

# Family & Consumer Sciences Newsletter

## January 2024

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

**Bracken County Cooperative Extension**  
1120 Brooksville Germantown Road  
Brooksville, KY 41004  
(606) 735-2141

I hope everyone is getting ready for the upcoming holidays! This is always a busy time of the year. I would just like to remind everyone of a few things as we head into the winter season.

Our office will be closed Dec 25th-Jan 1st for the holidays & will also be closed Monday Jan 15th for Martin Luther King Jr Day.

If there is ever inclement weather that causes school to close, any programs scheduled at the office will also be cancelled.

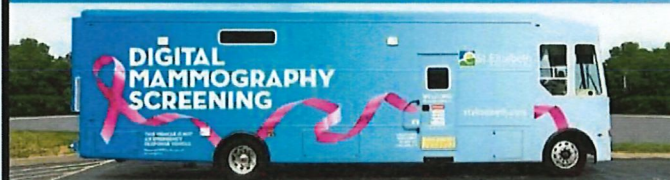
Please keep watching our Facebook page for updates on future Make It Take It Try it dates!

*Is it time for a mammogram?*

## EARLY DETECTION SAVES LIVES

15 MINUTES COULD SAVE YOUR LIFE

Bracken County Extension Office  
1120 Brooksville-Germantown Rd  
Brooksville, Ky 41004  
Monday, January 8  
9:00 a.m. - 3:00 p.m.



The St. Elizabeth mobile mammography unit offers state-of-the-art 2-D and 3-D mammography screening. It's quick, easy and covered by most insurance (including Medicare and Medicaid), if you are:

- Age 35 to 40: Baseline Screening
- 40 and Over: Annual Screening

Financial assistance is available to those who qualify.

**REGISTER AT (859) 655-7400**



*Sharon Smith*



### Meals Made Easy Series

- JAN 23RD ELECTRIC PRESSURE COOKER & AIR FRYER
- FEB 13TH SOUPS
- MAR 12TH SHORTCUTS IN MEAL PREP
- APR 16TH RESTAURANT COPY CAT RECIPES

**ALL CLASSES BEGIN AT 6:00 PM & COST IS \$5 PER PERSON, PLEASE REGISTER BY THE FRIDAY BEFORE!**

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Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
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NOVEMBER / DECEMBER 2023

# HEALTHY CHOICES FOR HEALTHY FAMILIES

**UK** Cooperative  
Extension Service



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## Holiday food safety: Planning ahead

**F**ood 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.



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## PARENT CORNER

# The joys of cooking with kids during the holidays

**W**ith 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.

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

# ADULT HEALTH BULLETIN



**DECEMBER 2023**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Bracken County Extension Office  
1120 Brooksville-Germantown RD  
Brooksville, Ky 41004  
606-735-2141

## THIS MONTH'S TOPIC: THE GIFT OF HEALTH



Perhaps you are familiar with the holiday tune that describes 12 Christmas gifts, but a gift worth giving that is not included in the song is good health!

As you prepare to host or attend holiday functions this season, here are 12 tips to staying safe and healthy yourself, and not passing along germs for family and friends:

- 1. Wash your hands:** Use soap and warm water when possible and alcohol-based hand sanitizer when out and about.
- 2. Eat well-balanced meals:** Making healthy food choices most of the time helps to offset occasional treats that may be less nutritious.

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*Ways to keep moving include taking a family walk, having a dance party, and enjoying an outdoor winter activity like ice skating.*



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- 3. Keep moving:** Find creative ways to incorporate movement into your daily routine, take a family walk, have a dance party, or enjoy an outdoor winter activity like ice skating.
- 4. Stay warm:** Dress for outdoor weather in layers, with an outer layer to keep you dry.
- 5. Practice food safety:** Wash hands and cooking surfaces, cook foods to proper temperatures, avoid cross-contaminating cooked and uncooked foods, serve foods hot or cold, and refrigerate uneaten food promptly.
- 6. Prevent house fires:** Never leave an open flame (candle, fireplace, stove, or heater) unattended, install smoke detectors, and replace their batteries twice a year.
- 7. Manage stress:** Holiday events and spending can cause stress. Make a plan that keeps your finances and calendar from becoming overburdened.
- 8. Limit alcohol** consumption, and do not drink and drive.
- 9. Get routine health screenings:** Holiday breaks from work may be a good time to schedule annual exams that can get put off throughout the year.

- 10. Sleep:** Adults need between seven to nine hours of sleep per night. Lack of sleep can compromise your immune function and decrease your mental clarity.
- 11. Stay up to date on vaccines:** You can prevent many serious diseases by getting routine vaccines. Ask your health-care provider what vaccines you should get.
- 12. Avoid smoking and tobacco products:** Secondhand smoke and vaping products also have negative health outcomes.

Being mindful of healthy habits will help keep you and your loved ones feeling good throughout the season, which is always a reason to celebrate.

**REFERENCE:**

<https://tools.cdc.gov/medialibrary/index.aspx#/media/id/303214>

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**ADULT  
HEALTH BULLETIN**

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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2023

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## THIS MONTH'S TOPIC: BECOMING A SMART SAVER AT MEALTIME

As the cost of food continues to rise, you might find yourself surprised by the grocery bill. According to the U.S. Department of Agriculture, from 2018 to 2022, food price inflation (20.4%) was the second-highest category increase, rising faster than other expenditure categories like medical care and housing. If rising costs are surprising, look for ways to squeeze your food budget. Avoid unhealthy ways to cut costs, such as foregoing healthy choices or reducing the size and frequency of meals. Instead, use the following strategies to stretch your food budget and reinforce healthy eating habits.

