

November/December 2022

FAMILY & CONSUMER SCIENCES

Newsletter

BOURBON COUNTY EXTENSION HOMEMAKERS



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

Cooperative Extension Service

Bourbon County
603 Millersburg Rd
Paris, KY 40361
(859) 987-1895
Fax: (859) 987-3120
bourbon.ca.uky.edu



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

Bourbon County
Extension Homemakers present

Holiday FOODS

Quick Appetizers and Desserts

Tuesday, November 15
6:00-7:30 pm
First Christian Church
911 High St, Paris

Tickets
\$10 for Homemaker members
\$12 for non-members

Available for purchase
at Extension Office,
603 Millersburg Rd, Paris

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, Lexington, KY 40546. U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



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with prior notification.



 University of Kentucky
College of Agriculture,
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Cooperative Extension Service

PLEASE JOIN US FOR A

HOLIDAY

SUMMER SAUSAGE & CHARCUTERIE WORKSHOP

\$10
payment
due by
Nov. 30th

Thursday, December 1
5:30 PM

Sausage will be ready to be
picked up on Dec. 9

Call 859-987-1895
to register

Karen Denniston

Agent for Family Consumer Science
Karen.denniston@uky.edu

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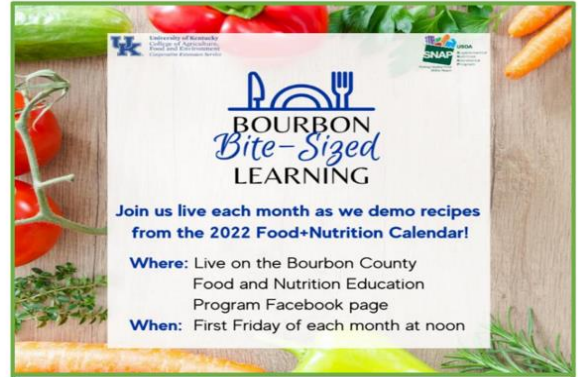


Disabilities
accommodated
with prior notification.

Coming to you on Bourbon County Nutrition Education Facebook page. If you missed the 1st Friday, it is still available on FB and YouTube.



2023 calendars will be here before we know it! Keep an eye out for their arrival!



Join us on Bourbon County Nutrition Education Program Facebook page, to view Kacy preparing "Cheese and Corn Chowder" better yet get your ingredients and prepare your salad along with us. Mark your calendar December 2nd at noon!



If you miss the Facebook viewing we can also be found on YouTube Bourbon County Extension Office.



We are expanding! Join Kacy and Kay on the 3rd Friday of each month at noon when they share a Kentucky Proud Plate It Up Recipe on Bourbon County Extension FCS/Homemakers Facebook page. Look forward to sharing our recipes!

CHEESE AND CORN CHOWDER

- 2 medium potatoes, diced
 - 1 small onion, diced
 - 1 medium celery stalk, diced
 - 1 (15.25-ounce) can no-salt-added whole kernel corn, drained
 - 1 teaspoon garlic powder
 - 1/4 teaspoon ground thyme
 - 1/2 teaspoon salt
 - 1/4 teaspoon black pepper
 - 2 cups low-sodium chicken broth
 - 1 cup skim milk
 - 2 tablespoons all-purpose flour
 - 1/2 cup shredded cheddar cheese
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Gently scrub potatoes and celery using a clean vegetable brush under cool running water before preparing. Gently rub onion under cool running water before preparing.

3. Put all ingredients except milk, flour, and cheese into a 2-quart slow cooker.
4. Stir to combine.
5. Cover and cook on high for three hours or until vegetables are tender.
6. Whisk milk and flour together. Make sure no lumps remain and the flour has fully dissolved. Add to slow cooker. Mix well.
7. Cover and cook on high 30 minutes longer.
8. Stir. Ladle into bowls, and sprinkle cheese evenly on each bowl.
9. Store leftovers in the refrigerator within 2 hours.

