

# Family & Consumer Sciences

# Newsletter

"Building Strong Families in Magoffin County"



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

## Cooperative Extension Service

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November 2022

# November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 <i>Crochet Club</i> 10-12	3	4	5
6	7	8	9 <i>Crochet Club</i> 10-12	10 <i>Ivyton Hippie</i> Chx-6:00 PM	11	12
13	14	15 <i>Playdates</i> 10-12	16 STATE KEAFCS Meeting-Bowling Green, KY	17	18	19
20	21	22	23	24 Office closed for the Thanksgiving Holiday	25	26
27	28	29	30 <i>Crochet Club</i> 10-12			



*Cathy Sparks*

Cathy Sparks  
CEA for Family & Consumer Sciences,  
4-H Youth Development Education

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**REMINDER!**  
**Homemaker Dues**  
**Need to be Paid**  
**By Dec. 10th!**

**Dues are \$10.00 and can be  
paid at our office. You get a  
free Homemaker T-shirt!**

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Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
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# Holiday Bazaar & Vendor Fair



## Magoffin County Extension Office

Friday, December 2nd

10:00 AM-7:00 PM

Saturday, December 3rd

10:00 AM-3:00 PM

Vendors: \$25.00 for (2) days

Magoffin Co. Homemaker Member: \$15.00 for (2) days

Vendors, stop by the Extension Office to register and pay your fee. Call 349-3216 for information.



## Soup Bean Dinner

Friday, December 2nd

Eat in or carry out: \$8.00



Soup beans, cornbread, sauerkraut & wieners, fried potatoes, dessert

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## Crochet Club

### Meetings

Wednesdays

Nov. 3rd

Nov. 9th

Nov. 30th

10 AM-12 PM

Working on individual  
Projects!

## Ivyton Hippie CHX

### Meeting

Thursday, Nov. 10th

6:00 PM

Making a Mini Holiday Wreath

## Patchwork Playdates

Tuesday, Nov. 15th

10 AM-12 PM

Activity: Turkey

Pasta Art

Food: Thanksgiving  
Muffin

## Homemakers' Annual

### Holiday Social

Thursday, Dec. 1, 2022

Magoffin Co. Extension Office

6:00 PM

Meat, Bread & Drinks provided by  
our office.

Potluck sides & desserts

Name A-M : Vegetables & Salads

Names L-Z : Desserts

Bring a pair of Christmas socks  
wrapped to play a gift

exchange game.

This is a family event & we hope  
that ALL Homemakers attend!

## Mark Your

### Calendars

Holiday Social-All Homemakers

Invited—6:00 PM

Holiday Craft Bazaar and

Vendor Fair-Dec. 2nd & 3rd

Holiday Patchwork

Playdates & Santa Visit

Dec. 13th, 10 AM-12 PM

Ivyton Hippie CHX Holiday Outing

Thursday, Dec. 8th-6:00 PM





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# 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)

Magoffin County  
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## THIS MONTH'S TOPIC:

# STAY HEALTHY AS WINTER APPROACHES



**T**he 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 →



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## ***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.ri.gov/seasonal/winter>

**ADULT**  
**HEALTH BULLETIN**

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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2022

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## 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.

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## 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. Choose 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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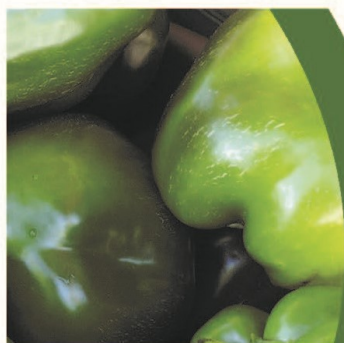


Plate it up!



## Balsamic Stir Fry Vegetables

**¼ cup** olive oil

**1 tablespoon** soy sauce

**1 tablespoon** balsamic  
vinegar

**¼ teaspoon** salt

**¼ teaspoon** pepper

**1** small eggplant,  
unpeeled

**1** medium zucchini

**1** small onion

**2** medium carrots

**1** green bell pepper

**1** red bell pepper

Cooked rice or pasta,  
optional

In a large bowl **combine** olive oil, soy sauce, balsamic vinegar, salt and pepper. **Chop** eggplant, zucchini, onion, carrots and bell peppers into bite sized pieces. **Add** vegetables to bowl with balsamic mixture. **Stir** to coat. In a large pan or electric skillet **cook** vegetables over medium-high heat until crisp tender, about 10 minutes. **Remove** from heat and **serve** over rice or pasta.

**Yield:** 8, 1 cup servings

**Nutritional Analysis:** 110 calories, 7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 230 mg sodium, 10 g carbohydrate, 3 g fiber, 6 g sugars, 2 g protein. (Analysis does not include optional rice or pasta)