

Family & Consumer Sciences

December 2017

Newsletter

GO GREEN FOR THE HOLIDAYS

1. Decorate with items that are energy-efficient and durable.
2. Use fewer resources when you shop, give presents, and wrap gifts.
3. Give cards that are eco-friendly.
4. Eat sustainable food and avoid disposable containers and extra packaging.

Vanderbilt University Sustainable Holiday Greening Guide



What's Inside

- I. Homemaker Membership Drive
- II. #Adulting
- III. Playdate Program
- IV. Candy Class
- V. Homemaker Christmas Party
- VI. Health Bulletin
- VII. Recipe of the Month



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



Free
Crafted
Ornament

Chit Chat!

with

Martin County Homemakers
Open House Membership Drive

December 1, 2017

11:00 am

Martin County Extension Office

Join our current members to chat about upcoming programs and events within their clubs & find out how you can join!

Beverages & Snacks are provided

The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education. The organization was developed in cooperation with the University of Kentucky Cooperative Extension Service. Across the state, County Extension Agents for Family and Consumer Sciences work closely with KEHA members and clubs to provide educational programming and coordinate community activities.

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Classes are held at
Martin County
Extension Office!

FREE

Call 298-7742 to register!



#Adulting



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Car Stuff 101

November 9th @ 9:00am

Know how to change your oil? Your tire?

Being a Nice Human 101

January 18th @ 9:00am

How do you resolve conflict? Know what fork to use at dinner?

Money 101

December 7th @ 9:00am

Have a budget? Know your credit score? How to write a check?

Sewing 101

January 25 @ 9:00am

Can you sew on a button? Mend a tear?

Cooking 101

January 4th @ 9:00am

Know how to boil an egg? Bake a lasagna?

Getting Organized 101

February 1st @ 9:00am

Keeping up with deadline? Where are your tax statements?

Laundry & Cleaning 101

January 11th @ 9:00am

Know how to get out a stain? Cleaned a filter?

Being a Good Employee

101

February 8th @ 9:00am

Sent an email to your boss? What should you wear to an interview?





Happy Healthy Playdate Program!

Each session is at Martin County Extension Office. The 2nd Monday of every month from 10am-12pm. FREE for all children ages birth to 5. All children must be accompanied by an adult. Most lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play. Parents or Caregivers are given information to encourage healthy lifestyles and to ensure Kindergarten readiness.

October 9

GERMS!
Fruit & Veggies tasting
Hand Wash & Germ Game
Food Safety Info

November 13

Golden Delicious Apples
Taste Testing a Variety of Apples
Hand Turkey activity
Feeding your Children info

December 11

Holiday Celebration
Cookie Decor/Holiday Craft
Holiday Expense Info

January 8

Those Sticky, Icky, Smelly Cavities
Causing, Invisible Germs
Food Group Funny Faces
Monster Mask and Exercise
Dental Care Info

February 12

Whats In A Doctors Bag
Heart Healthy Snack
Your Heart Beat Activity
Visit from Organ Annie

March 12

Green Eggs & Ham
Variety of Veggie Tasting
Green Eggs Science Experiment
Children Vision Info

April 9

The Hungry Caterpillar
Fruit Kabob
Days of the Week, Numbers,
Counting
Egg Hunt (Bring 2 dozen filled
eggs)
Heatstroke Safety Info



May 14

Manners Lesson-Mothers Day
Craft
Heart Wreath
Developing Social Skills Info

June 11

Super Hero Party-Wear Your Fav
Costume with Dad
Rodeo Ron
Calcium/Nutrients info

July 9

Create a Fruit Flag w Foods
Sun Protection Info

August 13

Eating the Alphabet
Taste a Sweet Potato
MyPlate
School Readiness Info

September 10

Sesame Street-Happy Healthy
Monsters
Eat a variety of foods
Physical Activity
Tortilla Pizza



Holiday Candy Making

DECEMBER 12 AT 5:00 PM

Join us at
Martin County Extension
Office to learn how to make
yummy holiday candies!

Rock (glass) candy
&
whoopie pies

***Must be registered & prepaid
by Monday, December 4th***

Registration is \$8.00 per
person. This includes all items
necessary.

Call 606-298-7742 to register.