Makes 5 servings
Serving size: 1 cup
Cost per recipe: \$3.88
Cost per serving: \$0.78



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

“OUTSIDE the BOX”



NOVEMBER! MY FAVORITE MONTH OF THE YEAR!

November reminds me to stop and be thankful for all that I have. I am thankful for so much, but I tend to find myself so busy and stressed that I do not focus on the good surrounding me! The last few years, I have tried to say one thing I am thankful for each day and I try to tell someone everyday that I am thankful for them.

With Homemaker club meetings this month, I challenge each member to share one thing for which they are thankful. It is sure to put a smile on your face and in your heart.

I hope everyone is looking forward to the return to in-person Holiday Foods. This will be the first since pre-COVID! It will be a great time together and I hope to see you there.

Remember, we are not meant to do this life alone. We are better together Bourbon County Extension Homemakers!

“Bourbon County Homemakers, let’s get started thinking outside the box!”

Mallory Lowe
President Bourbon County Extension Homemakers



LEADER LESSON TRAINING




Bluegrass Area Homemaker Leader Lesson



MOVE YOUR WAY EXERCISE 4 EVERYONE

DATE: Tuesday, November 22nd
TIME: 6:00 pm
PLACE: Bourbon County Extension Office
Please RSVP
859-987-1895

DEADLINE EXTENDED



Bourbon County Extension Homemakers Dues Deadline Now Nov. 29

Dues are \$9.00 Per year (September thru July)

Do you remember last statewide dues increase?

2022-23 Leader Lessons

Leader lessons for the 2022-23 year will be taught by Bluegrass Area Extension FCS Agents. They will be taped for viewing at Bourbon County office. Each taped viewing will be followed by planned activities and/or hands-on learning.

Spread the word that anyone, member or not, interested in learning more about “Exercises for Everyone” is welcome to attend the Bluegrass Area Extension Homemakers Leader Training at 6:00 pm on Tuesday, November 22nd at the Bourbon County Extension Office.

We would love to have at least one member from each club at this event to share the information at their club meeting.

Please call the office at 987-1895 to reserve your seat and join the fun.



Preparing healthier baked goods

This month we start to think about cooler weather and coming holidays. Maybe we think about getting together with family and friends. We think about the sweet treats and baked goods we will soon enjoy. Many baked goods are high in saturated fats (butter and oil). They are also high in sugar and calories. Does this mean we should skip our favorite dessert when we meet? The answer is no! The key to proper eating habits is not eating too much at one time. Learn how to prepare your family's favorite baked goods with healthy ingredients. Your family will thank you. Here are a few easy swaps you can use when making most baked goods. These changes will lower added sugars and saturated fats and result in moist treats.



- Keep portion sizes small when you enjoy the baked goods.
- Add fruits or veggies: Test the recipe by adding pureed or shredded fruits or veggies. Try apples, carrots, banana, avocado, pumpkin, or shredded zucchini.
- Use healthy dairy foods: Use nonfat Greek yogurt

instead of sour cream. Use low-fat milk instead of full-fat milk.

- Add whole grains: Replace half of the all-purpose flour with unbleached whole-wheat flour.
- Choose heart healthy: Use heart healthy oil such as olive, avocado, or canola oil instead of butter. You can also use unsweetened apple sauce.
- Try natural sweeteners: Use honey, maple syrup, or sorghum in place of white sugar.
- Spices and extracts: Try flavors such as vanilla, mint, or lemon extract. Cinnamon, nutmeg, and other spices can also add flavor and sweetness.

Hosting Holiday Get-Togethers on a Budget



Hosting family or friends for the holiday season can be fun. But it can also be very costly. Follow these tips to save money and time:

- Make it a potluck. You provide the main dish and ask guests to bring side dishes, desserts, or drinks.
 - Host a holiday brunch instead of dinner. Brunch foods made with eggs can be less costly and still healthy choices.
 - Bite-size options. Make bite-size appetizers instead of a full meal.
- Source:

Adapted from <https://www.myplate.gov/eat-healthy/healthy-eating-budget/prepare-healthy-meals>

You're invited!



