

Nicholas County FCS Newsletter



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

November Agent Update

It's the most wonderful time of the year! I love the season changing, the holiday decorating, the cooking, and as I've gotten older I don't even mind the time change of "FALLING BACK." I consider it a reminder to get in bed earlier and just like bears...recharge my batteries from all the summer outdoor activities. Don't worry though, I won't be slowing down as your agent. You all know me better than that!

As we near the deadline for dues and enrollment forms, I want to encourage you to keep reaching out to your fellow club members to make sure they have completed their enrollment. We don't want to leave anyone behind, and if anything we want to pick more up along the way to spread the good news about the message of homemakers. The deadline for dues is November 22nd. The county with the most new enrollments will receive a GOLDEN KEY to display in their county and I think we are the perfect county to win it!

Thinking ahead to the end of the month and the celebration of Thanksgiving, I have included information about safe handling, thawing and cooking practices for turkeys. I also created a time chart for cooking and thawing that you all can hang on your fridge for easy access when it's time to start cooking. I know I always have to go searching and thought it would be a great idea to make you all a reference sheet for your fridge.

I won't be able to be at meetings in November due to being at the 4-H Agent retreat, but will see you on our November "field trip." If you haven't made plans to join us, I hope that you'll consider joining us. Learning, fellowship, and food...what could be better. Looking forward to December, we will be hosting a blood drive in the spirit of giving. More information to come, but I wanted it to be on your all's radar in the event you needed to ask your doctor's permission.

Wrapping up, November is a time to show our thankfulness, and I want each of you to know that I am thankful for each of you. You have welcomed me in to this new role and I love my job because of you all. Happy Thanksgiving!

Ashley H. Vice

IN THIS ISSUE

Agent Update.....	1
President's Corner.....	2
Leader Lesson	3
Homemaker News.....	4
Upcoming Events.....	5
Thanks/Books.....	6
Enrollment Form.....	7
Turkey Safety.....	8
Fridge Chart	10
Health Bulletin.....	11
Moneywise.....	12
Calendar.....	13
Recipe.....	14



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

PRESIDENT'S CORNER

Hello and Happy Fall to ALL!

My favorite time of the year! Bonfires, s'mores, cool evenings and beautiful sunny days are some of the best things about this time of year!

We had several members show up for the Radon Information Class and kits were handed out. Mine is complete and mailed back in.

I see we're having classes for Knit Wits that will help us make seasonal décor! I'm excited!

We had a wonderful group who were able to attend the Annual Meeting in Madison County. I had intentions to be there, but illness knocked me down. I'm recovering and feeling better each day. Please keep Barbara Biddle in your prayers as she's struggling physically with few answers from medical professionals.

We have several cookbooks left to sell and plan to set up to do just that very soon, so watch for details. Our membership drive continues through November 30, 2022. All forms and money must be in by December 1st or you will not be included. We would love to increase by 50% or more! Each member bring a member!

This is the time of year when we need to consider those who are less fortunate than we are. Our homemakers groups do a great job of caring for those in our community. I'm thankful for that. Invite someone to join your Thanksgiving Dinner table, who may not otherwise have a place to go. Keep on smiling... everyone will try to figure out what you're up to!

Until next time,
Sandy Hamilton, President
Nicholas County Extension Homemakers

NOVEMBER 1

Knit Wits



Who: Anyone

What: Snowman Door Hangers Cost \$5

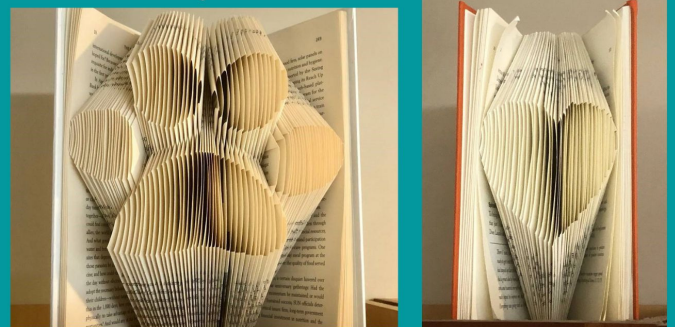
When: November 1 @ 6 p.m.

Where: Nicholas County Extension Office

Come create a Snowman Door Hanger
and have some laughs too!

NOVEMBER 29

Knit Wits



Who: Anyone

What: Book Page Folding Art Class with

Kay Denniston- NO COST

When: November 29 @ 6 p.m.

