

November 2022

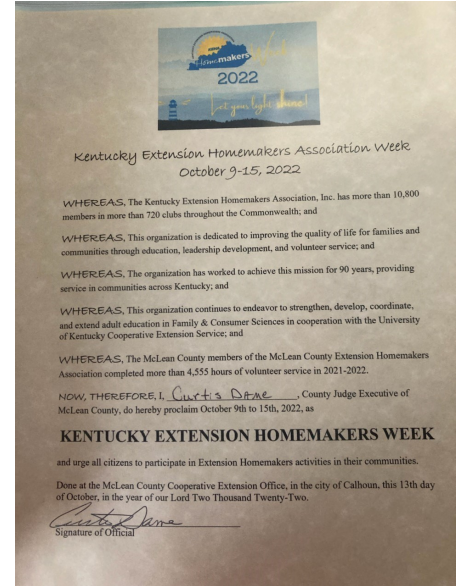
McLean County Extension

Family and Consumer Sciences



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

McLean County
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Let Your Light Shine!
Thursday, October 13, 2022,
Judge Dame signed the
proclamation for Homemakers week ,
October 9-15, 2022.

Kelly Bland
McLean County Extension
Agent for
Family and Consumer Sciences
and 4-H Youth Development

Important Dates

- ◇ November 8th, Fall Centerpiece 9:30 a.m.
- ◇ November 9th, Beech Grove / Glenville Clubs meeting at 12:00 p.m.
- ◇ November 10th, Friendship Club meeting at 6:00 p.m.
- ◇ November 10th, Homemaker Council Meeting at 4:00 p.m.
- ◇ November 15th, Barn Quilt Painting Class, 1:00 p.m.—3:00 pm
- ◇ November 10th, Fall Centerpiece 2:00 p.m.
- ◇ November 24-25th Thanksgiving Holiday (Office closed)



Turkey Leftovers Tips

It's never too early to start thinking about all of those wonderful turkey leftovers. There's turkey chili, turkey hash, turkey salad, and the ever-popular sliced turkey sandwich. But whatever your choice, be sure to follow good food safety practices when preparing your turkey and storing it for those favorite recipes over the next several days.

First, you'll need to start with a properly cooked turkey. Turkey should be cooked to an internal temperature of 165 degrees F. You can't rely on color to tell if a turkey is done. Always use a meat thermometer to check for doneness. Check the temperature at the thickest part of the breast and the innermost portions of the wings and thighs.

After dinner, don't let food sit out on the table. Leftovers should be refrigerated within two hours. It is best to go ahead and remove all of the meat from the turkey. Legs and wings may be left whole, if desired. Place the sliced meat in shallow containers or small zipper bags and store in the refrigerator if you think it will be eaten within the next 3 to 4 days. If you're not sure, it's best to freeze the meat.

Once frozen, the meat will be safe forever, as long as the freezer stays below 0 degrees F. But for best quality, use the meat within 6 months. If you have gravy or stuffing leftover, store those separately. Remember to reheat the stuffing to 165 degrees F and bring the gravy to a full boil before eating again. Start planning your leftover recipes now. Stock up on noodles, broth, and beans for creative soup and chili recipes. You may even want to try some specialty sandwich bread and relishes or salad dressings to give turkey sandwiches a new twist.



Fall Centerpiece

Learn how to arrange a beautiful fall centerpiece.

**November 8th at 9:30 or
November 10th at 2:00 p.m.**

McLean Co. Extension Office

Cost of the class is \$20.00 which covers all supplies for your arrangement.

The last day to register and pay for the class is Wednesday, November 2nd.