Bourbon County CASA Angel Tree

9:30 a.m. Nov. 15, 2022

Dan Cummins Hosted by Dan Cummins
1020 M.L.K. Jr. Blvd, Paris

Pick a name from the CASA Angel Tree and brighten the holiday season for children in the family court system!



Refreshments provided!
Festive clothing welcome!



Painting pumpkins with the Senior Citizen's Center participants was so much fun.

While working with these participants, they indicated that they would like to have their own Homemaker's Club.

What a GREAT idea!

We are requesting that each club consider sponsoring one member's dues for a Bourbon County Senior Center Homemakers Club.

Each club would be blessed by sharing a meeting each month with this new group.



Bourbon County Homemakers Shine Bluegrass Area Homemakers 2022 Cultural Arts

Exhibited 17 entries!



Blue Ribbons:

- June Erla - - - - Loom Weaving
- Charlotte Haney - Basketry-Cane
- Charlotte Haney - Basketry-Miniature
- Charlotte Haney - Ceramics-Molded
- Charlotte Haney - Counted Cross Stitch
- Charlotte Haney - Jewelry Beaded
- Jane Linville - - - -Quilts Machine Applique
- Elyse Poole - - - -Knitting Fashion
- Elyse Poole - - - -Knitting Other
- Connie Vaughn - Swedish Weaving

Red Ribbons:

- Charlotte Haney - Crochet Afghan
- Charlotte Haney - Counted X Stitch
- Elyse Poole - - - -Couch Quilt

White Ribbon:

- Charlotte Haney Hand Embroidered Towel

2022-23 KEHA Membership Contest

Each county that increases membership by 3 is entered into drawing for \$100. Can have more than one entry – number of entries is based on multiples of 3.

- Increase membership by 3 = 1 entry
- Increase membership by 6 = 2 entries
- Increase membership by 18 = 6 entries

How many entries will it be Bourbon County?

Bourbon County Extension Homemakers:

DEADLINE EXTENDED *Time to pay your dues!*

Don't miss out!
 Mail in or drop off **\$9 dues** to the Bourbon County Extension Office by **November 29, 2022**

Do you remember the last statewide dues increase?



VOLUNTEER HOURS

Congratulations to Bourbon County Extension Homemakers For being recognized at the Bluegrass Area Annual Meeting for having the most volunteer hours for 2021-22 Homemaker Year!

Total of Individual Member Hours = 15,868
Total Club Volunteer Hours = 4,200

@\$29.95 per hour
Bourbon County Extension Homemakers contributed \$601,036 to Bourbon County during the 2021-22 year.

That was with minimum reporting!
 Challenge for 2022-23 Year
 Triple this number!
 Start recording hours now!

What are “volunteer hours”?

Have you done any of the following during the month:

- Attend monthly meeting
- Attend Bluegrass Area Annual Meeting
- Take, prepare, and present a club lesson
- Prepare and teach a club craft/activity
- Host a club meeting
- Prepare refreshments for a club meeting
- Call to invite someone new to club meeting
- related to monthly meetings

All these items count for volunteer hours. Each of you need to record these hours (in the method of your liking) to calculate at end of year more easily.

Start recording now!

National Family Caregivers Month:

A time to show our appreciation.



November is **National Family Caregivers Month**, when we recognize those who generously give their time and energy to help others in need. This special month in which we celebrate Thanksgiving is the perfect time to honor America's more than **11 million people** who are providing care to people living with Alzheimer's or another dementia.

Many of these caregivers are unpaid family members or friends who provide over 16 billion hours of care and support each year. **These caregivers are heroes in my eyes and in the eyes of the family members or friends they care for.** They deserve all the help and recognition we can give them.

