



Calloway County Family & Consumer Sciences **DECEMBER 2023/JANUARY 2024 NEWSLETTER**

As we bid farewell to the last remnants of autumn and welcome the crisp embrace of winter, it is with great joy that we present the December/January edition of Calloway County Cooperative Extension Family and Consumer Science newsletter. This season, our focus remains steadfast on fostering healthy, happy households through education and empowerment. We have had such a busy fall and are looking forward to starting off the new year with educational as well as fun activities. The Calloway County Homemakers will be settling in with their 2023-2024 meeting schedules along with our latest 2 new clubs. We again want to welcome the Modern Homesteading club and our newest addition to the Homemaker family, Quilt Lovers Homemakers.

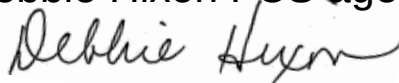
Check out the bread series we have scheduled.
Call the office to reserve your spot.

The new 2024 Food and Nutrition Calendars are in.
Stop by and pick up a copy.

Our office will be closed for Martin Luther King Day.

Have a safe and happy Christmas and holiday season.

Take Care,
Debbie Hixon FCS agent



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Calendar of Events

January 3 **County Homemaker Advisory Council** 9:30 am Cabin 1

January 4 **Potpourri Homemakers** 9:00 am Meeting Hall

January 8 **Modern Homesteading** 6:00 pm Meeting Hall

January 9 **Cooking Through the Calendar** 10:30 am CCPL

January 10 **Town and Country Homemakers** 11:00 am Pagliai's

January 13 **Second Saturday Sewing Studio** 9:00 am Cabin 1

January 15 **Office closed Martin Luther King Day**

January 16 **Quilt Lovers Homemakers** 5:00 pm Meeting Hall

January 23 **Quilt Lovers Quilting event** Meeting Hall

January 23 **Friendship Homemakers** 6:30 pm Judy Stahler

January 25 **Happy Hearts Homemakers** 11:00 am Meeting Hall

January 26 **Intro to Yeast Bread making** 10 am-1 pm Meeting Hall

January

Homemakers

PURCHASE LESSON SCHEDULE 2023-2024

	Lesson Hubs	Graves	Hickman	Marshall	McCracken
Lesson	Cosmetics and Skin Care				
SEPT	Sarah Drysdale	8/30	8/29	9/1	8/31
Lesson	Planning Thrifty and Healthy Holiday Meals				
OCT	Kelly Alsip	9/26	9/27	9/28	9/29
Lesson	Self-Care and Self-Pampering				
NOV	Brooke Hogancamp	10/25	10/24	10/27	10/26
Lesson	Time Well Spent: Organizing Tips for Increased Productivity				
JAN	Denise Wooley	12/1	11/28	11/29	11/30
Lesson	Elements and Principles of Art				
FEB	Vicki Wynn	1/30	1/29	2/1	1/31
Lesson	Handy to Have: Emergency Health Information Cards				
MAR	Debbie Hixon	2/26	2/27	2/28	2/29
Lesson	Savor the Flavor: Seasoning with Spices				
APR	Mike Keller	3/26	3/25	3/27	3/29
Lesson	Strong Bones for Life: Prevent Osteoporosis				
MAY	Anna Morgan	5/1	4/30	5/2	5/3
Lesson	Radon: A Silent Killer				
JUNE	Mail Out				

Events

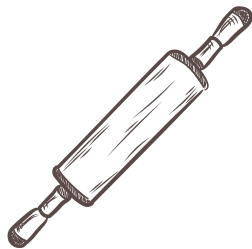
Are you afraid of that little package of yeast? Have you been wanting to try your hand at bread making? Come and join us for a cozy, yummy event to help expand your bread making skills! Introducing a winter series of bread making. We are calling the class

Winter Warmers: Cozy Bread Creations.

The first bread we will be making is basic yeast bread. You will learn how to combine ingredients for that incredible chemical reaction to form bread. Other classes will be Pita Bread and Pizza Dough, then finally, Quick breads. The fee is \$5 per class.



Join us!



