

LIVINGSTON COUNTY EXTENSION Home & Family Newsletter October 2023

Cooperative Extension Service Livingston County
803 U.S. Hwy 60 East. - P.O. Box 189
Smithland KY 42081
Phone: (270) 928-2168
Fax: (270) 928-4808
www.ca.uky.edu
E-mail: jkbarr3@uky.edu
Joni K. Phelps
Livingston County Family & Consumer Science Agent



HEALTHY OPTIONS FOR THE HOLIDAY

When it comes to choosing healthy options for your family during the holidays, there are several strategies you can employ. Here are some tips to help you make healthier choices:

- **Plan Ahead:** Before attending holiday gatherings or hosting your own, plan a nutritious menu that includes a variety of fruits, vegetables, lean proteins, and whole grains. By having a plan in place, you can ensure that healthier options are available.
- **Cook at Home:** Instead of relying on pre-packaged or store-bought meals, try to cook homemade dishes using fresh ingredients. This allows you to control the amount of added sugars, unhealthy fats, and sodium in your meals.
- **Balance the Plate:** As you prepare meals, aim to fill half of your plate with vegetables, one-fourth with lean protein (such as turkey, fish, or beans), and the other one-fourth with whole grains (such as quinoa or brown rice). This balanced approach provides essential nutrients while controlling portion sizes.
- **Offer Healthier Swaps:** Consider making some healthier substitutions in traditional recipes. For example, use Greek yogurt instead of sour cream, whole wheat flour instead of refined flour, or applesauce instead of butter in baking recipes. These swaps can reduce the overall calorie, fat, and sugar content of dishes without sacrificing flavor.
- **Mindful Indulgence:** It's okay to enjoy holiday treats in moderation. Encourage your family members to savor their favorite foods and sweets mindfully, paying attention to taste, texture, and satisfaction. Remind everyone that it's about quality over quantity.
- **Stay Active:** Incorporate physical activity into your holiday traditions. Plan family walks, outdoor activities, or even indoor games to keep everyone active. Regular exercise not only helps burn calories but also boosts mood and energy levels.
- **Stay Hydrated:** In the midst of all the holiday indulgences, make sure your family stays hydrated by drinking plenty of water. Offer infused water with fresh fruits or herbal teas as healthier alternatives to sugary beverages.
- **Lead by Example:** As a parent or guardian, your choices and behaviors greatly influence your family's well-being. Make a conscious effort to model healthy eating habits, regular exercise, and self-control during the holiday season.

Remember, the key is to find a balance between enjoying festive treats and maintaining a healthy lifestyle. By implementing these strategies, you can make healthier choices for your family during the holidays and create lasting traditions centered around well-being.





HOMEMAKERS NEWS

Open Sewing Day & UFO Days

Every month on the first & forth Tuesday, anyone who wants to utilize our meeting room to continue sewing projects they started but didn't finish is welcome to do so. From 9:00 am until 2:00 pm, the room will be accessible.

Block of the Month Homemakers Club

The club will meet on Tuesday, October 10, 2023 from 9:00 am to 2:00 pm at the Livingston County Extension Office. This group has been working on a Sew by a row Quilt. If you are interested in learn more about this quilt please contact Joni K. Phelps at jkbarr3@uky.edu or (270) 928-2168.

Pins & Needles Homemaker Club

This club will meet on Tuesday, October 17, 2023 from 9:00 am to 2:00 pm. This is a great way to learn all different types of sewing projects outside of quilting. This months project will be Tote Bags . If you have any questions about this project please call Joni K. Phelps at (270) 928-2168 or email her at jkbarr3@uky.edu.

Come join us and learn more about Livingston County Homemakers.

November Homemaker Leader Lesson

Healthy Eating Around the World In this lesson we will take a trip around the globe to learn about dietary recommendations from other countries. Along the way, we'll learn about new foods and ways of eating. As we arrive back in the U.S., we will reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. (Rebecca Woodall)

November 1, 2023, at 10:00 am or November 2, 2023 5:00 pm. These leader lesson will be available by zoom 10:00 am & 5:00 pm, The Livingston County Extension Office will be available for anyone who wants to attend. To sign up for this course, call (270) 928-2168, or send an email to Joni Phelps at jkbarr3@uky.edu.

RECIPE CORNER



Apple Cranberry Waldorf Salad

- | | | |
|-----------------------------------|------------------------------------|---------------------------------|
| 1 cup chopped Granny Smith apple | 1 cup halved seedless green grapes | ½ cup chopped walnuts |
| 1 cup chopped Red Delicious apple | 1 cup halved seedless red grapes | 8 ounces non-fat vanilla yogurt |
| 1 cup diced celery | 1½ cups dried cranberries | 2 tablespoons honey |
| | | ¼ teaspoon cinnamon |

- Combine chopped apples and diced celery and put in a medium sized bowl. Add grapes, cranberries, and walnuts to the mixture. Stir ingredients together.
- In a separate bowl, add the yogurt, honey, and cinnamon. Stir together and pour over the fruit mixture. Cover and chill before serving.