In 2022 alone, the monetary value of unpaid care for those living with Alzheimer's and all other dementia in America is expected to reach **\$272 billion**. But the real value of that care is impossible to calculate. It's about having someone present to take care of daily needs — providing transportation, managing medications, doing housework, going shopping. **And it's about the comfort and assurance that comes from simply having someone there.**

If you know a caregiver, this would be the perfect time to tell them how much you appreciate what they do. One of the best ways to show your appreciation is to point them to the many resources available through the Alzheimer's Association, including:

- **Our free 24/7 Helpline (800.272.3900)**, staffed by master's-level clinicians who provide confidential support to people living with Alzheimer's and their families.
- [Alzheimer's Navigator®](#), an online tool which offers caregivers the guidance and information they need to keep themselves strong and healthy, both physically and emotionally.
- [Educational programs](#) and [support groups](#), allowing caregivers to connect with a network of support anytime they need it.

Your kind support makes these critical resources, and so much more, possible.

With the responsibilities they shoulder daily, caregivers can easily feel discouraged, overwhelmed and isolated. This is especially true as we approach the holidays. This time of year is often filled with joy and togetherness, but the holidays can also bring stress and sadness. **Your caring touch can brighten this special time for them.** As we observe National Family Caregivers Month, **I hope you'll join me in honoring those caregivers who do so much for people living with Alzheimer's.**

For them, we press forward in our fight, guided by our mission to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

Sincerely,

Beth Kallmyer
Vice President, Care and Support

HEALTHY CHOICES FOR HEALTHY FAMILIES



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College of Agriculture,
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Cooperative Extension Service



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



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Healthy choices for special events

Special events can be filled with special foods. Use these tips to make healthy choices as you celebrate.

- **Serve up variety:** Create a colorful buffet table. Include veggies, fruits, and whole grains.
- **Cheers to good health:** Serve water or unsweetened iced tea with fresh mint leaves. Offer seltzer water with a splash of 100% fruit juice. Or try a wedge of lemon or lime.
- **Make activity part of the fun:** Laugh, mingle, dance, and play games. Have fun walking and talking with family and friends after a special meal.
- **Rethink dessert:** Offer fresh and dried fruit. Let guests make their own trail mix. Have peanuts, dark chocolate chips, and dried fruits on hand.
- **Reduce food waste:** Pack leftovers for guests to take home or keep them yourself. They would be great to add to soups or



- salads the next day. Or use them in omelets, sandwiches, or stews.
- **Try a twist on a dish:** Use unsweetened applesauce for butter when baking. Use

low-fat milk when a recipe calls for cream. Try low-salt herbs and spices in a few recipes.

Source: Adapted from <https://www.wplate.gov/tip-sheet/celebrations-and-gatherings>

Cooperative Extension Service
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4-H Youth Development

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HEALTHY CHOICES FOR HEALTHY FAMILIES

PARENT CORNER

Prevent family illness this winter

During the fall and winter, we tend to gather with family and friends. The holidays are a great time to be together. But it can also be a time when germs are spread. Clean hands are the best way to keep you and your family from getting sick. Hand-washing should take place:

- when you are making food,
- before you eat,
- after touching a pet or feeding a pet,
- after coughing or sneezing,
- after going to the restroom,
- after cleaning, and
- after touching garbage.

Remind your family when and how best to wash their hands. Make

routine hand-washing a rule for all. Teach hand-washing to your child by washing your hands together. Hand-washing best practices are:

1. Use clean, running water to wet hands.
2. Use soap and lather for 10 to 20 seconds. Focus on both sides (front and back) of hands, nails, and between fingers.
3. Rinse hands fully and dry with a clean towel.

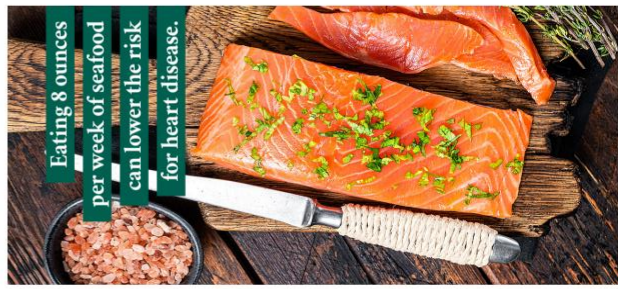
If you cannot use soap and water, choose hand sanitizers or waterless soap. Just like soap, rub the sanitizer on the back of hands, in between fingers and nails.