### THRIFTY FOOD HACKS

**Use what you have.** Tightening your grocery budget should start before you head to the store. Be intentional in using your existing food stock before buying new. Inventory your freezer, fridge, and pantry at least twice a month to keep track of the items nearing their expiration dates. Then, create meal plans centered around these ingredients.

**Browse a cookbook.** Planning your recipes is an excellent way to ensure an affordable and healthy diet that meets your nutritional goals. Find multiple recipes that use similar ingredients you can mix and match to save time in the grocery and kitchen.



Also, when selecting recipes, prepare enough to have leftovers. This can save time and help you cut costs by reducing food waste. Invent new recipes with past meals or ingredients.

**Meatless Mondays.** The USDA reports nine food categories whose prices rose more than 10% in 2022, which include eggs (32%), poultry (14.6%), and other meat (14.2%). Fresh vegetables and fruits were reported to have the lowest increase in prices. Plant-based proteins may offer more nutrients for your money over meats. Items such as beans, legumes, potatoes, and protein-rich vegetables like broccoli or kale, are often more affordable options. You can increase meal size, enhance nutritional values, and squeeze your budget with a meatless meal plan.

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## DO NOT LET FOOD INFLATION BE A REASON TO FOREGO HEALTHY EATING HABITS



### THRIFTY SHOPPING HACKS

**Make a list.** A shopping list makes your shopping trip quicker, helping you avoid buying things on a whim. It also keeps your pantry well-supplied. Stick to the list, but allow some flexibility to take advantage of sales. Estimate needed food quantities and be careful when buying large quantities of perishable items you cannot use within a week. Shop for the freshest produce, noting that, usually, groceries stack new inventory toward the back of the shelves.

**Clip coupons.** Look for digital coupons that match the items on your list. Even coupons with small discounts can accumulate savings. Check in-store sales including customer loyalty savings and discounted produce carts or other deals. These might contain fruits and vegetables that are slightly older but still delicious if you eat them within a day or two. Also, selecting frozen and canned foods may be less costly and last longer.

**Buy in bulk.** Bulk purchases may lead to larger savings in your food budget if your household will eat through an item in larger quantities. However, buying bulk treats (such as soda, cookies, and candies) may save you money but move you away

from your dietary goals. When buying in bulk, consider also if you have room to store the items in your fridge, freezer, or pantry, and if you can use them before their expiration date.

Remember, eating healthy is not “too expensive.” Do not let food inflation be a reason to forego healthy eating habits. Instead, consider it an opportunity to refresh your shopping hacks and cooking skills. A well-balanced diet is a wise investment in your health that can create value in both your physical and financial well-being.

### REFERENCES:

Centers for Disease Control and Prevention. *6 Tips for Eating Healthy on a Budget*. <https://www.cdc.gov/diabetes/healthy-eating-budget.html>

The Nutrition Source. *Strategies for Eating Well on a Budget*. <https://www.hsph.harvard.edu/nutritionsource/strategies-nutrition-budget/>

Economic Research Service, U.S. Department of Agriculture. *Food Prices and Spending*. <https://www.ers.usda.gov/data-products/ag-and-food-statistics-charting-the-essentials/food-prices-and-spending/>

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## Baked Apples and Sweet Potatoes

|                         |                   |                     |
|-------------------------|-------------------|---------------------|
| 5 medium sweet potatoes | ½ cup margarine   | 1 teaspoon nutmeg   |
| 4 medium apples         | ½ cup brown sugar | ¼ cup hot water     |
|                         | ½ teaspoon salt   | 2 tablespoons honey |

- 1. Boil** potatoes in 2 inches of water until almost tender.
  - 2. Cool** potatoes, peel and slice. **Peel**, core and slice apples.
  - 3. Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.
  - 4. Layer** potatoes on the bottom of the dish.
  - 5. Add** a layer of apple slices.
  - 6. Sprinkle** some sugar, salt, and tiny pieces of margarine over the apple layer.
  - 7. Repeat** layers of potatoes, apples, sugar, salt and margarine.
  - 8. Sprinkle** top with nutmeg.
  - 9. Mix** the hot water and honey together.
  - 10. Pour** over top of casserole.
  - 11. Bake** for 30 minutes.
- Yield:** 6, 1 cup servings.  
**Nutrition Analysis:** 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.  
 Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



## Kentucky Apples

**SEASON:** Early summer through December.

**NUTRITION FACTS:** A medium size apple, about 2 to 2½ inches round, has about 75 calories and provides bulk in the diet, which helps the body digest food. The apple is low in sodium and high in potassium, making it a great natural snack.

**SELECTION:** Look for firm, crisp, well-colored fruit. Avoid those with shriveled skins, bruises, worm holes, and decayed spots. Always handle apples gently to avoid causing bruises, blemishes, or other defects.

**STORAGE:** Use those with bruises or skin breaks as soon as possible. Apples that are slightly under-ripe should be stored in a cool place to ripen. Once ripe, apples will keep a week or longer stored in the refrigerator vegetable drawer or in a plastic bag.

**PREPARATION:** Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by mixing with ascorbic

acid such as lemon or orange juice. Only work with about five apples at a time to prevent darkening. Mix 1 teaspoon ascorbic acid with 3 tablespoons of water. Toss gently with apple slices. Apples may be preserved by several methods: freezing, drying, or canning. Please contact your county Extension office for more information.

**VARIETIES:** More than 2,500 varieties are found in the United States. The following are easily available and popular in Kentucky: Lodi, Red Delicious, Rome, Winesap, Gala, Jonathan, Cortland, and Golden Delicious.

### APPLES 1

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 Source: USDA

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