

GREENUP COUNTY FAMILY AND CONSUMER SCIENCES NEWSLETTER

Cooperative Extension Service
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Lora Pullin, Greenup County Family & Consumer Sciences Agent

OVARIAN CANCER TEA FUNDRAISER

A big thank you to everyone who helped with the Ovarian Cancer Tea Fundraiser which raised \$1,049.00. There were 20 tickets sold for the event & various sponsorships from our generous community partners.

We appreciate all the help from those who cooked, decorated, attended, and cleaned up.

Congrats on a job well done Greenup County Homemakers!



Greenup Homemakers Club member, Cindy Kennard with her daughter and sister enjoying the Ovarian Cancer Tea Fundraiser.

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December 2023

SCHEDULE OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

- Dec 1: Club Dues are due
- Dec 1-2: Live Wreath Class— Call to register
- Dec 2 & 3: Greenbo Open House
- Dec 13— Quilt Guild Meeting
- Dec 25—Jan 1: EXTENSION OFFICE CLOSED FOR HOLIDAYS

ROLL CALL

December is the holiday season. What is your favorite holiday tradition?



Sounds of the Season



THOUGHT FOR THE MONTH

“Small cheer and great welcome make a merry feast.”

- William Shakespeare

January 2024

SCHEDULE OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- Jan 2: EXTENSION OFFICE RE-OPENS FROM BREAK
- Jan 2: Remove decorations at Greenbo
- Jan 10: Quilt Guild Sit N Sew—9:00am @ Extension Office
- Jan 15: EXTENSION OFFICE CLOSED—MLK DAY
- Jan 17: HM Executive Council Meeting—9:00am @ Extension Office
- Jan 17: HM Council Meeting—10:00am @ Extension Office
- Jan 24: Quilt Guild Meeting—10:00am @ Extension Office

ROLL CALL

January rings in the new year. Share one goal you have for the new year's "journey."

THOUGHT FOR THE MONTH

"The journey of a thousand miles begins with a single step."

-Lao Tzu

Looking ahead:

- May 7-9: KEHA State Meeting at Sloan Convention Center in Bowling Green—The block of rooms is currently open for Homemaker pricing @ the Holiday Inn—Please call to make your reservations as soon as you know you'll be attending.



LIVE WREATH CLASSES SET FOR DECEMBER 1-2, 2023

There will be Live Wreath Making Classes offered again this year using fresh holiday greenery. The classes will be at the Extension Office on Thursday & Friday evenings, December 1 and again on Saturday, December 2. There will be three classes on Saturday beginning at 9:00a.m., 11:00 a.m. and 1:00p.m..

Please note the Friday classes are currently full

The cost is \$25 per wreath if paid by registration due date of November 27. After the due date, the cost is \$30. Light refreshments are also included in the total cost.

Make your check payable to Greenup County Master Gardeners, and bring or mail to the office at 35 Wurtland Avenue, Wurtland KY 41144. Call the office at 836-0201 to reserve your spot. **RESERVATIONS ARE REQUIRED.**

HOMEMAKER DUES

Remember, Homemaker dues and enrollment cards are due at the Extension Office no later than December 1, 2023. (Please write one check for all members of your club)

2023 GREENBO OPEN HOUSE

Dates of the Greenbo Open House are:

- December 2 —Open House
 - 10am- 5pm (Sat)
 - Music 10:30am-5pm
 - Greenbo staff providing activities for children 11am-1:30pm
- December 3— Open House
 - 1:00pm-4:00pm
- January 3—Removal of decorating items

GREENBO DECORATING NOVEMBER 28, 2023

We are excited to be decorating the Jesse Stuart Lodge at Greenbo Lake State Resort Park!

Make plans to arrive anytime after 9am to begin decorating your club's tree. Greenbo Lake State Park has graciously offered to provide lunch to us on decorating day. Please make sure your club has RSVP'd to the office for lunch. We need to give Greenbo a count for the kitchen staff to be prepared.

Please note the Open House will be on Saturday, December 2, from 10am-5pm and Sunday, December 3, from 1pm-4pm. The Ashland Area Music Educators have a full line-up of music from 10:30am-5pm. Greenbo staff has also organized, Santa's Workshop, during the open house. They will have crafts for children and the opportunity to have lunch with Santa from 11am-1:30pm on Saturday, December 2, 2023.

We look forward to seeing all the beautiful decorations and delicious food covering the groaning board!

HOMEMAKERS COUNCIL TO MEET JANUARY 17

The Homemakers Executive Council will meet at 9:00am at the Extension Office on Wednesday, January 17. The Homemakers Council will meet at 10:00am following the Executive Council meeting.