Yield: 8, 1 cup servings.
Nutrition Analysis: 210 calories, 5 g fat, 0 mg cholesterol, 35 mg sodium, 41 g carbohydrate, 3 g fiber, 34 g sugar, 3 g protein.

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

Source: www.fruitsandveggiesmatter.gov

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.

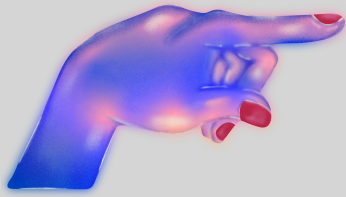
APPLES

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition and Food Science students
September 2011

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.ca.uky.edu/uc.

COOPERATIVE
EXTENSION
SERVICE





Mark you calendar!

Pennyrile Area Homemaker

Annual Area Meeting

October 27, 2023

CALL (270) 928-2168 TO REGISTER BY OCTOBER 16, 2023

OLD KENTUCKY HAYRIDE MUSICAL

HOMEMAKERS FALL ANNUAL AREA MEETING

October 27th
Marion Baptist Church
131 E. Depot Street, Marion, KY 42064

**Live Performance by:
 Classy & Grassy**

**Food
 MARION
 PIT BBQ**

Cost: \$15 due by October 16

**Cooperative
 Extension Service**

Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
 Lexington, KY 40506





PENNYRILE AREA HOMEMAKERS LEADER TRAININGS 2023-24

September – People Learn with a Purpose: Understanding Learning Styles. Understanding why and how you – or your learners, if you are leading a group – learn best is the key to a positive learning experience. Lesson materials include a publication, facilitator guide, and evaluation. (Amanda Dame)

October – Recognizing and Coping with Trauma After a Natural Disaster
Trauma is our body's response when we experience an event that is life-threatening or emotionally hurtful. In many cases, the event disrupts your ability to cope because of the significant loss of relationships and things necessary to meet your basic needs. The lesson will provide valuable tips and skills to aid in recognizing and coping with trauma as well as how to help others in the community who might experience trauma. (Tiffany Bolinger)

November – Healthy Eating Around the World In this lesson we will take a trip around the globe to learn about dietary recommendations from other countries. Along the way, we'll learn about new foods and ways of eating. As we arrive back in the U.S., we will reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. (Rebecca Woodall)

January – Carbon Monoxide. Every year, hundreds of people die from carbon monoxide poisoning and thousands more become ill from it. In this lesson, learn what steps you can take to keep you and your loved ones safe from this dangerous gas that is all around us. (Mailout)

February – Time Well Spent: Organizing Tips for Increased Productivity. Productivity allows us to make progress on and complete necessary tasks. Through this lesson, you will learn how clutter and disorganization can negatively affect your productivity. You also will gain ideas for better ways to organize your time and workspace. (Joni Phelps)

March – Scam Red Flags and Avoiding Fraud. Americans lose billions of dollars each year to fraud. Anyone could become a victim. Stay safe by learning to recognize red flags of a scam and take steps to protect yourself from fraud. (Jill Harris)





PENNYRILE AREA HOMEMAKERS LEADER TRAININGS 2023-24

April-Savor the Flavor: Seasoning with Spices. Individuals preparing meals at home are more likely to meet the daily recommendations for fruits, vegetables, and whole grains. However, individuals share they find it difficult to add flavor while keeping their meals healthy. This lesson encourages participants to use spices to add flavor and make nutritious meals more exciting. (Angie York)

May – Let's Play Pickleball In general, sports are good for physical and mental health, but they can be intimidating. Pickleball is America's fastest growing sport that all ages and skill levels can play. It is a cross between ping-pong, badminton, and tennis. It is easy to learn, fun to play, and fun to say! This lesson will highlight the health benefits associated with the sport and teach participants how to play. (Ashley Board)

June – Health Literacy for the Win! Everyone has struggled with health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals. (Mailout)

September	October	November	January	February	March	April	May	June
People Learn with a Purpose: Understanding Learning Style	Recognizing and Coping with Trauma After a Natural Disaster	Healthy Eating Around the World	Carbon Monoxide	Time Well Spent: Organizing Tips for Increased Productivity	Scam Red Flags and Avoiding Fraud	Savor the Flavor: Seasoning with Spices	Let's Play Pickleball	Health Literacy for the Win
Amanda Dame	Tiffany Bolinger	Rebecca Woodall	Mail Out	Joni Phelps	Jill Harris	Angie York	Ashley Board	Mail Out
10:00 am August 31st 5:00 pm August 29th	10:00 am September 26th 5:00 pm September 26th	10:00 am November 1st 5:00 pm November 2nd		10:00 am January 25 5:00pm January 25	10:00 am March 5 5:00 pm March 5	10:00 am March 26 5:00 pm March 26	10:00 am April 30 5:00 pm April 30	