Where: Nicholas County Extension Office

SAVORING THE EATING EXPERIENCE
THE ART OF EATING MINDFULLY



Many of us eat mindlessly without recognizing it, sometimes leading to overeating or negative emotions around food. Join us for a class where you will learn about mindful eating practices and how to enjoy food with no distractions, creating an eating experience with increased awareness that is judgment- and guilt-free.

WHEN:
Leader Lesson
10/26 @ 10 a.m.

WHERE:
NICHOLAS COUNTY
EXTENSION
OFFICE

Leaders will share at
November Club Meetings
Headquarters- 11/1
Moorefield-11/3
Ellisville-11/3

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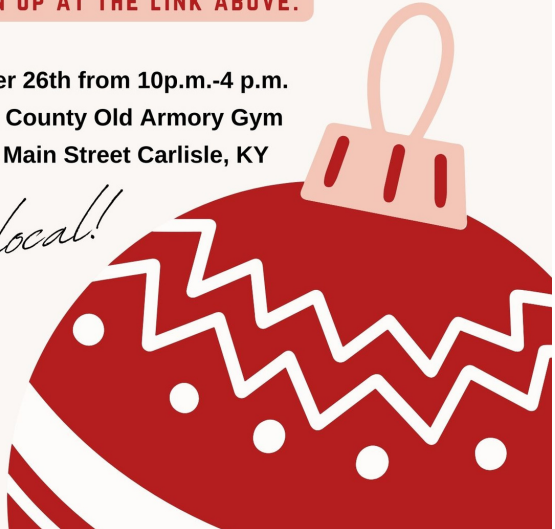
Christmas Vendor Fair

DURING SHOP SMALL SATURDAY, THE NICHOLAS COUNTY 4-H LIVESTOCK CLUB WILL BE HOSTING A VENDOR FAIR TO RAISE MONEY FOR THEIR CLUB. IF YOU WOULD LIKE TO SET UP, PLEASE CONTACT THE EXTENSION OFFICE AT (859) 289-2312 OR SIGN UP AT THE LINK ABOVE.

WHEN: November 26th from 10p.m.-4 p.m.
WHERE: Nicholas County Old Armory Gym
368 East Main Street Carlisle, KY

Let's shop local!!

26TH SATURDAY NOVEMBER 2022



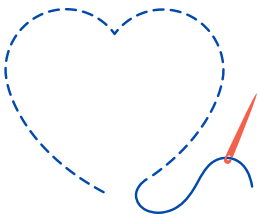
Evening Homemakers

Starts November 8 at 6 p.m.

Nicholas County Extension Office

Our first meeting we will decide on a club name, share self-care tips, and our activity will be soap making.

Meal will be provided by Ashley Vice.



Homemaker News



ANNUAL MEETING

On Friday, October 21st nine of our NC Homemakers made the journey to the Madison County Fairgrounds. We had a wonderful time and enjoyed the guest speaker. Everyone who had an entry in the Cultural Arts portion came away with either a blue or red ribbon. We will host the 2023 Annual Meeting next year tentatively on October 13 so put your thinking caps on for how we can showcase the LITTLE town with the BIG heart

RADON INFORMATION CLASS

Holding our Radon class, we learned together that Radon is one of the leading causes of lung cancer. Each homemaker in attendance, took home a free information packet and test kit for their home. We still have test kits left over and I would love to get those in to your homes so that we can make sure you are safe. Stop by the office to get your free test!



HOMEMAKER COUNCIL UPDATES

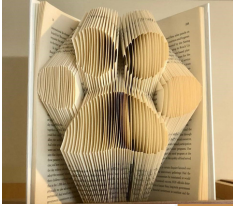
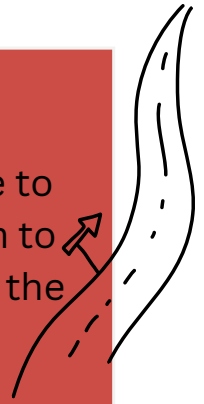
Homemaker Council met on Monday, October 17th. Discussion was held on selling the remaining cookbooks, and decision was made to join the vendor fair being put on by the FCCLA and set up. The 4-H Livestock Club will also be hosting a vendor fair on 11/26 and we will set up there to selling the remaining cookbooks. Also discussed was hosting a pancake breakfast as a fundraiser. We are still working through details but tentatively it is scheduled for 12/3.



Upcoming Events

November 11- Maysville Field Trip

Join us November 11 as we travel to downtown Maysville to visit the Gateway and Underground Railroad. We will plan to leave around 9 a.m. and have a meal together. Please call the office to let us know if you are interested in joining us!



