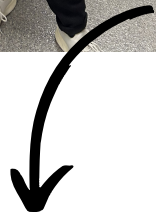


NEWSLETTER



2023 Homemaker Holiday Bazaar.
Thank you to everyone that
volunteered and participated that
day! Can't wait to see what next
year has in store.



Cookie Baking Contest
collaboration with the Arts
Council. Thank you Dylan (Adair
FCS Agent) for tasting all the
treats and judging!



November Recap

November was such a fun month! We started off the month with the Holiday Bazaar which was a GREAT turn out! We had just about 40 vendors in total with the warehouse, large meeting room, and kitchen packed full! Thank you to everyone that helped with the event in any way whether that was decorating, helping the day of with breakfast, sitting at the Homemaker table and so much more!!!

I hosted a Planning Holiday Meals on a Thrifty Budget lesson with samples that you could share for the holidays. This lesson had Potato Hash and Peanut Butter Oatmeal Cookies as the samples, and they were very tasty!

I partnered with the Arts Council to host a Cookie Baking Contest during the week of the Christmas festivities in Green County. The contest didn't have a lot of entries but out of the entries that we had; they were great! Thank you to anyone that participated!

Sincerely, *Katelyn Squires*

What else has Katelyn done in November?

- Cooking from the Calendar
- Senior Center
- Just Family Adult Day Care
- LEAP with Head Start and Little Lambs
- Arts Council Meetings
- FCS Association Meeting
- Dehydrating/ Holiday Simmer Pots Lesson in collab with the Library
- Head Start Parent Nutrition Meeting
- Sewing Practice with Debbie M

Sewing with Debbie M in Cumberland County. We sewed some stuffed animals!



Save the Date

COOKING FROM THE CALENDAR

Loaded Beef Stroganoff





December 21st, 2023 at 12pm CST

Call the Extension Office at 270-932-5311 to register

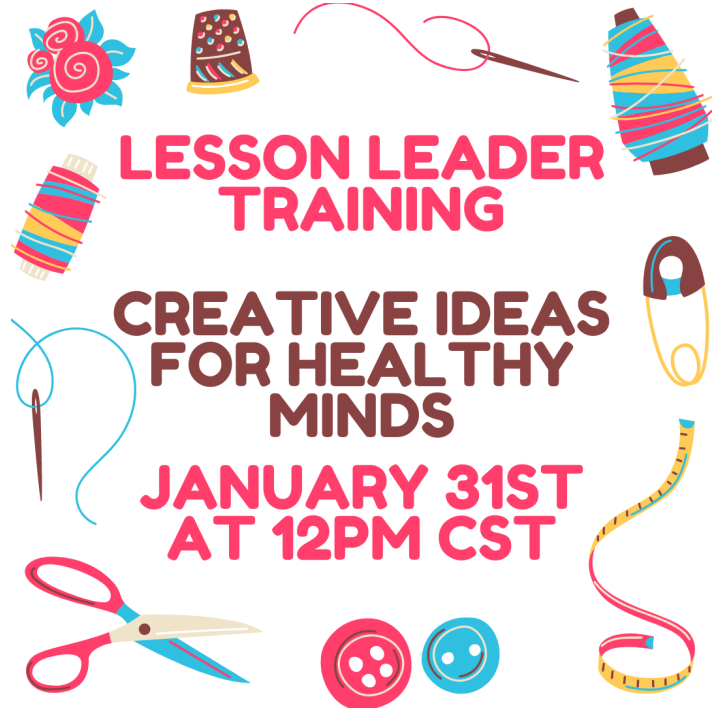
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Disabilities accommodated with prior notification.