**January 26 10 am - 1 pm
Basic Yeast Bread**

**February 16 10 am – 1 pm
Pita Bread and Pizza Dough**

**March 15 10 am – 1 pm
Quick Breads**



The **Second Saturday Sewing Studio** has become a very popular spot to be seen. Our January project will be a tote bag with a button and buttonhole. February lesson will problem solving. What is that you ask, do you have a pair of pants that need hemming, a button to sew on, or a ripped seam? Bring them in and we will learn how to fix those pesky problems! Call our office to register. The cost per class is \$5.



Recipes

December/January recipes

Here are some oldies but goodies to help keep you warm and cozy this winter.

COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT, LEXINGTON, KY 40546



2014 FOOD AND NUTRITION CALENDAR
DECEMBER RECIPE



CREAMED CABBAGE SOUP

- 2 (14½ ounce) cans low sodium chicken broth
- 2 celery ribs, chopped
- 1 medium head cabbage, shredded (about 6 cups)
- 1 medium onion, chopped
- 1 cup chopped carrot
- 3 medium potatoes, peeled and cubed
- ¼ cup butter or margarine
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon thyme
- 1 (12 ounce) can non-fat evaporated milk
- 1½ cups skim milk
- 2 cups cubed fully cooked ham
- Chopped fresh parsley (optional)



Makes 8 servings
Serving size: 1½ cup

Source: Sarah Brandt, Extension Specialist
University of Kentucky
Cooperative Extension Service

Nutrition facts per serving:
230 calories; 8 g total fat; 1.5 g saturated fat; 0 g trans fat; 15 mg cholesterol; 720 mg sodium; 28 g carbohydrate; 4 g fiber; 12 g sugar; 16 g protein

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Office of the Ombudsman at 1-800-372-2075 or 1-800-627-4770. The U.S. Department of Agriculture (USDA) prohibits discrimination in all of its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, political beliefs, marital status, sexual orientation, or activity conducted or funded by the Department. That all prohibited bases will apply to all programs and/or employment activities. If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request that form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at protections@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please use information above on how to contact us by mail, directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice) and TDD (USDA is an equal opportunity provider and employer. Copyright © 2014 University of Kentucky and its licensors. All rights reserved.

GROCERY LIST

- Low sodium chicken broth (need 2 14½ ounce cans)
- Celery
- Cabbage
- Onion
- Carrots
- Potatoes
- Margarine
- All-purpose flour
- Thyme
- Non-fat evaporated milk (12 ounces)
- Skim milk
- Ham (2 cups, cubed)

MAKE IT A MEAL

- Creamed Cabbage Soup
- Toasted French bread
- Tangerines
- Low-fat milk

TIP

Set a family rule that no one can spend more than 2 hours per day playing video games, watching TV and using the computer. Do more together as an active family.

This material was funded by
USDA's Supplemental Nutrition
Assistance Program — SNAP.



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.



COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT, LEXINGTON, KY 40546



2015 FOOD AND NUTRITION CALENDAR
JANUARY RECIPE



EASY MEATLOAF



GROCERY LIST

- Lean ground beef (need 2 pounds)
- Eggs (need 2)
- Saltine Crackers
- Onion
- Salsa (need 2 cups)

MAKE IT A MEAL

- Slow Cooker Meatloaf
- Steamed broccoli
- Baked sweet potato
- Whole grain roll
- Low-fat milk

TIP

Drink water or unsweetened beverages instead of sugary drinks. Soda, energy drinks and sports drinks are a major source of added sugar and calories in American diets.

- 2 pounds lean ground beef
- 2 eggs, beaten
- 1 sleeve saltine crackers, crushed
- 1 medium onion, chopped
- 2 cups salsa

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix the beef, eggs, crackers, onion and 1 cup of salsa.
3. Press into greased 2-quart casserole dish or 10-inch iron skillet.
4. Top with remaining salsa.
5. Bake for 1 hour.

