

ESTILL COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES



HAPPY
Thanksgiving

Estill County Extension Homemakers

November 2024

Hi everyone,

I hope everyone is doing well. The holiday season is almost here. I will be doing a Homemade Décor, Gifts, and More Workshop on Tuesday, November 19th. If you would like to attend, please sign up early. It will be limited to 16 participants.

The Homemaker's Holiday Extravaganza will be on Tuesday, December 3rd. We will have a planning session on Wednesday, November 6th at 6:00 p.m. If you can't attend the planning session but have some ideas, please let me know. Gingerbread will be our theme this year.

The 2025 enrollment form for Estill County Homemakers is in this newsletter once again. If you are not a part of Homemakers, please consider joining. The deadline for dues will be November 17th. We have two new clubs. One meets at the Irvine School Apartments and the other one is Acts in Motion. Acts in Motion is collecting items for the Blessing Boxes around town. You can bring donations to the Estill Extension Office through November 18th. The next meeting for both of these will be in January due to the holiday seasons.

If you have any questions or program ideas, you may contact me at my e-mail judy.vaughn@uky.edu or by calling the Estill County Extension office at 606-723-4557.

Have a great November.

Judy Vaughn, County Extension Agent
for Family and Consumer Sciences

Dates of Interest

- November 5th—Election Day, Extension Office will be Closed
- November 6th—Not Your Momma's Homemaker Meeting 4:45
- November 6th—Planning meeting for Homemaker Extravaganza 6:00
- November 9th—I'd Rather Be Quilting 12:00 at Extension Office
- November 12th—Sugar and Spice, El Ranchito 12:00
- November 17th—Last day for Homemaker Dues (\$10)
- November 18th—Last day for Blessing Box Donations
- November 18th—Homemaker Houseplant Group 5:30
- November 19th—Homemade Décor, Gifts, and More 9:00-12:00
- November 26th—How to get out of the Mealtime Rut 4:00
- November 27th—Laugh and Learn at the Estill County Library 10:30
- November 28th and 29th—Office Closed
- December 3rd—Homemaker Holiday Extravaganza, registration starts at 5:30

Cooperative Extension Service

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

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Homemakers News

Hello Estill Homemakers,

We have been busy this fall! Our clubs have met in October and going strong.

Not Your Momma's Homemakers Club started the month off with their meeting on October 1st. We brought items for the Bluegrass Area silent auction basket, discussed business, started planning for our annual Christmas Extravaganza, and Judy demonstrated making homemade alfredo sauce. The next meeting for Not Your Momma's group is scheduled for Wednesday, November 6th at 4:45p.m. We will have our normal business meeting, craft, and plan to have nacho's for a snack. We will also be collecting snacks for the Hospice snack cart at the November meeting. We would like to finalize the plans for the Christmas Extravaganza, so everyone please join us on November 6th at 6:00pm for a planning meeting.

The Bluegrass Area Homemakers had their annual meeting in Powell County on October 11th. We had 9 in attendance. There was a business meeting, lunch, and the speaker was the Executive Director of Powell County Tourism, Slade Welcome Center. Scott County extended the invitation for next year's meeting with details to follow closer to the date in October.

KEHA (Homemaker) Week was October 13-19. We kicked off the week with Judy hosting a breakfast on Monday, October 14th. We saw several of our county homemakers and had a good time eating and socializing.

Our other groups are meeting and planning their year. We have started a couple of new groups. The Irvine School Apartment Homemaker group met Thursday, October 24th at 4:00 p.m. in their auditorium. Cheyenne Lamb taught us how to create bud vases and we made Halloween treat bags for the residents. The "Acts in Motion" Homemaker group also met Thursday, October 24th at 6 at the Extension Office. They had a business meeting, snack, and made care bags for Breast Cancer patients/survivors. They will be collecting things for the county Blessing Boxes. Items can be dropped off at the Extension Office from now to November 18th. The next meetings for both groups will be in January.

Any ideas for activities, trips, community service projects, please let us know. Judy is planning some workshops and learning seminars. Our County Annual Christmas Extravaganza is scheduled for December 3rd with registration starting at 5:30. Please join us! More details to come.

The annual State KEHA meeting is in Lexington this year on May 6-8, 2025 (more details to come). We are planning to go as group and hope to have many join us. Information and sign up information will be available closer to that date. Also, Bluegrass area will be the host area for the State Meeting in 2026 and it will be in Lexington as well.

Hope to see you all at many of our exciting events!