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LEXINGTON, KY 40546



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MARTIN COUNTY EXTENSION HOMEMAKERS
OLD FASHIONED CHRISTMAS PARTY 2017



Join Us

for our 2017 Old Fashioned Homemaker Christmas Party

TUESDAY, DECEMBER 19 AT 5:00 PM
MARTIN COUNTY EXTENSION OFFICE

Gift

\$10

Exchange

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ADULT

HEALTH BULLETIN



DECEMBER 2017

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

Martin County
Extension Office
9 Holy Street
Inez, KY 41224
606-298-4472

THIS MONTH'S TOPIC:

HAPPY AND HEALTHY HOLIDAYS



It is common to pack on 5-10 pounds during the holiday season, but there are ways you can eat both healthy and well! The holidays are a great opportunity to enjoy time with family and friends, celebrate life, be grateful and reflect on what is important. They are also a time to appreciate the gift of health.

Stay active

Physical activity is just as important during the holidays as any other time of the year. You should be active at least four to five times a week for 30 minutes. Exercise will help you deal with added stress and give you energy for all you need to accomplish this holiday season. It will also help

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One of the easiest ways to prevent getting sick or spreading germs is keeping your hands clean.

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you manage your weight through the parties and gatherings. Make it a family affair and have quality bonding time. Walk around the neighborhood to look at holiday decorations, play a game of charades or dance to your favorite holiday music. It may be cold outside, but winter offers different fun like ice skating, sledding or snowball fights. All of which are great ways to get moving.

Eat well

With all the delicious foods available, eating too much may seem expected during the holidays. However, moderation is a great mantra for the holiday season. Have a mindful approach towards eating by controlling portions, slowing down to enjoy your meal and paying attention while you eat. Make it a priority to eat five or more fruits and vegetables a day. With balance and moderation, you can enjoy the holidays the healthy way.

Wash your hands often

Colds and the flu are most prevalent in the winter. One of the easiest ways to prevent getting sick or spreading germs is keeping your hands clean and urging others to do the same. Hand washing should take place before, during, and after handling food; after handling, petting or giving a pet treats; before you eat; and after you sneeze, cough or blow your nose. Wash your hands with soap and water for at least 20 seconds.

Manage stress

Holidays do not have to be stressful. Be realistic, plan ahead and take time for yourself. Handling stress can be done by getting adequate amounts of sleep, committing to fewer gatherings or setting a budget for the holidays. Do not feel guilty about taking time to breathe during the holidays. You have to take care of yourself before you can take care of others.



Prevent injuries

Many common holiday activities can cause injuries that put a damper on the holiday cheer. Watch young ones and assist the elderly who are at increased risk of falls and other injuries during this time. For holiday safety, remember: stand on a step stool or ladder instead of furniture while putting up decorations; ask for help; sprinkle sand or salt on icy patches; never drink and drive; and be aware of extreme weather conditions. Most residential fires also occur in the winter; never leave fireplaces, stoves or candles unattended.

Have a joyous holiday and hope that some of these tips will keep you safe and healthy well into the New Year!

REFERENCES:

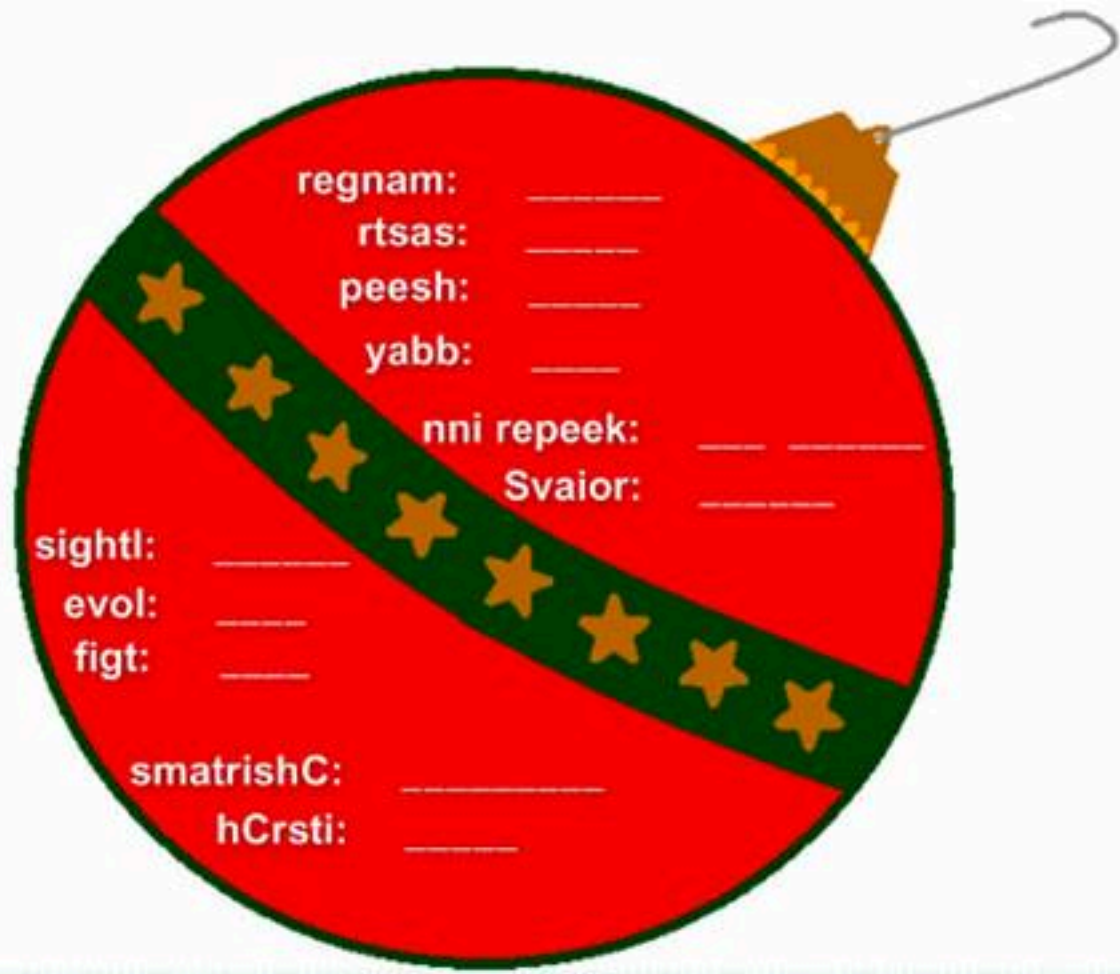
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**ADULT
HEALTH BULLETIN**

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Stock images: 123RF.com



Christmas Word Jumble



Smashed Potatoes

- 6 large baking potatoes
- 6 ounces fresh spinach
- 1 cup 2% Cheddar cheese, shredded
- 1 tablespoon canola oil
- 1 1/2 cups sliced, fresh mushrooms
- 2 teaspoons Dijon mustard
- 1/2 teaspoon salt
- 4 green onions, thinly sliced
- 1/4 cup light sour cream
- 1/2 teaspoon black pepper

Preheat oven to 400 degrees F. **Wash** and dry potatoes. **Spray** the skins with cooking spray and **pierce** potatoes in several places with a fork. **Place** on a 13-by-18-inch baking sheet. **Bake** until tender, about 1 hour. **Wash** mushrooms, green onions and spinach. **Heat** oil in a skillet over medium-high heat. **Add** mushrooms and **sauté** for 6 minutes. **Add** the green onions and fresh spinach, **sauté** for 1 minute. **Slice** off the top inch of each potato, leaving a 1/4 inch border around the edge. **Scoop** out the flesh into a mixing



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



Kentucky Potatoes

SEASON: Late June-October
NUTRITION FACTS: Potatoes are a good source of vitamins B and C, potassium and complex carbohydrates. They do not contain fat, cholesterol or sodium. There is only 70 calories in a 1/2 cup serving of cooked potato. Most nutrients are located just below the skin, so avoid peeling whenever possible.

SELECTION: Select firm potatoes free from wrinkles, green spots or bruises. New potatoes are immature potatoes of any variety. They are creamy, thin-skinned and small enough to serve whole. New potatoes are best in dishes that call for boiled potatoes as they will hold their shape. For baking, frying and mashing choose drier varieties such as russet or Yukon Gold.

STORAGE: Potatoes should be kept in a cool, humid, dark, well ventilated place. Do not store in the refrigerator.

PREPARATION: Potatoes should be thoroughly washed and scrubbed before cooking. Any sprouts or eyes should be cut out. Common methods of preparation include boiling, baking, microwaving, mashing, frying and grilling.

KENTUCKY POTATOES

Kentucky Proud Project
 County Extension Agents for Family and Consumer Sciences
 University of Kentucky, Dietetics and Human Nutrition students
September 2014

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