LESSON LEADER TRAINING

CREATIVE IDEAS FOR HEALTHY MINDS

JANUARY 31ST AT 12PM CST

COOKING FROM THE CALENDAR

Savory Winter Pork Stew





January 18th, 2024 at 12pm CST

Call the Extension Office at 270-932-5311 to register

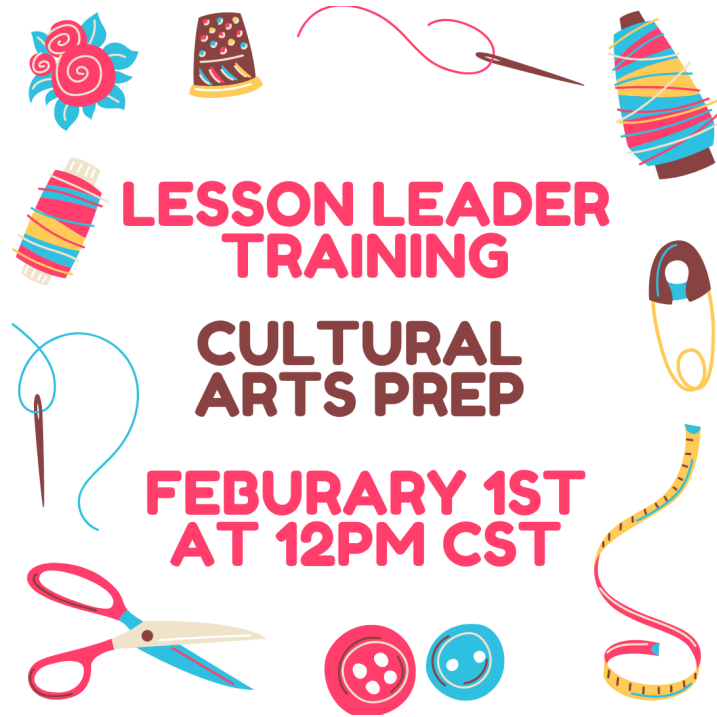
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LESSON LEADER TRAINING

CULTURAL ARTS PREP

FEBRUARY 1ST AT 12PM CST

December 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7 Help Hope Hands 9am	8	9
10	11	12	13	14 Help Hope Hands 9am	15	16
17	18	19 Summersville 5:30pm	20	21 Help Hope Hands 9am Cooking from the Calendar 12pm	22	23
24	25 OFFICE CLOSED	26 OFFICE CLOSED	27 OFFICE CLOSED	28 OFFICE CLOSED	29 OFFICE CLOSED	30
31						

January 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1 OFFICE CLOSED	2	3	4 Help Hope Hands 9am	5	6
7	8 Homemaker Council Meeting 4pm	9 Summersville 5:30pm	10	11 Help Hope Hands 9am	12	13
14	15 OFFICE CLOSED	16	17	18 Help Hope Hands 9am Cooking from the Calendar 12pm	19	20
21	22	23 Circle of Friends 4:30pm	24	25	26	27
28	29	30	31 Lesson Leader Training 12p	February 1st: Lesson Leader Training		

INSTANT DOWNLOAD

**UK CES Green County
298 Happyville Road
Greensburg KY 42743-9498**

RETURN SERVICE REQUESTED



Broccoli Brunch Casserole

Nonstick cooking spray	1 1/2 cups shredded, part skim mozzarella cheese, divided	1 teaspoon ground black pepper
8 ounces ground turkey sausage	8 eggs	1/2 teaspoon salt
3 1/2 cups broccoli florets, chopped	1 cup part skim ricotta cheese	1 Roma (Plum) tomato , thinly sliced
	1/4 cup skim milk	

Preheat oven to 350 degrees F. **Spray** a 9-by-13-inch baking dish with nonstick cooking spray. **Place** a medium-sized skillet over medium heat. **Sauté** sausage until evenly brown, **drain** well, **crumble**, and **cool slightly**. In a medium bowl, **mix** cooked sausage, broccoli, and a 1/2-cup of mozzarella. In a separate bowl, **whisk** eggs until frothy and then **combine** with a 1/2-cup of mozzarella, ricotta cheese, milk, pepper, and salt. **Spoon** the sausage mixture into the prepared baking dish. **Spread** the egg mixture over the sausage mixture. **Sprinkle** with the remaining mozzarella,

and **arrange** the tomato slices on top. **Cover** with foil, and **bake** 30 minutes. **Uncover**, and **bake** for an additional 15 minutes. Let **stand** for 10 minutes before serving.

Yield: 8 slices

Nutritional Analysis:
260 calories, 16g total fat, 7g saturated fat, 0mg cholesterol, 550mg sodium, 7g total carbohydrate, 1g fiber, 1g total sugars, 0g added sugars, 20g protein, 6% DV vitamin D, 25% DV calcium, 10% DV iron, 6% DV potassium.

