

DECEMBER 2023 / JANUARY 2024 NEWSLETTER

Family & Consumer Sciences

Rowan County Extension Office
600 West Main Street, Morehead, KY 40351
Phone: (606) 784-5457 / email: peggy.jones@uky.edu



So hard to believe this will be the last newsletter for 2023!

Homemakers have had a busy November. They have attended two international luncheons and learned about Mexico and Italy. Several of our Homemakers attended their annual Ovarian Cancer Screening in Lexington and ended the month by hosting their Area Council Meeting here in Rowan County. On December 13th, our Homemakers will be having their annual Holiday Cookie Exchange and Friendship get-together.

Have a blessed Holiday Season with your friends and family, and a very Happy New Year!

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.



HAPPY HOLIDAYS!

Sincerely,

A handwritten signature in cursive that reads 'Peggy J. Jones'.

Peggy Jones
County Extension Agent for Family &
Consumer Sciences



Holiday Online Shopping Savvy



The holiday season is quickly approaching and many of us will shop online for at least some of our holiday purchases. Being smart about when and where you shop online can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection may make you an easy target for cyber thieves who can steal your credit card information. Remember public internet connections are not always secure, even if you are on your own device, and the public network's security software may not always be up-to-date.

When buying online, look for a padlock symbol on the page and shop from sites that start with <https://> web address. The "s" after "http" shows that the website encrypts your information as it processes the transaction.

Use credit cards instead of debit cards to make online purchases. The Fair Credit Billing Act limits your responsibility to the first \$50 in charges if your credit card is used fraudulently, and many credit card companies will not hold you responsible for any fraudulent online charges. Review your

statements and report any suspicious transactions to your credit card company. You may also request a free credit report from the three credit reporting agencies Experian, TransUnion and Equifax.

Create strong passwords and PIN numbers. Use different combinations of upper and lowercase letters, numbers and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday or name in your passwords, as these are easy for thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different passwords for each of your online accounts.

Automatically set updates on your device, apps, browsers and computer operating systems to keep them current with the latest security features. Password protect your home internet connection to keep your personal network secure. Source: Kelly May, Senior Extension Associate/UK Exclusive

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.

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

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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.

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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:

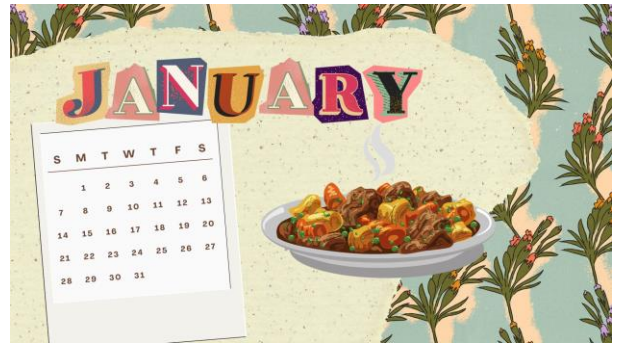
<https://tools.cdc.gov/medialibrary/index.aspx#/media/id/303214>

**ADULT
HEALTH BULLETIN**

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



RECIPE



Turkey Stew

- 2 teaspoons vegetable oil
- ½ cup onion, chopped
- 1 garlic clove, finely chopped (or ½ 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)

Heat oil in medium saucepan. Add onion, garlic, carrots, and celery and stir for 2 minutes. 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. Season to taste before serving. 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: Healthy Choices Newsletter – November/December 2023

Smart Tip- 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: Healthy Choices Newsletter – November/December 2023

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.

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: Healthy Choices Newsletter November/December 2023

2024

HAPPY NEW YEAR!

Celebrate the Healthy Way!

- Eating healthy and being physically active can be a fun part of parties and events. Although food and beverages are a part of many events, they do not have to be the center of the occasion. Focus on activities that get people moving and allow people to enjoy each other's company.
- Add chopped fruit to water to add flavor and color.
- Offer whole-grain crackers, serve a bean dip with veggies, make fruit kabobs, use whole grain pasta for pasta salads and add lots of veggies, or try substitutions like Greek yogurt instead of mayonnaise. Source Healthy Newsletter December/January 2018

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RETURN SERVICE REQUESTED

WHAT'S COOKIN'!



New Potato^{and} Asparagus Soup

2 tablespoons olive oil	½ teaspoon garlic powder	1 pound fresh asparagus
2 medium size, boneless, skinless chicken breasts	zest and juice of 1 lemon	½ cup reduced fat sour cream
1 medium diced onion	2 cups new potatoes	Fresh ground black pepper
1 teaspoon salt	3 cups vegetable broth	
	1 cup lowfat milk	

- 1. Pour** oil into a large saucepan over medium heat.
- 2. Remove** fat from chicken breasts and cut chicken into ½ inch pieces.
- 3. Cook** chicken and diced onion in the oil for about 5 minutes or until chicken is done and onions are golden.
- 4. Stir** in salt, garlic powder, lemon zest, and ½ of the lemon juice.
- 5. Cut** potatoes into ½ inch chunks, leaving the skin on.
- 6. Add** potatoes and vegetable broth then simmer, stirring occasionally, until potatoes are tender.
- 7. Stir** in the milk.
- 8. Trim** and cut asparagus into 1 inch pieces and add to mixture.
- 9. Simmer** over medium heat, partially covered and cook until the asparagus is tender, about 15 minutes.
- 10. Stir** in ½ cup sour cream and season with salt and pepper to taste.

Yield: 8, 1 cup servings.
Nutrition Analysis: 270 calories; 7 g fat; 2 g saturated fat; 0 g trans fat; 30 mg cholesterol; 760 mg sodium; 36 g carbohydrate; 4 g fiber; 8 g sugar; 16 g protein.



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

Source: www.fruitsandveggiematter.gov

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