



# FAMILY & CONSUMER SCIENCES

Pike County Extension Office | 148 Trivette Drive | Pikeville, KY 41501-1271 | 606-432-2534



## Keep Moving



How fortunate have we all been these last 26 years to have had one another? Pike County has been a peaceful place full of wonderful people - just right for starting life and raising a family. Now the time is just right to follow the family's lead for a while. I've accepted a position on UK's main campus beginning November 1st. Thank you for teaching me, loving me, and accepting me. You really are the best people in the world.

Leslie A. Workman  
County Extension Agent  
for Family & Consumer Sciences  
Education  
[leslie.workman@uky.edu](mailto:leslie.workman@uky.edu)



## IN THIS ISSUE

- Area Cultural Arts Winners
- Area Homemaker Meeting
- Sweet Memories
- Sheet Pan Dinner
- Healthy Choices
- Health Bulletin
- Moneywise



## Area Cultural Arts Winners

Congratulations to everyone who exhibited their cultural arts at the Northeast Area Meeting in Magoffin County on October 1st. All 1st place blue ribbon winners are eligible to be entered in the state competition at KEHA this spring. (details later.) Pike County's 1st place winners for 2022 are:

Name	Category	Description
1. Missy Morley	Apparel-Basic Sewing	Reversible Jacket
2. Garlene Layne-Abshire	Apparel-Specialty	Red Poodle Skirt
3. Garlene Layne-Abshire	Art, 3-Dimensional-Sculpture	Faux Concrete Mushroom
4. Lorie Gault	Recycled Art-Household	Wool rug/multicolor
5. Garlene Layne-Abshire	Basketry-Plain	Picnic Basket
6. Trina Meade	Doll/Toy Making-Handmade other than Porcelain/China or Cloth	Unicorn
7. Judy Steffey	Drawing-Pencil, Color	Portrait of Twins
8. Garlene Layne-Abshire	Embroidery-Basic Embroidery	Basket of Violets
9. Lorie Gault	Embroidery-Misc.	Wool Crazy Pillow
10. Lorie Gault	Holiday Decorations-Spring	Pastel Tablerunner
11. Missy Morley	Holiday Decorations-Winter	Christmas Ornament
12. Garlene Layne-Abshire	Novelty-machine quilted	Army Honor Quilt
13. Lorie Gault	Miscellaneous	Wool Penny Runner

# AREA ANNUAL MEETING

Several Pike County Homemakers attended the Area Annual Meeting in Magoffin County on Saturday, October 1st.

In attendance were Carrie Bishop, President Sheila Moon, Treasurer Missy Morley, Cathy Harville, Debra Rolan, Luana Rutherford, Agent Leslie Workman, Roma Phillips, and Garlene Layne-Abshire.



Two Pike County Homemakers were installed as Northeast Area Homemaker officers on October 1st. Cathy Harville will serve as Area President. Debra Rolan will continue in her role as Area Treasurer. Thanks to these members for their continued leadership and congratulations on their elections.

## Sweet Memories



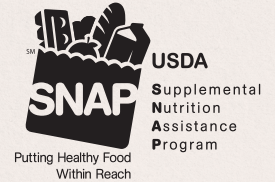
(Left) We had a Halloween costume contest at the area homemaker camp in '98. It was my 25th birthday and I set off the smoke alarms when I blew out the candles on the cake Carol had made for me! What fun we all had. (L to R: my mom Lorie Gault, me, Carol Bailey, Lexie Bailey.)

(Right) The Quilt Guild surprised me with a beautiful friendship quilt when we were expecting Paige in 1999. She still has it!





# SHEET PAN DINNER



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

## Nutrition facts per serving:

260 calories;  
16g total fat; 4g saturated fat; 0g trans fat; 65mg cholesterol; 720mg sodium; 17g total carbohydrate; 2g dietary fiber; 8g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium.