Slow Cooker Version:

1. Spray slow cooker with vegetable spray.
2. Mix beef, eggs, crackers, onion and 1 cup salsa.

3. Shape into a loaf and place in slow cooker.
4. Top with remaining 1 cup salsa.
5. Cook 6-8 hours on low setting.

Makes 8 servings
Serving size: ¼ loaf

Source: Sarah Brandt, Extension Specialist, University of Kentucky
Cooperative Extension Service

Nutrition facts per serving:
170 calories; 6g total fat; 2g saturated fat; 0.5g trans fat; 100mg cholesterol; 550g sodium; 5g carbohydrate; 2g fiber; 3g sugar; 24g protein; 10% Daily Value of vitamin A; 2% Daily Value of vitamin C; 0% Daily Value of calcium; 10% Daily Value of iron.

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender identity, religion, marital status, political beliefs, marital status, familial or parental status, sexual orientation, or full or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. That all prohibited bases will apply to all programs and/or employment activities. If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request that form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at protections@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please use information above on how to contact us by mail, directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice) and TDD (USDA is an equal opportunity provider and employer. Copyright © 2015 University of Kentucky and its licensors. All rights reserved.



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.

This material was funded by
USDA's Supplemental Nutrition
Assistance Program — SNAP.



Information

From the University of Kentucky Health and Wellness

Remember to take time for yourself during this busy season!

December is a busy time, but don't let it slow you down. In fact, this is the best time to do some walking. Besides getting you up and moving, walking is also a mood-booster. Exercise can reduce stress and increase your energy!

BIG BLUE BOOK CLUB



Big Blue Book Club is back with Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. Heartland is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for 2024 will be April 11, 18, and 25. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens.

The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

We are excited to read with you this year!

Miscellaneous

Are you needing some ideas for your family during the holiday break? Try out some of these suggestions.



- 1. Winter Hike or Nature Walk:** Take advantage of the crisp winter air by going on a family hike or nature walk. Bundle up in warm layers, explore nearby trails, and enjoy the beauty of winter landscapes.
- 2. Ice Skating:** Visit a local ice-skating rink for a fun and festive family outing. Skating is a great way to stay active and embrace the winter season.
- 3. Sledding Adventure:** When the snow blankets the ground, grab a sled and head to the nearest hill for some classic sledding fun. It's a thrilling activity that the whole family can enjoy together.
- 4. Winter Sports Day:** Plan a day of winter sports like skiing, snowboarding, or snowshoeing. Many resorts offer family-friendly packages and lessons for all skill levels.
- 5. Holiday Scavenger Hunt:** Create a holiday-themed scavenger hunt in your neighborhood or local park. Include festive clues and challenges for a fun and active adventure.
- 6. Family Ice Hockey or Snow Football Game:** If conditions permit, organize a friendly game of ice hockey on a frozen pond or a snow football match in the backyard. It's a great way to get exercise and have some family competition.
- 7. Winter Camping:** For families who enjoy camping, consider a winter camping trip. Set up a tent, build a bonfire, and enjoy the tranquility of the winter wilderness.
- 8. Community Fun Run:** Look for local holiday-themed fun runs or 5K events. Participating as a family can be a festive way to stay active and support community initiatives.
- 9. DIY Winter Obstacle Course:** Create a winter-themed obstacle course in your backyard or a nearby park. Include activities like jumping over "snowdrifts" (piles of snow) and weaving through trees.
- 10. Indoor Rock Climbing:** Beat the winter chill by heading to an indoor rock-climbing facility. It's a fantastic way to build strength and teamwork while having a blast.
- 11. Yoga or Dance Party:** Combat the winter blues with an indoor yoga session or dance party. Put on some lively music, follow an online workout, and let loose as a family.
- 12. Winter Picnic:** Pack a picnic basket with warm beverages and hearty snacks, then head to a local park for a winter picnic. Bring blankets to sit on and enjoy the fresh winter air.

Remember to tailor these activities to your family's preferences and the weather conditions in your area. These suggestions provide a mix of indoor and outdoor options, ensuring that you can stay active and connected throughout the winter months.







OFFICE INFORMATION



93 Extension Way
Murray, KY 42071
270-753-1452
8:00am - 4:30pm
calloway.ca.uky.edu



FCS Agent: Debbie Hixon
debra.hixon@uky.edu



Calloway
FCS

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties. Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