*** In the event of inclement weather the meeting will be rescheduled. ***



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2023

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

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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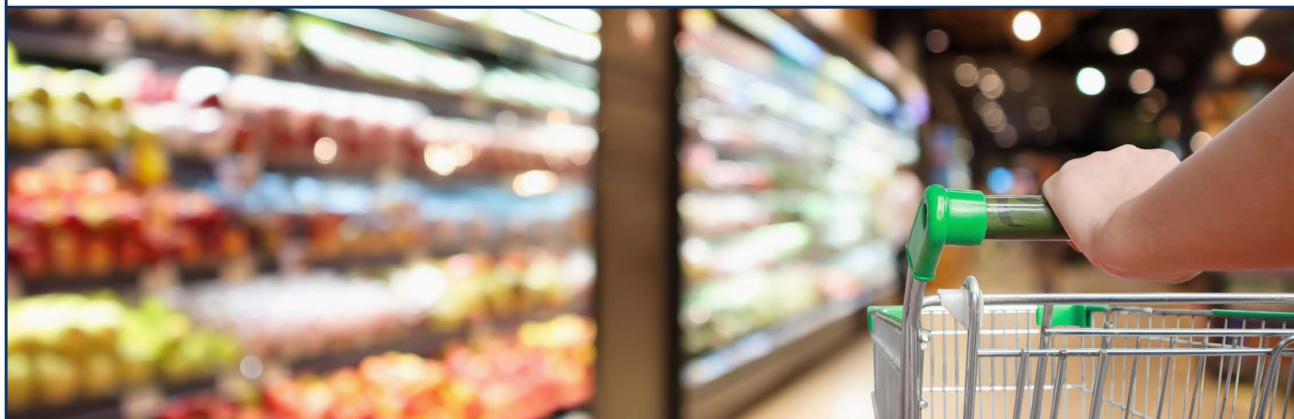
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Disabilities
accommodated
with prior notification.

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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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>

Greenup County Extension Office
 35 Wurtland Ave
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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.

Continued on the next page →



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Lexington, KY 40506



Disabilities accommodated with prior notification.

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



➔ **Continued from the previous page**

- 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>

**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock





Loaded Beef Stroganoff



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 12 ounces egg noodles (choose whole-wheat if available)
 - 1 pound lean ground beef
 - 1 large onion, chopped
 - 2 tablespoons garlic powder
 - 8 ounces sliced white mushrooms
 - 1/4 cup all-purpose flour
 - 32 ounces (or 4 cups) low-sodium beef broth
 - 1 can (14.5 ounces) no-salt-added peas, drained
 - 1 can (14.5 ounces) no-salt-added sliced carrots, drained
 - 1 1/2 cups plain nonfat Greek yogurt or light sour cream
 - 1 1/2 teaspoons salt
 - 1 teaspoon black pepper
 - Parmesan cheese (optional)
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Wash fresh produce under cool running water. Cut to prepare for the recipe.
 3. Cook egg noodles according to package directions while preparing the other steps. Drain.
 4. On the stove, preheat a large pot on medium heat. Add the ground beef, onion, and garlic powder.
 5. Wash hands after handling raw meat.
 6. Cook the ground beef mixture, stirring often until the onion is tender and the beef reaches an internal temperature of 165 degrees F as measured by a meat thermometer.
 7. Add mushrooms. Cook until mushrooms are tender (about 5 to 8 minutes).
 8. Stir in flour and cook for 2 minutes.
 9. Stir in beef broth, peas, and carrots. Bring to a simmer and cook about 5 minutes, until the mixture thickens. Remove from heat.
 10. Once the mixture stops simmering, stir in the Greek yogurt, salt, and black pepper. Add cooked egg noodles and combine. If mixture is too thick, add milk or beef stock until reaching the desired consistency.
 11. Serve immediately. Sprinkle with parmesan cheese when serving, if desired.
 12. Refrigerate leftovers within 2 hours.
- Note:** To reheat leftovers, add a little beef broth or milk before warming.
- Makes: 10 servings**
Serving size: 2 cups
Cost per recipe: \$13.87
Cost per serving: \$1.39

Nutrition facts per serving:

270 calories;
4.5g total fat; 1.5g saturated fat; 0g trans fat; 30mg cholesterol; 610mg sodium; 38g total carbohydrate; 3g dietary fiber; 6g total sugars; 0g added sugars; 22g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

Source:

Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service





University of Kentucky
College of Agriculture,
Food and Environment
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RETURN SERVICE REQUESTED

Sincerely,

Lora B. Pullin

Lora Pullin,
Greenup County
Extension Agent for
Family and Consumer
Sciences

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