**Source:** Central District (1-4) Nutrition Education Program

- 1 package of fully cooked turkey sausage, sliced
  - 3 cups chopped vegetables such as onion, bell pepper, sweet potatoes, zucchini, carrots, and broccoli
  - 2 tablespoons olive oil
  - 2 teaspoons garlic powder
  - Black pepper to taste
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
  2. Gently scrub all vegetables under cool running water before preparing them.
  3. Preheat oven to 400 degrees F.
  4. Place sliced sausage and vegetables

on a baking sheet and drizzle with olive oil, garlic powder, and black pepper. Bake for 30 minutes or until veggies are fork tender.

5. Store leftovers in the refrigerator within 2 hours.

### Vegetarian option:

Omit the turkey sausage, and use one cup of chickpeas. This reduces sodium by 500 mg.

### Makes 4 servings.

**Serving size:** 3 ounces sausage plus 3/4 cup vegetables

**Cost per recipe:** \$6.65

**Cost per serving:** \$1.66



NOVEMBER / DECEMBER 2022

# HEALTHY CHOICES FOR HEALTHY FAMILIES



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



This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

## Healthy choices for special events

Special events can be filled with special foods. Use these tips to make healthy choices as you celebrate.

- **Serve up variety:**  
Create a colorful buffet table. Include veggies, fruits, and whole grains.
- **Cheers to good health:**  
Serve water or unsweetened iced tea with fresh mint leaves. Offer seltzer water with a splash of 100% fruit juice. Or try a wedge of lemon or lime.
- **Make activity part of the fun:**  
Laugh, mingle, dance, and play games. Have fun walking and talking with family and friends after a special meal.
- **Rethink dessert:**  
Offer fresh and dried fruit. Let guests make their own trail mix. Have peanuts, dark chocolate chips, and dried fruits on hand.
- **Reduce food waste:**  
Pack leftovers for guests to take home or keep them yourself. They would be great to add to soups or



salads the next day. Or use them in omelets, sandwiches, or stews.

- **Try a twist on a dish:**  
Use unsweetened applesauce for butter when baking. Use

low-fat milk when a recipe calls for cream. Try low-salt herbs and spices in a few recipes.

Source: Adapted from <https://www.myplate.gov/tip-sheet/celebrations-and-gatherings>

**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 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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

## PARENT CORNER

# Prevent family illness this winter

**D**uring the fall and winter, we tend to gather with family and friends. The holidays are a great time to be together. But it can also be a time when germs are spread. Clean hands are the best way to keep you and your family from getting sick. Hand-washing should take place:

- when you are making food,
- before you eat,
- after touching a pet or feeding a pet,
- after coughing or sneezing,
- after going to the restroom,
- after cleaning, and
- after touching garbage.

Remind your family when and how best to wash their hands. Make

routine hand-washing a rule for all. Teach hand-washing to your child by washing your hands together. Hand-washing best practices are:

1. Use clean, running water to wet hands.
2. Use soap and lather for 10 to 20 seconds. Focus on both sides (front and back) of hands, nails, and between fingers.
3. Rinse hands fully and dry with a clean towel.

If you cannot use soap and water, choose hand sanitizers or waterless soap. Just like soap, rub the sanitizer on the back of hands, in between fingers and nails.

## FOOD FACTS

# Protein

**S**ome foods in the protein group are meat, poultry, eggs, and seafood. This group also takes in nuts, seeds, and soy products. Proteins work as building blocks for bones, tissues, cartilage, skin, and blood. Most people get enough protein from meat, poultry, and eggs. But many do not get enough from seafood, nuts, seeds, and soy products. Getting the right amount of protein is of great value. Healthful eating of protein provides unsaturated fats, dietary fiber, and vitamin D. Eating 8 ounces per week of seafood can lower the risk for heart disease. Changing your protein choices can keep your body working well.

