



Spring is the time to organize, clean up your financial apps

Source: Kelly May, senior extension associate for Family Finance and Resource Management

This year, there's a new item to incorporate into your spring-cleaning ritual: thoroughly examining your financial applications.

Right now is an opportune moment to sift through your financial apps, checking for any lingering balances. If you discover surplus funds sitting idly, consider moving this money to a high-yield savings account. Such accounts often offer more favorable interest rates and increased safety, allowing your money to grow.

Additionally, extend this routine to include any rebate or coupon applications you regularly use. It's easy to accumulate rewards and forget, but periodically checking these apps can reveal significant redeemable value. Converting these rewards into cash or depositing them into a savings account provides security and potentially earns you interest. This practice tidies up your digital financial footprint, enhancing your financial security and growth.

The decline in cash usage underscores a broader shift in consumer payment preferences. According to a 2022 study by the Pew Research Center, 41% of Americans reported not using cash for any purchases within a typical week. This trend highlights a pivot towards alternative payment methods, including



debit and credit cards, digital wallets and money transfer applications. Such statistics reflect a changing landscape where digital transactions are becoming the norm, underscoring the importance of managing digital finances wisely.

Digital payment platforms like Venmo, PayPal and Cash App are on the rise. These apps offer convenience and flexibility, making them popular choices for a wide range of transactions.

A survey conducted by NerdWallet, in partnership with the Harris Poll, found that about two-thirds of mobile payment app users keep funds in their accounts. Notably, nearly half of these users have more than \$100 in their account at any given time, suggesting a significant level of trust and reliance on these platforms for financial management.

However, this trust may be somewhat misplaced regarding the security of stored funds. While these apps excel at

facilitating quick transfers, they are not designed with the same protective measures as traditional banking institutions.

Banks and credit unions provide insurance through organizations like the Federal Deposit Insurance Corporation – more commonly known as the FDIC – ensuring that customers' deposits are protected up to certain limits. Unfortunately, many mobile payment apps do

not offer this level of security, leaving users' balances potentially exposed.

This distinction is crucial for users to understand, as it affects the safety and security of their funds. In the digital age, being vigilant about where and how money is stored is more important than ever, prompting a need for greater awareness and careful financial management.

Thank you Club Members

We collected 360 medicine bottles for Matthew 25 Ministries.



LOOKING AHEAD...

| Date | Event |
|-------------------------------|---|
| March 5 11:00 a.m. | Lunch Bunch — Outback Steakhouse 7731 Five Mile Rd, Cincinnati, OH 45230 (Right across the river) - Call/Text your reservation to Marcia Kerby at 859-816-8707. Meet at Extension Office at 10:30 to car pool. |
| March 6 10:00 a.m. | Homemakers Council Meeting Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076 |
| March 12 1:00 - 3:00 p.m. | Valley Homemakers Meeting — Room C Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076 |
| April 2 11:00 a.m. | Lunch Bunch — Camporosso Pizza and Italian 2475 Dixie Hwy, Ft. Mitchell, KY (close to Greyhound Tavern). - Call/Text your reservation by March 31st to Marcia Kerby at 859-816-8707. Meet at Extension Office at 10:30 to car pool. |
| April 5 10:00 a.m. | Homemakers Annual Meeting Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076 |
| April 9 10:00 - 12:00 p.m. | Valley Homemakers Meeting — Room A Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076 |

Kate Vaught Thompson

Kate Vaught Thompson

Campbell County Extension Agent for
Family and Consumer Sciences

Katrina Harney

Campbell County Extension
Assistant for
Family and Consumer Sciences

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Lunch Bunch



Tuesday, March 5, 2024

Outback Steakhouse

11:00 a.m.

7731 Five Mile Rd, Cincinnati, OH 45230

Call or Text your reservation or cancellation to
Marcia Kerby at by December 1st.

859-816-8707

Text Marcia if you would like to meet at Extension
Office and carpool. We will leave at 10:30 a.m.



Campbell County Homemakers display case at the Newport Public Library. Thank you to those who donated items of the display.

Why Laughter is a Must in Relationship

Source: David Weisenhorn, Ph.D.; specialist for parenting and child development

Laughter is a powerful and often underestimated tool in maintaining a healthy and fulfilling relationship. Numerous studies have highlighted the positive impact of laughter on relationships, and its benefits extend far beyond amusement. Using humor with your partner fosters a sense of connection, strengthens emotional bonds, and contributes to overall relational well-being.