NOVEMBER / DECEMBER 2023

HEALTHY CHOICES FOR HEALTHY FAMILIES

 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.

Holiday food safety: Planning ahead

Food is as much a part of holiday gatherings as football, decorations, and carols. This holiday season, keep food safety in mind each step of the way. Be food safe when you plan, shop, work in the kitchen, and wrap up leftovers.

Proper planning

Make sure your kitchen is equipped with what you need for safe food handling. Have two cutting boards (one for raw meats and seafood and the other for produce and ready-to-eat foods), a food thermometer, shallow containers for storage, paper towels, and soap. Store foods in the refrigerator at 40 degrees F or below or in the freezer at 0 degrees F or below. Check the refrigerator and freezer with an appliance thermometer.

CONTINUED ON PAGE 2



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PARENT CORNER

The joys of cooking with kids during the holidays

With special treats and family gatherings, this is the perfect time to teach your child about cooking! Kids not only will get to try the new foods they make, but they also get a big boost when they see family and friends eating their creations. Cooking with your children now helps them learn how to make healthy meals.

Safety precautions

To be safe, cover a few ground rules before getting started in the kitchen. Teach kids to wash their hands with warm, soapy water while singing "Happy Birthday" two times to wash away germs.

Teaching basics

To start cooking, teach your child basics. This could be as easy as cracking an egg or setting out each item needed for a favorite holiday recipe. Teach your child how to measure the right amount of each ingredient. Also show them the types of utensils you might need.

Look who's cooking!

Keep your children eager to cook. Choose tasks of holiday recipes based on their skills. Here are some ideas.

- **3- to 5-year-olds:** mix and stir snap green beans, tear lettuce for a salad, press cookie cutters
- **6- to 7-year-olds:** shuck corn, use a vegetable peeler, crack eggs, measure ingredients
- **8- to 9-year-olds:** use a can opener, juice citrus fruits, check the temperature of foods with a thermometer, pound chicken on a cutting board



- **Children aged 10 and older:** slice or chop vegetables, boil potatoes, microwave foods, bake foods in the oven, simmer ingredients on the stove.

Allow your child time to slowly master cooking methods. Start with easy steps such as rolling dough, using a cookie cutter, or spreading frosting. Give them time to complete each step from pouring liquids into the batter to baking them in the oven. Teach cooking skills such as baking versus broiling and how to cook many kinds of dishes.

Source: Adapted from <https://www.eatright.org/homefoodsafety/safety-tips/holidays/the-joy-of-cooking-with-kids-during-the-holidays>

CONTINUED FROM PAGE 1

Safe shopping

Be sure to keep food safety in mind as you shop. Keep raw meat, poultry, and seafood away from ready-to-eat foods like fruit, vegetables, and bread. It is OK to buy fruits and veggies that are oddly shaped but don't buy bruised or damaged ones. Don't buy canned goods that are dented, leaking, bulging, or rusted. These could become a breeding ground for harmful germs.

Choose cold foods last. Bring foods straight home from the grocery store. Always refrigerate food that can spoil, such as raw meat or poultry, right away.

Working in the kitchen

In a holiday kitchen filled with family and friends, all hands may be on deck. But are those hands clean? Make sure each person washes hands with clean, running water and soap for 20 seconds before and after handling food.

And when you bake tasty holiday treats, don't forget that no one should eat raw cookie dough or brownie batter.

Wrapping up leftovers

As you eat and visit, keep in mind how long the food has been on the buffet table. You can't tell if a food is unsafe by taste, smell, or how it looks. Throw away foods that spoil if they sat out of the refrigerator longer than two hours. Foods such as meat, poultry, eggs, and casseroles can spoil quickly.

Refrigerate or freeze other leftovers. Use shallow, air-tight containers. Label and date each package. Use refrigerated leftovers within three to four days. Reheat those leftovers to 165 degrees F.

Source: <https://www.eatright.org/homefoodsafety/safety-tips/holidays/holiday-food-safety-planning-to-leftovers>

COOKING WITH KIDS

Perfect Pumpkin Pancakes

- 1 cup whole-wheat flour
- 1 cup all-purpose white flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- 1/2 cup canned pumpkin, unsalted (not pumpkin pie filling)
- 1 3/4 cups low-fat milk
- 2 tablespoons vegetable oil

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.