Livingston County Extension Homemakers Enrollment Form 2023-2024

Name: _____ DOB: _____

Street Address: _____

City: _____ Zip: _____

Email Address: _____

Cell Phone: _____ Home/Work Phone: _____

Gender: Female Male

Ethnicity: Caucasian Black Hispanic

Asian American Indian Mixed Race/Other

Please select membership type:

_____ Active (\$10) Receives monthly Family & Home newsletter and can attend all county Leader lessons/Council meetings/Homemaker events.

_____ Mailbox member (\$10) Receives monthly Family & Home newsletter and copy of the homemaker leader lesson & handouts; attendance at meetings is not expected/required.

_____ Pins & Needles Club (\$10) Special interest sewing/quilting club that meets the second Tuesday of each month. Works on quilting projects and other beginner/simple sewing at meetings. Also receives copies of all project patterns and receives monthly Family & Home newsletter.

_____ Block of the Month Club (\$10) Special interest quilt block group that meets on the third Tuesday each month. Receives monthly Family & Home newsletter and attends monthly group sew meetings. Copies of all patterns that the club is working on in person or via mail.

_____ Pinterest Club (\$10) Special interest club for crafting that meets monthly. Members also receive Home & Family newsletters. *There is extra Fees that will be charges due to cover materials for each project*



PUBLICITY RELEASE:

I, (print full name) _____, being eighteen (18) years of age or over, 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 to supervise any others that 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: _____

Witness: _____ Date: _____

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

**Enrollment form and payment may be remitted to:
Livingston Extension Homemakers
P.O. Box 189 Smithland, KY 42081**

A**B****C****D****E**

BARN QUILT PAINT PARTY

BY LIZ'S BARN QUILTS

Wednesday, November 29, 2023

9:00 AM - 3:00 PM

Livingston County Extension Office

PRICES INCLUDE:

- All Supplies (boards, brushes, paint, etc.)
- Board primed and ready to paint
- Lunch (Please advise if you have any special dietary needs)
- Sorry NO refunds on missed event-alternate arrangements will be available.
- Bring your own drink and hair dyer.

Outdoor Signs:

2'X2' are \$130.00



3'X3' are \$190.00

**PLEASE MAKE CHECKS OUT TO LIZ'S BARN QUILTS
DEADLINE TO RESISTER & MUST BE PAID IN FULL BY
OCTOBER 27, 2023**

CALL 270-928-2168 SPACE IS LIMITED



We need your HELP! Please take this brief survey for Livingston County!

KENTUCKY  
COOPERATIVE EXTENSION

- Kentucky resident?
- At least 18 years old?
- Care about your community?



HOW CAN WE serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit:
go.uky.edu/serveKY

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



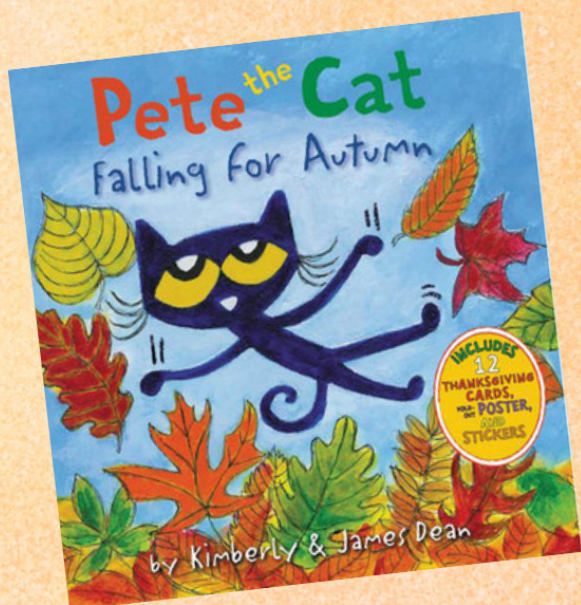
Contact your local Extension Office for a paper copy of the survey.

Snap Apple Night

Friday, November 3, 2023

5:00 - 6:30 p.m.

Livingston County Extension Office
803 U.S. 60 East, Smithland



Food Provided
Crafts
Story Time
Meet Pete the Cat!

MUST CALL TO REGISTER
AT 270-928-2168
BY OCTOBER 30, 2023



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



Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.