Source: <https://www.myplate.gov/eat-healthy/protein-foods>

## BASIC BUDGET BITES

# Save money by cooking smarter

**Y**ou and your family can cook healthy meals, even on a tight budget. Here are some tips that can help.

### Before you shop, plan ahead:

- Think about what foods you already have in the house.
- Make a list of meals that you can make with those items.
- Make a list of other foods you still need to buy.
- Make your cooking plan for the week.

When you are cooking, make the most of your time and ingredients.

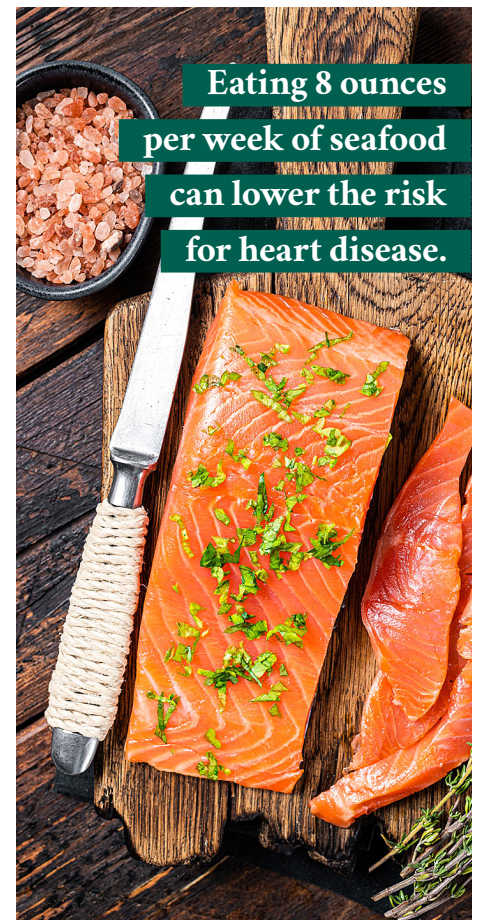
### Cook once, eat twice!

- Skip seconds. Save leftovers for other meals.
- Freeze the leftovers to eat later or take them for lunch the next day.
- Keep your servings the right size. It can save calories and money.

### Do “batch cooking”:

- When you can, cook large amounts of foods that freeze well, like spaghetti sauce.
- Split meals into family-sized portions and freeze right away after cooking. Use them later in the month.

Source: Adapted from NIH, WeCan [https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip\\_saving.pdf](https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip_saving.pdf)



## COOKING WITH KIDS

# Fruit and Yogurt Parfait

- *1/2 cup low-fat yogurt, fruit-flavored*
- *1/2 medium banana, peeled and sliced*
- *1/2 cup grapes*
- *1/4 cup dry crunchy cereal or granola*

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spoon the grapes into a tall plastic cup.

3. Put 3 spoonfuls of yogurt on top of the grapes.
4. Spoon sliced bananas on top of the yogurt.
5. Add the rest of the yogurt.
6. Sprinkle the cereal on top and enjoy.
7. Refrigerate leftovers within 2 hours.

**Serving size: 1 parfait**  
**Makes 1 serving**

Nutrition facts per serving: 240 calories; 2g total fat; 1g saturated fat; 0g trans fat; 5mg cholesterol; 140mg sodium; 52g total carbohydrate; 2g dietary fiber; 37g sugars; 8g added sugars; 8g protein; 6% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

Source: Pennsylvania Nutrition Education Network  
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-yogurt-parfait>



## RECIPE

# Eve's Tasty Turkey Tetrazzini

If your family loves the savory flavors of a turkey dinner but is tired of turkey after a few rounds of leftovers, then try this easy, one-dish meal. This version of classic turkey tetrazzini has half the sodium and more vegetables than the original version without sacrificing flavor or texture.