2. Combine whole-wheat flour, white flour, brown sugar, baking powder, pumpkin pie spice, and salt in a large mixing bowl.
3. In a medium bowl, combine egg, canned pumpkin, milk, and oil. Stir to mix well.
4. Add wet ingredients to flour mixture. Stir just until moist. The batter may be lumpy. (For thinner pancakes, add more milk.)
5. Lightly coat a griddle or skillet with cooking spray and heat on medium. Flip when bubbles appear, or pancake is golden on the bottom.

6. Repeat until all batter is used.
6. Store leftovers in the refrigerator within 2 hours.

Number of servings: 12

Serving size: 1 pancake

Nutrition facts per serving: 130 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 15mg cholesterol; 350mg sodium; 21g total carbohydrate; 2g dietary fiber; 4g total sugars; 2g added sugars; 4g protein; 6% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source : <https://www.mainesnap-ed.org/recipes/perfect-pumpkin-pancakes>

BASIC BUDGET BITES

Maximize those leftovers!

If you end up making a big meal for your loved ones, chances are that you'll have leftover food. Don't forget the power of leftovers to help save you stress and money this holiday season! Most people agree that turkey dinner leftovers are just as good the second or third day. Most guests will be glad that you are feeding them. They will not blame you for serving them leftovers — even if they were there for the first meal.

To use your leftovers “as is,” follow these tips:

- Remove any meat from the carcass or bone. Cut it into small pieces. Store it in shallow containers in the refrigerator or freezer.
- Use all leftovers within four days or freeze for later use.
- Reheat leftovers to 165 degrees F, or until hot and steaming.

Source : <https://extension.umn.edu/save-money-food/holiday-food-budget>

RECIPE

Turkey Stew

- 2 teaspoons vegetable oil
- 1/2 cup onion, chopped
- 1 garlic clove, finely chopped (or 1/2 teaspoon garlic powder)
- 4 carrots, chopped
- 2 celery stalks, chopped
- 2 potatoes, chopped
- 1 can (14.5 ounces) no-salt-added diced tomatoes
- 2 cups water
- 2 cups cooked turkey, chopped
- Salt and pepper (optional, to taste)
- Italian seasoning or oregano, basil or thyme (optional, to taste)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat oil in medium saucepan. Add onion, garlic, carrots, and celery and stir for 2 minutes.

3. Add potatoes, tomatoes, and water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender. Add turkey and cook another five minutes or until heated.
4. Season to taste before serving.
5. Store leftovers in the refrigerator within 2 hours.

Number of servings: 4

Serving size: 2 cups

Nutrition facts per serving: 270 calories; 4g total fat; 1g saturated fat; 0g trans fat; 55mg cholesterol; 150mg sodium; 32g total carbohydrate; 6g dietary fiber; 7g total sugars; 0g added sugars; 25g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 25% Daily Value of potassium

Source: What's Cooking? USDA Mixing Bowl

FOOD FACTS

Carotenoids

Carotenoids are a substance found in food that helps protect cells against damage. There are more than 600 types of carotenoids. Foods high in carotenoids may be effective in helping prevent certain cancers and may help decrease your risk of macular degeneration.

Foods high in carotenoids include red, orange, deep-yellow, and some dark-green leafy vegetables. Examples include sweet potatoes, spinach, carrots, tomatoes, Brussels sprouts, winter squash, and broccoli.



Source: EatRight, Academy of Nutrition and Dietetics

LOCAL EVENTS

SMART TIPS

Getting enough sleep

Going out more and staying out later often means losing out on sleep. Sleep loss can make it harder to manage your blood sugar. When you don't get enough sleep, you tend to eat more and want high-fat, high-sugar food. Aim for 7 to 8 hours of sleep per night to guard against mindless eating.

Most of all, think about what the season is about — celebrating and connecting with the people you care about. When you focus more on the fun, you focus less on the food.

Source: Adapted from <https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html>

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



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EXTENSION.CA.UKY.EDU/COUNTY