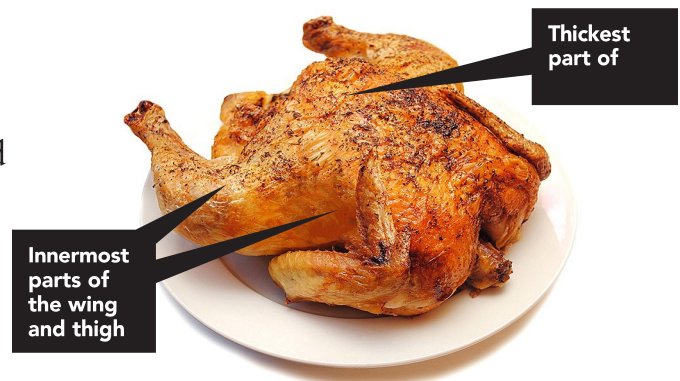
Please call McLean County Cooperative Extension at (270) 273-3690 to register.

UK
College of Agriculture, Food and Environment

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

4-H
Disabilities accommodated with prior notice





College of Agriculture,
Food and Environment



Join us!

BARN QUILT PAINTING CLASS

Join us on November 15th from
1:00 - 3:00 p.m. at Myer Creek Park
for a beginner's
12x12 Barn Quilt Painting Class.
Cost of the class is \$25.
Spots are limited.

Last day to register and pay for the class
will be Friday, November 11th.

Please call the McLean County
Cooperative Extension Office at
(270) 273-3690 to register.

Cooperative Extension Service
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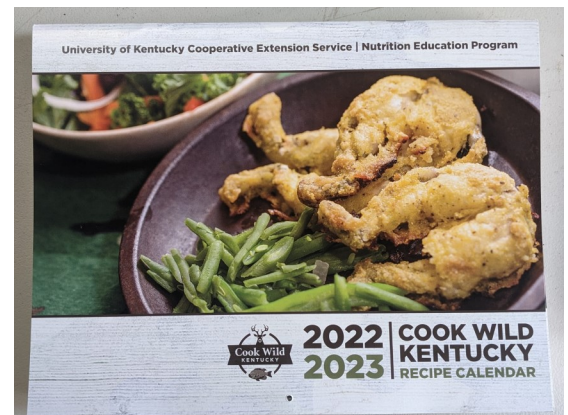


Disabilities
accommodated
with prior notification.



Cook Wild Recipe Calendar

Check out what we just got in the office: Cook Wild Recipe Calendar. The calendar starts with September 2022 and goes through the end of next year. The best part?! These calendars are FREE! We only have 75 available, so stop by and grab yourself one. (Give them to your favorite hunting buddies!) Not a hunter?! That's okay! Many recipes can be substituted with beef, poultry, or fish.





McLean County Homemaker Connection



Homemaker Meeting Dates

- Beech Grove / Glenville Clubs meeting November 9th, 12:00 p.m. at McLean County Cooperative Extension
- Homemaker Council Meeting, November 10th, 4:00 p.m. at McLean County Cooperative Extension Service
- Friendship Club meeting November 10th, 6:00 p.m. McLean County Cooperative Extension Service

Homemaker Lesson

Leaders Lesson:

SAVOR THE FLAVOR: COOKING WITH OILS AND VINEGARS.

This lesson's goal is to increase knowledge about various types of

Thought for the month: : "We must find time to stop and thank the people who make a difference in our lives." -John F. Kennedy

Roll Call: In November, we celebrate Thanksgiving. What is one thing you are thankful for this year?

A Taste of the McLean County Extension Homemakers 2022



A Taste of McLean County Homemaker Cookbook

Hoping to have cookbook for sale by Harvest Day. All profit will go to Ovarian Cancer. Cost of Cookbook will be \$10.00.

KEHA Updates

KEHA dues

Fall is the time for Kentucky Extension Homemakers Association (KEHA) membership

drives and collection of dues at the county level.

Counties are encouraged to have a dues deadline no later than Dec. 1. Dues payment and the remittance form (KEHA Appendix, page 16) should be mailed to the area and state treasurers by Dec. 15 and are delinquent if not received by Dec. 31. Counties that are delinquent will not be permitted to have voting delegates and rights to vote at the 2022 state business meeting.

As you wrap up your membership drive, remember the new “3-R’s — Keys to Membership” campaign. The three R’s are to Recruit — Get a plus one; Retain — Value members and engage; and Repeat — Continue to grow. Each time a county gets three new members (above the previous year total), the county will be entered into a drawing. For example, counties that get 12 new members will be entered four times. There will be five \$100 drawings per year. The county with the highest number will receive a Golden Key to display in the county.