Rebecca Lamb

Estill County Homemaker - President



HOW TO GET OUT OF A *Mealtime Rut*

Do you often feel you are preparing the same meals and snacks? Do you wish it were easier to come up with meal ideas? Join us for a fun and interactive lesson on ways to add creativity and variety into your meals and snacks. We will cover several practical strategies that make meal planning and preparation easier for you and your family and help you break out of that common mealtime rut!

We look forward to seeing you!

November 24th

4:00 P.M.

Estill County Extension Office

76 Golden Court

Irvine, KY 40336

606-723-4557

For more information, contact...
Judy Vaughn, FCS Extension Agent



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HOMEMADE DECOR GIFTS & MORE

Why not give homemade this holiday season?

Tuesday, November 19th

9:00 a.m. - 12:00 noon

at the Estill County Extension Office, 76 Golden Court, Irvine

COST: FREE - LIMITED SPOTS AVAILABLE!

CALL 606-723-4557 TO SIGN UP

During this class participants will be making decorative items, an ornament, center piece, Christmas jam, and a gardeners' lotion.

Judy Vaughn

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

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ESTILL COUNTY EXTENSION HOMEMAKERS

 Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

Holiday Extravaganza



Tuesday, December 3rd, 2024

Extravaganza begins at 6p.m.

Registration starts at 5:30p.m.

at the Estill County Extension Office, 76 Golden Court, Irvine

COST: \$15 *Cash or check only. Checks need to be made out to Estill County Homemakers*

CALL 606-723-4557 TO SIGN UP



Homemakers need to sign up and pay no later than Tuesday, November 26th.

Bring a tin of treats (homemade or store-bought) for the game!

**Please let us know at registration if you have any food allergies/restrictions.*

Judy Vaughn

Judy Vaughn
County Extension Agent
for Family & Consumer Sciences

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Annual Homemaker dues for the upcoming 2025 year will be \$10.00 (\$9.00 for annual dues, \$1.00 for Ovarian Cancer donation). Checks need to be made out to the Estill County Extension Homemakers. Deadline for dues November 17, 2024.

Date: _____

Enrollment Form for

Estill County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (*Optional*): _____

Race (*Optional – circle one*): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (*Optional - circle one*): Hispanic Non-Hispanic

Gender (*Optional - circle one*): Female Male

Date joined: _____

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 who 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: _____

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Nutrition Education Program Update

Happy Fall Everyone!

October was a busy month of starting new programs both with youth and adults. I am thankful to have partnered with Estill County 4-H to do Cloverbud club in our schools and for our homeschoolers at the Extension Office. We are also doing Cooking Club with the 4-H program and with West Irvine Elementary. It is a lot of fun learning with these kids. For the adults we are partnering with the Housing Authority of Irvine to bring programming to their tenants. For all other adults in Estill County, I will be doing monthly programs at the Estill County Public Library. I am looking forward to what November has to offer and looking forward to Thanksgiving turkey. For anyone interested our November program at the Library will be November 22nd from 12:30-1:30pm in the downstairs meeting room and we will be discussing Holiday Food Safety. I hope to see you there.

Jessica Webb
Nutrition Education Program Assistant
Estill County Cooperative Extension
606-723-4557
Jessica.coker@uky.edu



Recipes from the 2024 Food and Nutrition

Recipe Calendar

 Cooperative Extension Service

Hearty Harvest Bowl

- 2 cups brown rice, cooked
- 1 small head broccoli, cut into bite-size pieces
- 3 medium carrots, peeled and thinly sliced
- 1 medium sweet potato, peeled and diced
- 1 medium onion, diced
- 2 cans (15.5 ounces) chickpeas rinsed, drained, and patted dry
- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 cup parmesan cheese, optional

Dressing

- 3 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons lemon juice
- 3/4 teaspoon dried oregano
- 1/4 teaspoon garlic powder

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 425 degrees F. Line two large baking sheets with aluminum foil or parchment paper. Set aside.
4. Cook rice according to package directions.
5. While rice is cooking, place broccoli, carrots, sweet potato, and onion on one baking sheet and drizzle with 1 tablespoon of olive oil, sprinkle with a pinch of salt and pepper. Spread out into one even layer.



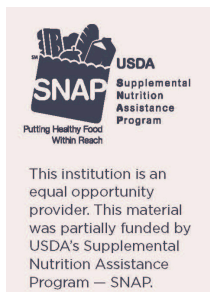
- Don't overcrowd the pan or the veggies will steam instead of roast.
6. Toss chickpeas with the remaining 1 tablespoon of oil, sprinkle with salt and pepper. Spread out into one even layer on the other prepared baking sheet.
 7. Roast vegetables and chickpeas for 20 to 25 minutes, turning the pans and giving them a shake from time to time. Vegetables should be slightly browned and fork tender when done. Chickpeas will be slightly browned and toasted.
 8. While vegetables are roasting, combine Dressing ingredients in a small bowl or cup. Whisk until smooth. Set aside.
 9. Divide ingredients into six servings. Place rice in a bowl, top with roasted vegetables, and chickpeas. Sprinkle with parmesan cheese if using.
 10. Drizzle with dressing before serving.
 11. Refrigerate leftovers within 2 hours.