Less stress. One key benefit of laughter is stress reduction. Shared laughter has been shown to decrease stress hormones, promoting a more relaxed and positive atmosphere. This becomes particularly important in the face of challenges or disagreements, as humor can serve as a coping mechanism, diffusing tension, and easing conflicts.

Better communication. Laughter serves as a social lubricant, enhancing communication and understanding between partners. Couples who share a sense of humor are often more attuned

to each other's perspectives and find it easier to navigate through life's ups and downs. Humor can act as a buffer during tough times, allowing couples to approach difficulties with a lighter perspective and a united front.

Better connection. Research has also linked laughter to increased intimacy. Couples who laugh together report higher levels of satisfaction in their relationships. The shared joy that accompanies laughter creates lasting memories and reinforces a positive

emotional connection. In addition, the ability to find humor in oneself and situations promotes humility, preventing conflicts from escalating unnecessarily.

References:

Cann, A., Norman, M. A., Welbourne, J. L., & Calhoun, L. G. (2008). Attachment styles, conflict styles and humor styles: Interrelationships and associations with relationship satisfaction. *European Journal of Personality*, 22(2), 131-146.

Gable, S. L., Reis, H. T., Impett, E. A., & Asher, E. R. (2004). What do you do when things go right? The intrapersonal and interpersonal benefits of sharing positive events. *Journal of Personality and Social Psychology*, 87(2), 228-245

Martin, R. A. (2002). Is laughter the best medicine? Humor, laughter, and physical health. *Current Directions in Psychological Science*, 11(6), 216-220.



LAUGHTER YOGA CLASS

Laughter Yoga is a combination of breathing (yoga), stretching, and simulated laughter. The benefits of laughter are experienced through eye contact, interaction, and movements that simulate laughter—which becomes real and contagious!

- Wear comfortable clothing
- Yoga mat not needed

April 16
1:30pm

Laughter is the best medicine!

(You will not be on the floor during this program.)

Registration is limited!

Register at

**<https://campbell.ca.uky.edu/> or
859-572-2600**

at the Campbell County
Cooperative Extension Office

*Presented by: Suzanne Piper, Certified
Senior Advisor and Certified Laughter Yoga
Instructor*

*Sponsored by: The Northern Kentucky
Homemakers*



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Lexington, KY 40506



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accommodated
with prior notification.

ADULT HEALTH BULLETIN



MARCH 2024

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

Campbell County Cooperative Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600
campbell.ca.uky.edu

THIS MONTH'S TOPIC

SAVE YOUR VISION



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.

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

Continued on the next page →



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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.



→ Continued from the previous page

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.

REFERENCE:

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



Packing lunches? Start with this planning guide

Source: Courtney Luecking, Extension specialist for nutrition and health

Packing lunches may feel like a chore. Investing a little time to plan can go a long way in saving time, money, and energy. These practical tips will help you plan easy, tasty, and nutritious lunches for growing minds and bodies.

Invest in reusable containers. Spending money on reusable containers will help save money over time. They will also allow more options for what you can pack. An insulated bag and ice pack will help keep cold foods cold and safe to eat. An insulated food container can help keep warm foods like soup warm. Kids can refill reusable bottles with water throughout the day.

Consider lunch limits. To help children get the most out of the much-needed lunchtime boost, find answers to these questions.

What time is lunch? Lunchtime may be early or later in the day. With early lunches, frozen foods may not have time to thaw. With later lunches, your child might need a snack to bridge the gap between breakfast and lunch.

How long is lunchtime? The lunch period may be as short as 20 minutes. With short lunch periods, it is helpful to send foods that do not require preparation and that are easy to eat. For example, soup or salad may take longer to eat than cheese and crackers or a sandwich.

Is the school nut-free? Because of the increasing numbers of children who have food allergies and potentially serious outcomes, some schools do not allow peanuts or tree nuts. Examples of tree nuts include almonds, cashews, pecans. If your school is nut-free, try alternatives



like sunflower or soy nut butter.

Can children open packages? Whether you pack reusable containers or prepackaged items, make sure your children can open them. If not, you can either open packages before you put them in the lunchbox or put the food in something that is easier to open.

Is there access to a microwave? Access to a microwave means you can send foods that need to be heated up. Hello leftovers. If there is no microwave, make sure foods are ready and OK to eat as packed.

Make a plan. When planning lunches, aim to include a protein, whole grain, fruit, and vegetable. Choosing two to three staples from each of these groups will provide options for the week without breaking the bank. Protein ideas include hardboiled egg, yogurt, cottage cheese, and canned beans. Whole grain ideas include tortillas, crackers, pasta, and frozen waffles. Fruits can be fresh, frozen, or in a fruit cup or pouch. Vegetables can be fresh, frozen, or leftovers from dinner.