HEALTHY RECIPE Cheesy Broccoli Potatoes

- 5 slices turkey bacon
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 2 tablespoons chopped chives
- Salt and pepper to taste
- 4 large potatoes, cubed
- 2 cups fresh broccoli florets
- 1 cup fat-free, shredded cheese



1. Preheat oven to 425 degrees F.
2. Cook bacon until crispy, crumble and set aside.
3. Spray 9-by-13-inch baking dish with nonstick cooking spray.
4. In a small bowl, combine olive oil, garlic, chives, salt, and pepper; stir to blend.
5. In a large bowl, toss together potatoes and broccoli. Pour olive oil blend over potato mixture; stir to coat.
6. Pour into baking dish and cover with foil.
7. Bake for 35 minutes or until potatoes are tender; remove from oven.
8. Sprinkle cheese and bacon on top and place back in oven until cheese melts.

Yield: 8, 1/2 cup servings. **Nutritional Analysis:** 140 calories; 5 g fat; 1 g saturated fat; 20 mg cholesterol; 470 mg sodium; 15 g carbohydrate; 2 g fiber; 2 g sugar; 10 g protein.

Plate it Up! Kentucky Proud Project:

County Extension agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
October 2013

Connect with us!



FCS.uky.edu



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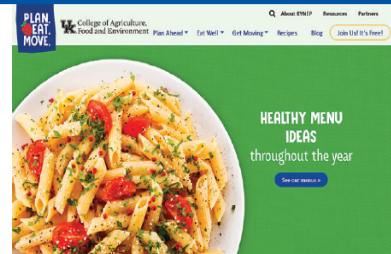
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UKFCSExt.podbean.com



[YouTube.com/UKFCSExtension](https://www.youtube.com/UKFCSExtension)



Feeling better happens one small step at a time.

We know because that's what we've done—and we're here to show you how you can do it too. It starts here, it stays there and soon you'll be eating well, enjoying good meals, and moving more. Most of all, you'll be feeling good. It takes a lot of some of our useful tips and maybe even take a free class for free tips. You can do it! Small steps make a world of difference.

PLANEATMOVE.COM

Connect with or contact your county to learn about free classes in your community!
Visit PlanEatMove.com/free-classes to learn more.

ADULT HEALTH BULLETIN



NOVEMBER 2022

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:

STAY HEALTHY AS WINTER APPROACHES



The seasons are changing, and winter weather will soon be here, even if the official first day of winter is not until Dec. 21. You should plan now to stay safe and healthy during cooler temperatures and impending winter weather.

Keep moving

You do not need to stop exercising outdoors just because temperatures are falling. By changing your routine, you can continue to enjoy the fresh air and scenery of the outdoors while you move. Think about adding the following to your current exercise practice:

- **Warm up** with stretching and light activities before you exercise vigorously.
- **Layer up for warmth.** Wear an inner layer that does not absorb moisture, an insulation layer to retain heat, and an outer layer to protect you from wind, rain, and snow.

Continued on the back 



Install a CO detector in your home to protect yourself from carbon monoxide poisoning.



→ Continued from page 1

- **Drink plenty of water.** You can get dehydrated in cold weather too!
- **Try activities** like snowshoeing, cross country skiing, or ice skating to add seasonal variety.
- **Watch the weather** to avoid really low temperatures or snowstorms.
- **Let your friends and family know** where you will be before you go out.

Know the signs of cold-related injury

Frostbite is an injury to your body's tissue caused by freezing. The symptoms of frostbite are loss of feeling and color to the skin. It usually happens on the nose, ears, cheeks, chin, fingers, or toes. Frostbite can cause permanent physical damage. In extreme cases, it can lead to amputation. People with circulation problems or people who are not dressed properly for cold temperatures are more likely to suffer from frostbite.