- *8 ounces whole-wheat fettuccine, spaghetti, macaroni, or other noodles*
- *4 tablespoons unsalted butter*
- *2 cups fresh or canned mushrooms, sliced*
- *1 teaspoon dried thyme*
- *1/2 cup all-purpose flour*
- *2 cups reduced-sodium chicken broth*
- *1 1/2 cups skim milk*
- *4 cups chopped cooked turkey*
- *1 cup frozen or canned peas*
- *2 tablespoons grated Parmesan cheese*

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 400 degrees F. Lightly grease a 9-by-9 baking dish.
3. Cook pasta in a large pot of boiling water until tender. (Check cooking

- time for pasta; remove pasta approximately 2 minutes early.)
4. While pasta is cooking, melt butter in a saucepan over medium heat. Add the mushrooms and thyme. Stir and cook until mushrooms are softened, about 5 minutes.
5. Stir in flour until well blended. (Note: Start with 1/3 cup flour and add more, if needed.)
6. While whisking, slowly add chicken broth and milk. Bring to a boil, reduce heat, and simmer until sauce is thickened and smooth, about 5 minutes.
7. Add turkey, toasted almonds, frozen peas, and cooked pasta. Gently mix together. Pour into the baking dish and sprinkle with Parmesan cheese.

8. Bake until the sauce is bubbling and the cheese is golden brown, about 25 to 35 minutes. Let cool 15 minutes before serving.
9. Refrigerate leftovers within 2 hours.

**Serving size: 1/8 of recipe**  
**Makes 8 servings**

Nutrition facts per serving: 290 calories; 8g total fat; 4.5g saturated fat; 0g trans fat; 65mg cholesterol; 140mg sodium; 27g total carbohydrate; 4g dietary fiber; 4g sugars; 0g added sugars; 26g protein; 6% Daily Value of vitamin D; 6% Daily Value of calcium; 30% Daily Value of iron; 8% Daily Value of potassium

Source:  
Center for Nutrition Policy and Promotion  
<https://www.myplate.gov/recipes/myplate-cnpp/eves-tasty-turkey-tetrazzini>

## SMART TIPS

# Follow these tips to safely defrost and cook frozen poultry

There are three safe ways to defrost poultry:

- **In the refrigerator:** This is the safest method. The turkey will defrost at a steady, safe temperature. It will take 24 hours for each 5 pounds of turkey.
- **In cold water:** Cover the bird fully in its original wrapper in cold tap water. The water must be changed every 30 minutes.
- **In the microwave oven:** Follow steps in your microwave owner's handbook.

If your bird did not fully defrost in the refrigerator, there is still hope. Cold water and microwave thawing can be used to finish the process.

Be sure to cook to a temperature of 165 degrees F. Use a food thermometer to check the wing, breast, and thigh at the thickest part.

**If you have questions, call the USDA Meat and Poultry Hotline.** The phone number is 1-888-MPHotli(ne) or 1-888-674-6854. A food safety expert can help you. Call from 10 a.m. to 6 p.m. ET, Monday through Friday. Information is available in English and Spanish. You can even get help on Thanksgiving Day. The Hotline is open from 8 a.m. to 2 p.m. ET that day.

Source: Adapted from <https://www.myplate.gov/eat-healthy/protein-foods>

## LOCAL EVENTS

### 4-H

Come explore cultures, countries & food with Pike County 4-H. We will be learning how to prepare dishes from Mexico, Brazil, Germany, Laos & South Africa in a series of meetings beginning **November 8th**. If you are in grades 4-12 & interested in participating please contact the Pike County Extension Office at 606-432-2534. Spaces are limited.

### Agriculture & Natural Resources

The Farmers Market season is almost over for the 2022 season.

**October 29th**- 9am-1pm.

**November 5th**- 9am-1pm.

**November 12th**- 9am-1pm. +photos w/Santa

**November 19th**- 9am-1pm. +photos w/Santa  
130 Adams Lane, Pikeville, KY 41501

**If you are interested in nutrition classes, contact your Extension office.**

VISIT US ONLINE AT  
**EXTENSION.CA.UKY.EDU/COUNTY**





# 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>

## 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



# 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**

### Written by:

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

123RF.com





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2022

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)

## 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.



## 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>

Nichole Huff and Miranda Bejda | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)



Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)