let’s all pitch in and see if we can fill their classroom **“Wish List.”** We will deliver items the first part of August in time to get ready for students to return to the classroom.

Please bring your donated items to the Wayne County Extension Office ~ Thank you so very much for supporting our students!!

#### **WISH LIST**

Dishtowels

Aprons

Potholders

Whisks (12)

12 - 8 X 8” Cake Pans

12 - 9 X 13” Cake Pans

Storage Container Sets (6)

Plastic Mixing Bowl Sets (6)

Cooling Racks (6)

Manual Can Openers (5)

Pastry Blenders (6)

Pastry Mats (6)  
Drainers/Colanders (6)  
Ice Cream Scoop (6)  
Cupcake Decorating Kits (6)  
Swiffer Sweeper with Refills  
Broom/Dustpan  
Crockpots (3)  
Silverware Sets (6)  
Measuring Cup/Measuring Spoon Sets (6)  
Large Plastic Storage Bins (4)

**Always needed:**

Aluminum Foil  
Disposable Plates  
Disposable Forks  
Ziplock Bags  
Laundry Detergent  
Dishwashing Detergent  
Sanitizing Spray  
Baking Mix  
Flour  
White Cake Mix  
Shortening  
Garbage Disposal Sanitizer  
Poster Board  
Coloring Pencils/Markers  
Scissors  
Rubber Bands (For Hair)  
\*\* Nacho Cheese  
\*\* Salsa  
\*\* Straws  
\*\* Packs of Water  
\*\* Milkshake Cups/Domed Lids ([Amazon.com](https://www.amazon.com): [40 Sets - 24 Oz]  
[Crystal Clear PET Plastic Cups with Dome Lids & Straws for Iced Coffee, Cold Drinks, Milkshake, Slush Cup, Smoothy's, Slurpee, Party's, Plastic Disposable Cups: Health & Household](https://www.amazon.com))  
\*\* Nacho serving tray ([Avant Grub Anti-Spill Disposable Plastic Nacho Tray with Dual Compartments, 100 Pack - Walmart.com](https://www.walmart.com))  
\*\* Would be extremely helpful. Website just listed for examples.