When your body is exposed to cold temperatures, it begins to lose heat faster than it can make heat. Exposure to cold for too long can cause abnormally low body temperature called hypothermia. Hypothermia causes the inability to think clearly or move easily. It can lead to serious injury or even death if not remedied. Symptoms

of hypothermia in adults can include shivering, exhaustion and confusion, fumbling hands, memory loss, drowsiness, or slurred speech.

Heat your home safely

Many heaters use a form of gas, which can produce carbon monoxide (CO) if they are not working or venting properly. Carbon monoxide is invisible and odorless. It can cause loss of consciousness or death. The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. Install a CO detector in your home to protect yourself from carbon monoxide (CO) poisoning.

Also, never use generators, gas or charcoal grills, camp stoves, or similar devices inside your home, basements, garages, or near open windows. The fumes from these devices are also bad for your health.

REFERENCES:

<https://health.ri.gov/seasonal/winter>

ADULT
HEALTH BULLETIN

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2022

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THIS MONTH'S TOPIC: HOSTING HOLIDAY MEALS ON A BUDGET

If you've ever hosted a holiday gathering, you know there is a lot to consider: Who will be invited? When will they arrive? What will be cooked? and How much will it cost? With inflation driving up the costs of goods and services, the rising prices of groceries might be on the minds of many Kentuckians who plan to host an event this holiday season. Holiday meals can get pricey, especially when serving a large crowd. As you prepare for this year's festivities, there are several strategies you can use to lower costs while maintaining holiday cheer.



Plan ahead. First, gather your recipes and make a list of the ingredients you will need. Then shop your pantry and freezer, noting what you already have. Identify only the items you need to buy. When you shop, buy store-brand items when possible. These usually come with a lower price tag. Planning early also allows you to take advantage of sales and comparison shop.

Shop intentionally. Store mailers, websites, mobile apps, and social media pages can help you shop wisely. Use these tools to compare deals and prices between brands and stores. If the stores you choose provide online ordering, consider buying groceries through pickup. Ordering online can help you avoid impulse buys. It also helps you easily compare prices

and nutritional information and keep an eye on your overall total. Whether you shop online or in-store, use coupons and customer loyalty programs to maximize deals. If you're shopping in the store, keep a running tally of your total as you add items to the cart. Prioritizing purchases helps us stick to a budget.

Delegate dishes. If you're hosting a holiday gathering, suggest an organized "potluck" instead of trying to do everything yourself. Ask everyone to sign up to bring something. Assigning side dishes, desserts, and drinks, for example, is one way to split the costs and stress of hosting a holiday meal. It gives others a chance to purchase or share special recipes while distributing the responsibility.



THINK ABOUT CREATIVE ALTERNATIVES THAT COULD BECOME NEW TRADITIONS



Simplify sides. Vegetable-based dishes, such as sweet potato or green bean casseroles, are common around the holidays. While these dishes are tasty, they require several ingredients that can increase meal prices. Consider simplifying side dishes by serving vegetables “on their own” rather than in a fancy recipe. This cuts both costs and calories.

Traditional twists. There is no rule that you must serve turkey on Thanksgiving, for example. Instead, think about creative alternatives that could become new traditions. Choose meals that best fit your budget and the needs of your guests. For instance, pasta dishes can feed a crowd. You can prepare them ahead of time, they require few side dishes (just a big healthy salad), and you can change them to fit dietary needs. Ask your guests for creative suggestions (such as baked potato bars, themed dinners, etc.) and recruit their help when it’s time to cook.

Gather early. Suggest hosting your holiday meal earlier in the day. Breakfast, brunch, and lunch options often come with fewer expectations for side dishes, drinks, and desserts. In addition to lowering costs, an earlier meal may free up time later in the day to attend multiple gatherings or add in a fun, low-cost activity like a friendly game of football, a board game, movie, or craft.

As you consider budgeting for your holiday festivities, remember that changes don’t have to be permanent. Budgets, needs, and wants change from year to year — your holiday plans can too. To explore healthy, budget-friendly recipe ideas, visit the University of Kentucky Family and Consumer Sciences Extension **Plate it up! Kentucky Proud** series at <https://fcs-hes.ca.uky.edu/piukp-recipes>

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