FOOD FACTS

Protein

Some foods in the protein group are meat, poultry, eggs, and seafood. This group also takes in nuts, seeds, and soy products. Proteins work as building blocks for bones, tissues, cartilage, skin, and blood. Most people get enough protein from meat, poultry, and eggs. But many do not get enough from seafood, nuts, seeds, and soy products. Getting the right amount of protein is of great value. Healthful eating of protein provides unsaturated fats, dietary fiber, and vitamin D. Eating 8 ounces per week of seafood can lower the risk for heart disease. Changing your protein choices can keep your body working well.

Source: <https://www.wplate.gov/eat-healthy/protein-foods>



BASIC BUDGET BITES

Save money by cooking smarter

You and your family can cook healthy meals, even on a tight budget. Here are some tips that can help.

Before you shop, plan ahead:

- Think about what foods you already have in the house.
- Make a list of meals that you can make with those items.
- Make a list of other foods you still need to buy.
- Make your cooking plan for the week.

When you are cooking, make the most of your time and ingredients.

Cook once, eat twice!

- Skip seconds. Save leftovers for other meals.
- Freeze the leftovers to eat later or take them for lunch the next day.
- Keep your servings the right size. It can save calories and money.

Do "batch cooking":

- When you can, cook large amounts of foods that freeze well, like spaghetti sauce.
- Split meals into family-sized portions and freeze right away after cooking. Use them later in the month.

Source: Adapted from NIH, WeCan https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip_saving.pdf

LOCAL EVENTS

Bourbon County

Holiday Foods - November 15th
 First Christian Church
 911 High St, Paris
 6:00 - 7:30 pm
 Tickets - \$10 Homemakers
 \$12 Non-members
 Tickets available at
 Extension Office



SMART TIPS

Follow these tips to safely defrost and cook frozen poultry

- There are three safe ways to defrost poultry:
- **In the refrigerator:** This is the safest method. The turkey will defrost at a steady, safe temperature. It will take 24 hours for each 5 pounds of turkey.
 - **In cold water:** Cover the bird fully in its original wrapper in cold tap water. The water must be changed every 30 minutes.
 - **In the microwave oven:** Follow steps in your microwave owner's handbook.

If your bird did not fully defrost in the refrigerator, there is still hope. Cold water and microwave thawing can be used to finish the process.

Be sure to cook to a temperature of 165 degrees F. Use a food thermometer to check the wing, breast, and thigh at the thickest part.

If you have questions, call the USDA Meat and Poultry Hotline. The phone number is 1-888-MPHotline or 1-888-674-6854. A food safety expert can help you. Call from 10 a.m. to 6 p.m. ET, Monday through Friday. Information is available in English and Spanish. You can even get help on Thanksgiving Day. The Hotline is open from 8 a.m. to 2 p.m. ET that day.

Source: Adapted from <https://www.myplate.gov/eat-healthy/protein-foods>

If you are interested in nutrition classes, contact your Extension office.

NAME Bourbon County Cooperative Extension Office
 603 Millersburg Rd, Paris, KY 40361
 (859) 987-1895
 Kay Denniston
 Extension Agent for Family and Consumer Sciences

VISIT US ONLINE AT
EXTENSION.CA.UKY.EDU/COUNTY

COOKING WITH KIDS

Fruit and Yogurt Parfait

- 1/2 cup low-fat yogurt, fruit-flavored
 - 1/2 medium banana, peeled and sliced
 - 1/2 cup grapes
 - 1/4 cup dry cranberry cereal or granola
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Spoon the grapes into a tall plastic cup.
 3. Put 3 spoonfuls of yogurt on top of the grapes.
 4. Spoon sliced bananas on top of the yogurt.
 5. Add the rest of the yogurt.
 6. Sprinkle the cereal on top and enjoy.
 7. Refrigerate leftovers within 2 hours.