Keep it simple. Create a list of five to 10

main dish ideas. You can use this over and over with the same or different ingredients. For example, you can use a whole-grain tortilla for a peanut butter and banana roll up one day and a bean and cheese quesadilla the next. Serving familiar favorites in different ways gives children nutrition they need while also exposing them to new

textures and flavors.

Get children involved. Include your



children when you make the lunch plan. Invite them to help with grocery shopping. This can provide time to find new foods to try.

A little planning and creativity will help you pack lunches that fuel your children for the second part of their day.

Resources:

Academy Nutrition Information Services Team. (2021, May 1). Banishing Brown Bag Boredom. Kids eat right. <https://www.eatright.org/food/planning/away-from-home/banishing-brown-bag-boredom>

The Nutrition Source. (n.d.). Packing a Healthy Lunchbox. Harvard T.H. Chan School of Public Health. <https://>

DIABETES

Education

UK Cooperative Extension Service



The more you know...

DIABETES BASICS

Thursday, March 7, 2024, 1:00-3:30 PM

Adults will learn about managing diabetes from Paula Bergen, RN, CDCES and Julie Shapero, RDN, LD, LDE and enjoy a taste of a diabetes-friendly recipe.

Boone County Extension Office
(Lutes Room)

6028 Camp Ernst Road, Burlington, KY 41005
(enter building across from flagpole)

(859) 586-6101 or boone.ca.uky.edu to register
Registration required.



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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2024

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

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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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)

Crazy Quilters



Crazy Quilters is for members to meet together and bring their quilting, crocheting, or knitting to work with others working on similar projects. They get to share ideas, give support, and help each other as they work. It is an opportunity to learn new skills and techniques from each other. Two retreats are planned each year at Blue Lick State Park, usually in the spring and fall, as a time to get away and create without any distractions. A quilt vendor is on-site at the retreat for needed supplies, fabrics, and new projects.

MEET THE 3RD MONDAY OF EACH MONTH

Time: 10am (check newsletter)

Meeting Location: Campbell County Extension Office

Contact: Linda Booth (859)620-0262

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VALLEY HOMEMAKERS

ENJOY LEARNING NEW INFORMATION AND SKILLS

The club emphasizes service, volunteering with others to help individuals and groups within the local community. Valley members enjoy making a variety of craft projects and have plans for learning many more.



WE MEET THE 2ND TUESDAY OF EACH MONTH

WE WELCOME NEW MEMBERS ANY TIME THROUGHOUT THE YEAR AND HOPE THAT YOU WILL BRING A FRIEND AND JOIN.

TIME: 10am (check newsletter)

MEETING LOCATION: Campbell County Extension Office

CONTACT: Pam Fields (513) 519-5823 (leave voicemail)

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Campbell County Homemakers

LUNCH BUNCH CLUB

Join us to meet new friends and enjoy great lunches.

Campbell County Homemakers will visit various local restaurants each month.

WE MEET THE 1ST TUESDAY OF EACH MONTH

TIME OF MEETING: 11am (CHECK NEWSLETTER)

MEETING LOCATION: various restaurants

CONTACT: Marcia Kerby 859-816-8707

EMAIL: JOTANDTITLES1@HOTMAIL.COM



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CAMPBELL COUNTY

HOMEMAKER MAILBOX MEMBERS

Mailbox members are homemaker members who are unable to attend regularly scheduled Homemaker meetings. By joining the Homemaker's organization as a Mailbox Member, you receive the Campbell County Extension newsletter and any updates or flyers that contain information about upcoming programs and events. You are able to participate in any Homemaker events or programs.

JOIN NOW

Contact Kate Thompson
For more information
Email katevaught@uky.edu or
call (859)572-2600



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January 2024

Cooperative Extension Service

Campbell County

3500 Alexandria Pike

Highland Heights, KY 41076

859-572-2600

Fax: 859-572-2619

<http://ces.ca.uky.edu/campbell>

Dear Guidance Counselors,

The Campbell County Cooperative Extension Homemakers are again offering our Elizabeth A. Porter/Gladys M. Lickert Scholarship valued at \$500.00. Any high school **senior** who is a **Campbell County resident** and will be **attending a college or university in Kentucky** is eligible to apply.