Makes 6 servings

Serving size: 1 cup

Cost per recipe: \$7.71

Cost per serving: \$1.29



Source:

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

Nutrition facts per serving:

460 calories; 17g total fat; 3g saturated fat; 0g trans fat; 5mg cholesterol; 570mg sodium; 62g total carbohydrate; 14g dietary fiber; 10g total sugars; 0g added sugars; 16g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium



PARENT HEALTH BULLETIN



NOVEMBER 2024

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

THIS MONTH'S TOPIC

THE GIFT OF GIVING



As the holiday season begins, there are a lot of things pulling at the time and attention of our families and our children. Extra programs and performances, gatherings with friends and family, and looming thoughts of food to prepare and gifts to buy.

Our children can become mesmerized, and even preoccupied, with thoughts and plans of gifts that they hope to receive. Years ago, influences most often came from catalogs in the mail and shop windows. Now, advertisements and influencers on radio, TV, and social media platforms add to the noise.

How do we, as parents and caregivers, lovingly guide and direct our children's attention away from only focusing on their own wants and desires? One way is to encourage kids to think of others.

Continued on the next page →



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Consider volunteering

your time at a

local animal shelter,

tutoring center,

or warming station

in your community.

→ **Continued from the previous page**

Considering others' needs, and how we can help meet them, is a great way to teach our children to be responsible citizens, build compassionate relationships, and use their resources wisely.

There are also many health benefits to being generous. People who practice generosity are happier and less stressed than those who do not. People who give to others also tend to get sick less often and have stronger immune systems. Being generous also helps some people to sleep better at night. Those are great benefits, on top of helping others!

This time of year, there are many practical ways to involve your kids in thinking of others and giving back. Model this concept for your kids by making it a priority for you and your family to give to others in some way this season. Take into consideration the time you have, the amount of money you have to spend, and the level of involvement you want you and your children to have. Then, have a family conversation and decide together what to do. You may want to come up with a few choices and let your children decide between them.

Here are a few ideas to get you started:

- Donate new or gently used toys or clothes to a local charity.

- Buy and donate food to a local food bank or shelter, and/or
- Take a meal or snacks to first responders in your community.

Giving to others does not have to cost money. You and your children can give the gift of time, as well. Consider volunteering your time at a local animal shelter, tutoring center, or warming station in your community. Contact these places ahead of time to determine when they need volunteers, if they have age limits or mandatory training, and if there is helpful information (like a dress code) to know before showing up.

Thinking of others is good for everyone. Those on the receiving end have their needs met and feel seen and valued by their community. Those taking the opportunity to give get the satisfaction of helping others and added health benefits!

REFERENCE:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508200>

Written by:
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Adobe Stock

ADULT HEALTH BULLETIN





University of Kentucky
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IRVINE, KY
PERMIT #6

Estill County
76 Golden Court
Irvine, KY 40336

RETURN SERVICE REQUESTED



Nutritional Analysis:
240 calories, 6 g fat, 3 g sat
fat, 5 mg cholesterol, 200 mg
sodium, 44 g carbohydrate,
4 g fiber, 20 g sugar,
4 g protein.

Yield: 16, ¾ cup servings.
and fruit is tender.
topping is golden brown

- ½ cup all-purpose flour
- ¾ cup quick cooking oats
- 3 tablespoons butter
- ¼ cup chopped pecans
- 1 teaspoon vanilla
- 1 tablespoon ground cinnamon
- 2 medium apples, chopped
- 8 ounces reduced fat cream cheese, softened
- 1 cup brown sugar, divided

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

1. **Preheat** oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
2. **Mash** sweet potatoes. Add cream cheese, ½ cup brown sugar, vanilla and cinnamon. Mix until smooth.
3. **Spread** sweet potato mixture evenly into pan.
4. **Top** sweet potatoes with chopped apples.
5. In a small bowl, combine flour, oats, and ½ cup brown sugar. Cut in butter until mixture resembles coarse crumbles. Stir in pecans.
6. **Sprinkle** mixture over apples.
7. **Bake** uncovered for 35-40 minutes or until



Sweet Potato Crisp



For more Plate it up recipes visit
<https://fcs-hes.ca.uky.edu/piukp-recipes>