Knit Wits Book Folding Art Class- November 29

On November 29 at 6 p.m. we will have our Knit Wits class with a guest presenter, the fabulous Kay Denniston, and she will be teaching us how to create art from folding pages in old books. Please watch Facebook for registration or call the office to get on the list! Check out pics in this newsletter to get inspired!

SEWING GROUP- NOVEMBER 30

On November 30th we will meet for Wednesday sewing to work on lap quilts for nursing home residents. The lap quilts will have everything from zippers to tags that help residents fidget and provide sensory stimulation. If you're interested in helping, please join us at 10 a.m. here at the Extension Office.



Blood Drive- December 12

On December 12, Nicholas County Homemakers will be hosting a blood drive with the Kentucky Blood Center. Please start sharing with your friends and family to make this a huge event for our group. Christmas is the time to give, and what better way than to donate blood that can help save lives! More information to come in next month's newsletter.

Pancake Breakfast Fundraiser-

December 3

details to come



Welcome to the
crew!



Would make
a great
Christmas
gift!!!



GIVE THE GIFT OF A
HOMEMAKER MEMBERSHIP
A great way to celebrate KEHA week would be to purchase yearly dues for someone you feel would enjoy being a homemaker, but just hasn't taken the leap to join. You can simply cut the above cards out to give to them and pay your club treasurer for their dues.

To claim your free gift membership, cut on the dotted and return this form to:

Nicholas County Extension Office
368 East Main POB 3
Carlisle, Kentucky 40311

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone number: _____ email: _____

Gift membership given by: _____

Club name: _____



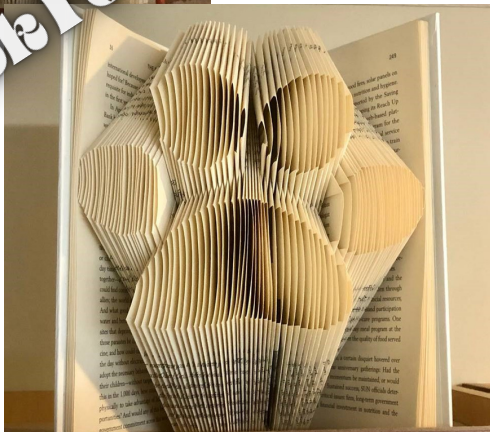
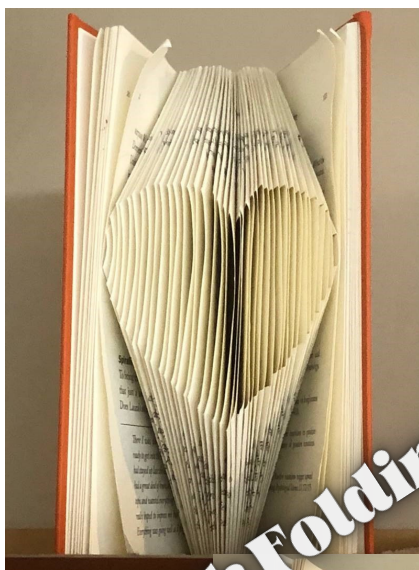
November Book Corner

The Girl From the Channel Islands by Jenny Lecoat (2020).
Based on a true story of courage and hope during World War II. A young Jewish Polish girl takes refuge on Jersey Island off the coast of France. The Germans invade this island and hardships mount as the war continues. Hiding in plain sight, Hedy works as a translator for the Germans. Through an unlikely relationship with a sympathetic German officer, Hedy finds the subsistence and protection needed for her survival.

The Summer Cottage by Viola Shipman (2019).
This novel emphasizes the astounding importance of home, and underscores the importance of a loving family and of having a generous heart. Grab a glass of sweet tea and enjoy!

The Taking of Jemima Boone: Colonial Settlers, Tribal Nations, and the Kidnap That Shaped America by Matthew Pearl (2020).

On a quiet midsummer day in 1776, thirteen-year-old Jemima Boone and her friends Betsy and Fanny Callaway disappear near the Kentucky settlement of Boonesboro, the echoes of their faraway screams lingering on the air. The author explores the little-known true story of the kidnapping of legendary pioneer Daniel Boone's daughter and the dramatic aftermath that rippled across the nation.