Serving size: 1 parfait
 Makes 1 serving

Nutrition facts per serving: 240 calories; 2g total fat; 1g saturated fat; 0g trans fat; 3mg cholesterol; 140mg sodium; 52g total carbohydrate; 2g dietary fiber; 37g sugars; 8g added sugars; 8g protein; 68% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of potassium

Source: Pennsylvania Nutrition Education Network <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-yogurt-parfait>



RECIPE

Eve's Tasty Turkey Tetrazzini

If your family loves the savory flavors of a turkey dinner but is tired of turkey after a few rounds of leftovers, then try this easy, one-dish meal. This version of classic turkey tetrazzini has half the sodium and more vegetables than the original version without sacrificing flavor or texture.

- 8 ounces whole-wheat fettuccine, spaghetti, macaroni, or other noodles
 - 4 tablespoons unsalted butter
 - 2 cups fresh or canned mushrooms, sliced
 - 1 teaspoon dried thyme
 - 1/2 cup all-purpose flour
 - 2 cups reduced-sodium chicken broth
 - 1 1/2 cups skim milk
 - 4 cups chopped cooked turkey
 - 1 cup frozen or canned peas
 - 2 tablespoons grated Parmesan cheese
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Preheat oven to 400 degrees F.
 2. Lightly grease a 9-by-9 baking dish.
 3. Cook pasta in a large pot of boiling water until tender. (Check cooking
 8. Bake until the sauce is bubbling and the cheese is golden brown, about 25 to 35 minutes. Let cool 15 minutes before serving.
 9. Refrigerate leftovers within 2 hour

Serving size: 1/8 of recipe
 Makes 8 servings

Nutrition facts per serving: 290 calories; 8g total fat; 4.5g saturated fat; 0g trans fat; 65mg cholesterol; 140mg sodium; 27g total carbohydrate; 4g dietary fiber; 4g sugars; 0g added sugars; 26g protein; 6% Daily Value of vitamin D; 6% Daily Value of calcium; 30% Daily Value of iron; 8% Daily Value of potassium

Source: Center for Nutrition Policy and Promotion <https://www.myplate.gov/recipes/myplate-cuppi/eve-tasty-turkey-tetrazzini>

Agent Notes

The holiday season tends to bring out the best in so many. Thanksgiving is one of my favorites, favorites, because it reminds us to give thanks and to count our blessings. After pausing to do that, so many “problems” become so little and we realize how blessed and lucky we are! The Thanksgiving holiday is not attached to any one belief – we all join in to be thankful for what we have. My wish for each of you is that you take time to pause, be with friends and family and enjoy others’ company as well as some favorite foods.

There will be programs offered at the Extension Office to help you prepare for these seasons. The Holiday Foods program is focusing on appetizers and desserts and the Sausage and Holiday Charcuterie class will offer an opportunity to make some summer sausage and get some ideas for serving it during this season.

New things are coming! There will be a new Homemakers Club formed after the beginning of the year at the Bourbon County Senior Citizens Center. We are looking for financial support, for sponsoring membership dues and for volunteers to assist with the meeting activities. For more information, please feel free to contact the Extension Office. This will be a great opportunity to give back to our community.

Kacy and I will also be expanding our “Bourbon Bite Size Learning” Facebook presentations to include the Kentucky Proud Plate It Up Recipes. This second show will be on the 3rd Friday of each month at noon. Plan to join us starting January 20, 2023!

We look forward to seeing all our Extension friends during this season.

Kay Denniston
Bourbon County FCS Agent

HAPPY Thanksgiving

Save the Date

November 8.....Election Day
 November 11.....Veteran’s Day
 November 16-18.....Kay’s State Meeting
 November 22.....Leader Lesson
 November 24-25.....Office Closed
 November 29.....New 2022-23 Dues Deadline
 December 1.....Summer Sausage/Charcuterie
 December 26-January 2.....Office Closed
 January 19.....Homemaker Council Meeting
 January 25 10:00 am.....Leader Lesson

**EXTENSION OFFICE
 HOLIDAY HOURS**

THANKSGIVING:
*Closed Thursday, November 24
 and Friday, November 25*

❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️

CHRISTMAS:
*Closed Monday, December 26
 through Monday, January 2*