



Jessica Marquez - Community Resource Development Extension Assistant for Jefferson County

Greetings,

My name is Jessica Marquez. I am the Community Resource Development Extension Assistant for the Jefferson County Extension Office. I am bilingual in English and Spanish. I work to ensure that programs offered by Kentucky State University's Cooperative Extension Program reach the Latino community in Jefferson County. My focus is to ensure that we build opportunities that assist people, communities, and organizations through research-based educational experiences that improve quality of life.

As you are aware, we are going through a serious and difficult time in the country and the world. Hispanics are among the hardest impacted in terms of health and finances; therefore, it is important that we follow guidelines set by the Center for Disease Control (CDC) and the Kentucky COVID-19 guidelines to stay healthy. You can visit the websites at:

Center for Disease Control - [cdc.gov](https://www.cdc.gov)

Kentucky COVID-19 -- ([kycovid19.ky.gov](https://www.ky.gov/covid19))

Some tips to slow spread the coronavirus:

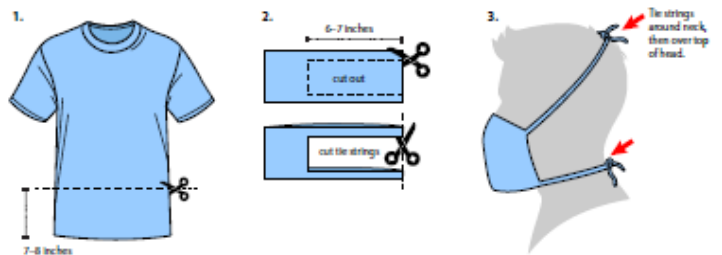
- Wash your hands for at least 20 seconds with warm soapy water.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with other people.
- Keep about 6 feet between yourself and other people.
- Sneeze or cough into a tissue and throw the tissue in the trash.
- Clean and disinfect touched surfaces frequently.
- Cover your mouth and nose with a cloth face cover when around others.

CDC Approved Face Cover Tutorial:

Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials
• T-shirt
• Scissors

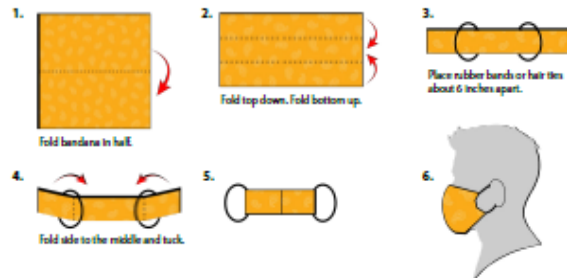
Tutorial



Bandana Cloth Face Covering (no sew method)

Materials
• Bandana (or square cotton cloth approximately 20"x20")
• Rubber bands (or hair ties)
• Scissors (if you are cutting your own cloth)

Tutorial



Source: [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)

Stretching Your Food Dollar

Are you looking for tips to help you stretch your food dollars when you have a reduced income or just need to be more careful with your money? Try these suggestions.

- Know how much money you have to spend on food.
- Check your pantry for the food you have on hand.
- Plan menus. Make a grocery list based on menus and stick to it.
- Plan meatless meals – substitute dried beans, peas, and eggs.
- Use store ads, and buy specials and sale items.
- Buy store brands rather than name brands.
- Buy items reduced for quick sale and use in menus.
- Buy less expensive cuts of meat.
- Buy economy sizes and divide into smaller packs.
- Use coupons.
- Use leftovers in casseroles.
- Cook from scratch. It is generally cheaper than using convenience foods.
- Buy food that is fresh, cheap and in season, and adjust menus to fit.
- Compare canned and frozen foods and purchase those that are cheaper per ounce.



Recipe of the Week

Confetti Bean Salsa

Serving size ½ cup; serves 6

1 can of corn drained
1 can of black bean drained
1 cup restaurant-style salsa
1 bag scoop-style tortilla chips

Drain corn and black beans. Combine all ingredients in a bowl. Serve in scoop-style tortilla chips or use as a dip.

Variations:

- Use peach salsa or pico de gallo instead of the regular salsa.
- Add some shredded cheese on top.
- Add some fresh cilantro for garnish.



Source: Bankston, J. (2018). Real Skills for Everyday Life. Kentucky State University Cooperative Extension Program.

Prepared by: Joanne Bankston, Ph.D., Professor, Coordinator, Family and Consumer Sciences, State Extension Specialist, School of Family and Consumer Sciences, College of Agriculture, Communities, and the Environment, Kentucky State University, Frankfort, KY. 4/2020

For more information contact:
Jessica Marquez
Community Resource Development
Extension Assistant

Jessica.Marquez@kysu.edu

I will be working remotely until further notice;
however, you may still contact me via email.