Book Folding Art



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2022 – 2023 Enrollment Form

Nicholas County Extension

Homemakers

(Due by November 22, 2022)

Yearly Dues: \$10.00 - Please make checks out to: Nicholas County Homemakers

First Name: _____ Middle Initial: _____ Last Name: _____

Club Name: _____ Address: _____
or Mailbox Member _____

Email: _____

Sex: Female Male

Home Phone: _____ Cell Phone: _____

Work Phone: _____ Fax Number: _____

Ethnic Background (Optional): White Black Hispanic Asian Other

Age Group (Check One)

Enrollment Type:

15-19 20-24

Yearly Renewal New Member

25-34 35-44

Number of Years in Club Membership: _____

45-54 55-64

65-74 75+

I (print, full Name) _____ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc. to interview, photograph, and/or videotape me; and/or supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

The Kentucky Cooperative Services is required by federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

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4-H Youth Development
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Talking Turkey: Prep and Safety

Heather Norman-Burgdolf, Dietetics and Human Nutrition, and Anihall Norris, Family and Consumer Sciences

For many, Thanksgiving dinner is the largest meal prepared all year. So much time and effort go into planning the meal. There are decorations, place settings, the side dishes, the guest list, and the turkey! It's easy to see how one could feel overwhelmed with preparing the turkey with so many other things to think about.

Turkey Nutrition

Holiday meals are typically known for their over indulgent foods; however, turkey remains

Purchasing a Turkey

Turkeys may be purchased either fresh or frozen. Neither is better than the other. When purchasing a turkey, plan for 1 pound per person.

Free range or organic turkeys may be available at your grocery store. Free-range turkeys are raised in environments with more space, but this does not mean that they are organic. Organic turkeys must meet specific standards set forth by the USDA. Organic does not mean the turkey is free range. The nutrition of these turkeys is no different than a conventional turkey but may be two to four times more expensive. It is personal preference on which turkey meets your personal, ethical, and economical needs.

A fresh turkey should be purchased no more than two days prior to the day of preparation. Check the "sell by" or "use by" date to make sure that the turkey is fresh. If a fresh turkey is desired for Thanksgiving Day, it may be best to call the local grocer to ensure a fresh bird will be available.

Turkeys must be kept at a safe temperature during the thawing process. They should never be left out at room temperature on the counter, in the basement, or outside on a cool day. It is not acceptable to thaw a turkey in the dishwasher, using a blow dryer, a brown paper bag, or any place where the temperature is above 40°F. When a frozen turkey begins to thaw, any bacteria that may have been present on the meat before freezing will begin to grow. If the meat stays in the "Danger Zone," between 40°F-140°F, for more than two hours, bacteria can grow rapidly. The United State Department of Agriculture (USDA) recommends three ways to safely thaw food containing turkey: in the refrigerator, in the sink using the cold water method, or in the microwave.

Thawing in the Refrigerator

When thawing a turkey in the refrigerator, make sure you allow enough time. You will need about 24 hours for each 4-5 pounds of turkey in a

Frozen turkeys may be purchased weeks, even months, in advance depending on available freezer space. With frozen turkeys, allow adequate time for the thawing process.

Thawing Methods

Table 1. Thawing time in the refrigerator.	
Size of Turkey	Thawing Time
4 to 12 pounds	1 to 3 days
12 to 16 pounds	3 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days

refrigerator set at 40°F. Place the bird in a large pan to collect any juices that may drip and contaminate other foods. Use Table 1 as a reference for thawing in the refrigerator.

A turkey thawed in the refrigerator can remain in the refrigerator for 1-2 days before cooking. If necessary, the bird can be frozen again without cooking, but there will be some loss in quality.

Thawing with the Cold Water Method

The cold water method is simply thawing the turkey in a sink of cold water, where the water is changed every 30 minutes. Do not use warm or hot water with this method as this will put the turkey in the "danger zone" for longer than is recommended. You should allow about 30 minutes for each pound of turkey. Be sure to use

cold water and make sure the bird is wrapped securely in a leak proof bag in order to prevent cross contamination and a watery bird. Use Table 2 as a reference for thawing in cold water.

A turkey thawed using the cold water method must be cooked immediately.

Thawing in the Microwave

When thawing in the microwave, follow the microwave owner's manual for defrosting a turkey. They should have recommendations for the cook level and time according to the size of the bird. Most microwaves cannot accommodate a turkey larger than 12 to 14 pounds. Plan on cooking the turkey immediately after thawing as some areas of the bird warm up quickly and begin to cook during the microwave



thaw. Turkey should not be held for later cooking after thawing in the microwave as this increases the chance for bacterial growth.