I have enclosed several copies of the application for your students. The scholarship is based on financial need, grades, community involvement and extra curricular activities. Each applicant is required to submit:

- 1. Completed Application**
- 2. Transcript of grades**
- 3. Either ACT scores, SAT scores, or scores required by your institution of choice**
- 4. A counselor or teacher recommendation**
- 5. A 100 word letter on “Why you would like to be a recipient of this scholarship”**

All this must be mailed to our office by April 1, 2024. No application will be considered unless all the requirements are met, and no late applications will be accepted.

Personal interviews will only be held if needed and the recipient will be notified by mail. In the event that a student from your school receives the scholarship, an Extension homemaker representative would appreciate the opportunity to present it at your school’s award night.

Please encourage your students to apply. This is our way of encouraging higher education in Campbell County youth. If you have any questions, please feel free to call.

Sincerely,

KATE VAUGHN THOMPSON

Kate Thompson
Campbell County Extension Agent
for Family and Consumer Sciences



Application due April 1, 2024

ELIZABETH A. PORTER/GLADYS M. LICKERT SCHOLARSHIP Campbell County Extension Homemakers

NAME _____ AGE _____

ADDRESS _____

TELEPHONE _____ SOCIAL SECURITY # _____

EMAIL ADDRESS _____

HIGH SCHOOL ATTENDED & DATE OF GRADUATION _____

INTENDED FIELD OF STUDY _____

COMMUNITY INVOLVEMENT (add extra pages if needed)

EXTRA CURRICULAR ACTIVITIES

KENTUCKY COLLEGE YOU PLAN TO ATTEND: _____

HOW DO YOU PLAN TO FINANCE YOUR COLLEGE EDUCATION?

_____ Financial support from family
_____ Student loans
_____ Summer part-time job
_____ Scholarship
_____ Other (explain) _____

- 1) A TRANSCRIPT OF GRADES, 2) EITHER ACT SCORES, SAT SCORES, OR SCORES REQUIRED BY YOUR INSTITUTION OF CHOICE, 3) 100 WORD LETTER ON "WHY YOU WOULD LIKE TO BE A RECIPIENT OF THIS SCHOLARSHIP," AND 4) LETTER OF RECOMMENDATION.

PLEASE RETURN TO:

Kate Thompson

Campbell County Extension Agent for Family & Consumer Sciences

3500 Alexandria Pike

Highland Heights, KY 41076-1705

**CAMPBELL COUNTY EXTENSION HOMEMAKERS
BURNETT BRAUN/ANNABELLE PERKINS EDUCATIONAL FUND**

1. A \$500.00 Educational Fund is available, if the budget allows, to Campbell County Extension Homemakers, including mailbox members, planning to take a course(s) to increase their knowledge and skills as specified on the application form
2. Applicants must be non-traditional students having completed high school at least 5 years prior to submitting the application.
3. Applicant must submit to an interview, if requested.
4. Application forms are available from the Executive Board of Campbell County Extension Homemakers.
5. Applications must be received by April 1 of the current year. The Educational Fund Committee will notify the recipient(s) by May 1 of the current year.
6. Applicants are encouraged to share in some fashion the knowledge they have gained from their course.

CAMPBELL COUNTY EXTENSION HOMEMAKERS
Application for BURNETT BRAUN/ANNABELLE PERKINS
Educational Fund-Application due April 1, 2024

Name _____

Home Address _____

Home Phone _____ Cell Phone _____

Email _____

College/School//Course Provider you plan to attend _____

Course - Must be a course for continuing education, or to learn a heritage art or skill such as stained glass, quilting, painting, ceramics.

QUALIFICATIONS:

Must be a Campbell County Extension Homemaker, including mailbox members.

Must be a Non-traditional student – having completed high school at least 5 years prior to application.

Applicant must submit the following:

A letter stating why you would like to be the recipient of this scholarship, including the detailed description of the course.

Copy of acceptance letter or registration verification from school or course provider, if available. If course has already been taken, proof of payment has to be submitted for reimbursement. Course must be taken or planned to be taken from July 1 -June 30 of the current homemaker program year.

Applicant must submit to an interview, if needed to make a final decision.

Recipients must submit the name and address of the educational provider.

RETURN TO: Campbell County Extension Office
Kate Thompson-Family and Consumer Sciences Agent
Attention: Burnett Braun/Annabelle Perkins Committee
3500 Alexandria Pike
Highland Heights, KY 41076



VEGGIE EGG RINGS

Servings:4 Serving Size:1 egg ring Recipe Cost:\$1.94 Cost per Serving:\$0.49



Directions:

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.

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

Nutrition facts per serving:

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