Thawing in the refrigerator is preferred. This is the safest method because the temperature never rises above 40°F. Inside the refrigerator, the turkey thaws gradually at a consistent, safe temperature.

Don't worry if your turkey is still a little frozen before you cook it. The turkey is still safe to cook; it will just take longer. It's even possible to cook a turkey that is still completely frozen. A turkey that is completely frozen will take 50 percent longer to cook than a turkey that has been thawed. For more information about cooking a frozen turkey, see the publication *Talking Turkey: Dinner is Served* (FCS 3-620).

Getting Started

As the turkey thaws and you ready your space to prepare the turkey and other Thanksgiving dishes, keep the following food safety tips in mind.

- Before you start the cooking preparations, wash your hands with soap and warm water for 20 seconds.
- Don't wash the turkey. This can spread bacteria onto kitchen surfaces. All raw meat contains bacteria.



- For cooking methods, please read *Talking Turkey: Dinner is Served* (FCS 3-620).

Turkey Leftovers

It's never too early to start thinking about all of those wonderful turkey leftovers. Be sure to follow good food safety practices when preparing your turkey and storing it for those favorite recipes over the next several days.

Storing Leftovers

After dinner, don't let food sit out on the table. Leftovers should be refrigerated or frozen within two hours. It is best to go ahead and remove all the meat from the turkey. Do not store stuffing inside the turkey. Remove the stuffing from the bird and refrigerate in a separate container. Legs and wings may be left whole, if desired. Sliced meat should be stored in shallow containers

Washing the meat will not remove the bacteria. The only way to remove the bacteria is to cook the turkey properly.

- Keep the turkey away from all other foods during the thawing process and before cooking in order to avoid cross contamination.
- Don't prepare any other foods until you have the turkey in the oven and have properly cleaned and sanitized the area.

- If possible, use a different cutting board and knife when preparing the turkey. Wash and sanitize everything that touched the raw meat, even countertops.
- Use a mild bleach solution made from 1 tablespoon unscented bleach per gallon of water to sanitize knives, cutting boards and work surfaces.

or small zipper bags and eaten within 3-4 days.

If you aren't sure the meat can be eaten in that time frame, it is best to freeze the leftover turkey. If the freezer stays below 0°F, the turkey is safe to eat indefinitely. For best quality, sliced turkey stored in the freezer in freezer-safe zipper

bags should be eaten within 6 months. Be sure to label leftovers going into the freezer with contents and the date on which they were frozen.

you prepare your leftovers. See

Leftover Ideas

- Rather than simply serving turkey again, be creative in how you prepare your leftovers. See
- Turkey hash
- Turkey salad
- Turkey noodle soup
- Turkey pot pie
- Turkey casserole
- Sliced turkey sandwich

Turkey Noodle Soup

Yield: 4 Servings

Serving Size: 1 ¾ cups

Ingredients

6 cups homemade turkey stock (or low-sodium canned turkey or chicken broth)

1 bay leaf

1 cup diced carrot

¾ cup chopped onion

¾ cup diced celery

2 garlic cloves, minced

Salt to taste

Ground black pepper

¼ cup chopped parsley

3 oz egg noodles

2 cups leftover turkey, shredded

Directions

Fill a large pot with homemade (or canned) stock. Add bay leaf, carrots, onions, celery, garlic, salt and pepper to taste. **Simmer** 10-15 minutes or until the vegetables are tender. Add parsley, noodles, and shredded turkey. Cook according to packaging for noodles. **Remove** bay leaf and **serve**.

Nutrition Information

240 calories, 4g fat, 1g saturated fat, 80mg cholesterol, 620mg sodium, 11g carbohydrates, 2g fiber, 3g sugar, 39g protein.

References

- "Cleanliness Helps Prevent Foodborne Illness," United States Department of Agriculture, accessed October 1, 2018, <https://www.ams.usda.gov/food-safety-events/thanksgiving/index.html>.
- "Turkey," United States Department of Health & Human Services, accessed on September 28, 2018, <https://www.foodsafety.gov/keep/types/turkey/>.
- "Turkey Basics: Safe Thawing," United States Department of Health & Human Services, accessed on August 28, 2018, <https://www.foodsafety.gov/keep/11defrost-turkey.html>.
- "Thanksgiving," United States Department of Health & Human Services, accessed October 1, 2018, <https://www.ams.usda.gov/food-safety-events/thanksgiving/index.html>.
- "Turkey from Farm to Table," United States Department of Agriculture, accessed on October 1, 2018, https://www.ams.usda.gov/food-safety-education/gt-aniversary-prepare-food-safety-of-turkey-from-farm-to-table-et_index.

Turkey Roasting Chart

Set oven temperature to 325 °F. Minimum internal temperature = 165 °F

Turkey Size	Unstuffed		Stuffed
4 to 6 lbs. (breast)	1 ½ to 2 ¼ hours		Not usually applicable
6 to 8 lbs. (breast)	2 ¼ to 3 ¼ hours		3 to 3 ½ hours
8 to 12 lbs.	2 ¾ to 3 hours		3 to 3 ½ hours
12 to 14 lbs.	3 to 3 ¾ hours		3 ½ to 4 hours
14 to 18 lbs.	3 ¾ to 4 ¼ hours		4 to 4 ¼ hours
18 to 20 lbs.	4 ¼ to 4 ½ hours		4 ¼ to 4 ¾ hours
20 to 24 lbs.	4 ½ to 5 hours		4 ¾ to 5 ¼ hours

Turkey Thawing Chart

To thaw in a refrigerator, allow about 24 hours for every 4 to 5 pounds. For cold water thawing, allow about 30 minutes per pound. A turkey thawed in cold water should be cooked right after thawing.

Turkey Size	Thaw in Refrigerator (set to 40 °F or below)	Thaw in Cold Water (change water every 30 minutes)
4 to 12 lbs.	1 to 3 days	2 to 6 hours
12 to 16 lbs.	3 to 4 days	6 to 8 hours
16 to 20 lbs.	4 to 5 days	8 to 10 hours
20 to 24 lbs.	5 to 6 days	10 to 12 hours

Put me on the fridge!



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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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368 East Main Street
Carlisle, Kentucky
40311
(859) 289-2312

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.ut.gov/seasonal/winter>

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123RF.com

ADULT HEALTH BULLETIN



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2022

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

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. Chose 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.

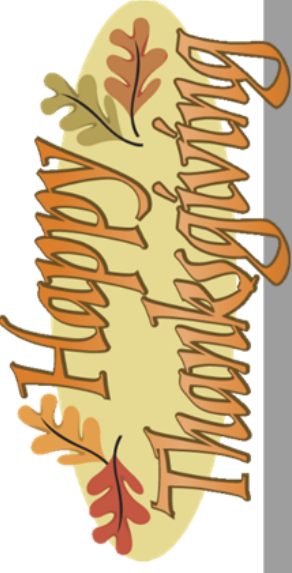
As you consider budgeting for your holiday festivities, remember that changes don't have to be permanent. Budgets, needs, and wants change from year to year — your holiday plans can too. To explore healthy, budget-friendly recipe ideas, visit the University of Kentucky Family and Consumer Sciences Extension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

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November 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Headquarters Meeting Knit Wits 6 p.m.	2	3 Ellisville Meeting Moorefield Meeting	4	5 SET CLOCKS BACK 
6 Daylight Savings Ends	7	8 Election Day EVENING Homemakers 6 p.m.	9 Quilt of Valor Presentation @10 a.m.	10 11 Veteran's Day	11 Trip to Maysville	12
13 World Kindness Day	14 4-H Sewing Club A	15 National Clean Out your Refrigerator Day	16	17 18 Mickey Mouse Birthday	18 19	20 26 Small Business Saturday 4-H Livestock Vendor Fair
20	21 Basketweaving Class	22 Enrollment and dues deadline 4-H Sewing Club B	23	24 Thanksgiving Day 	25 Office Closed Black Friday Shopping Day	
27	28 Cyber Monday	29 National Day of Giving Knit Wits Book Folding Class	30 Sewing Nursing Home Lap Quilts			



Turnip Tater Mash

2 cups peeled, cubed raw turnip
1 cup peeled, cubed Yukon Gold potatoes
¼ cup minced onion

¼ teaspoon garlic salt
1 teaspoon butter
1½ teaspoons reduced fat sour cream

- 1. Wash, peel and cube** turnips and potatoes. **Mince** onion.
- 2. Boil** turnips, potatoes and onion until tender.
- 3. Drain** and **mash** mixture with mixer or potato masher.
- 4. Add** sour cream, butter and garlic salt. **Mix** well.

Yield: 6, ½ cup servings.

Nutrition Analysis: 50 calories, 1 g fat, 5 mg cholesterol, 75 mg sodium, 10 g carbohydrate, 2 g fiber, 3 g sugar, 2 g protein.

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



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