

FAMILY & CONSUMER SCIENCES

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

DECEMBER



Keep Moving



Happy Holidays! Hope this newsletter finds you well! November was a busy and fun month with various trainings, LEAP lessons, and leader lessons. As we begin the winter months, the Extension Office has several exciting educational classes planned. Hope to see you there! For upcoming event information, check out the rest of the newsletter. As always, feel free to contact me with any program ideas you have. Hope you have a great December!

Best Wishes,

Chelsea Workman
County Extension Agent
for Family & Consumer Sciences Education
chelsea.workman@uky.edu



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Dates to Remember:

- DECEMBER 4: QUILT MAGIC CLASS
- DECEMBER 6: BEGINNER SEWING CLASS
- DECEMBER 11: QUILT GUILD
- DECEMBER 13: EMERGENCY PREPAREDNESS CLASS
- DECEMBER 25-JANUARY 1: EXTENSION OFFICE CLOSED
- JANUARY 11: COOKING THROUGH THE CALENDAR CLASS
- JANUARY 15: EXTENSION OFFICE CLOSED

REMINDERS

- If Pike County Schools close due to inclement weather all programs at the Extension Office and in the county are cancelled.
- The community needs assessment flyer is attached to this newsletter. The survey allows Extension to know what educational programs are needed in our community. Please take time to fill out this quick 10-minute survey. Thank you!

Martin-Gatton
College of Agriculture,
Food and Environment

Cooperative Extension Service

PIKE

FCS



Follow us on our
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page! "UK Pike
County FCS"



Holiday Online Shopping Savvy

The holiday season is quickly approaching and many of us will shop online for at least some of our holiday purchases. Being smart about when and where you shop online can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection may make you an easy target for cyber thieves who can steal your credit card information. Remember public internet connections are not always secure, even if you are on your own device, and the public network's security software may not always be up-to-date.

When buying online, look for a padlock symbol on the page and shop from sites that start with https:// web address. The "s" after "http" shows that the website encrypts your information as it processes the transaction.

Use credit cards instead of debit cards to make online purchases. The Fair Credit Billing Act limits your responsibility to the first \$50 in charges if your credit card is used fraudulently, and many credit card companies will not hold you responsible for any fraudulent online charges . Review your statements and report any suspicious transactions to your credit card company. You may also request a free credit report from the three credit reporting agencies Experian, TransUnion and Equifax.

Create strong passwords and PIN numbers. Use different combinations of upper and lowercase letters, numbers and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday or name in your passwords, as these are easy for thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different passwords for each of your online accounts.

Automatically set updates on your device, apps, browsers and computer operating systems to keep them current with the latest security features. Password protect your home internet connection to keep your personal network secure.

For more ways to protect your financial well-being, contact the Pike County Extension Office.

Source: Kelly May, senior extension associate

ADULT HEALTH BULLETIN



DECEMBER 2023

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 HEALTH



Perhaps you are familiar with the holiday tune that describes 12 Christmas gifts, but a gift worth giving that is not included in the song is good health!

As you prepare to host or attend holiday functions this season, here are 12 tips to staying safe and healthy yourself, and not passing along germs for family and friends:

- 1. Wash your hands:** Use soap and warm water when possible and alcohol-based hand sanitizer when out and about.
- 2. Eat well-balanced meals:** Making healthy food choices most of the time helps to offset occasional treats that may be less nutritious.

Continued on the next page 



Ways to keep moving include taking a family walk, having a dance party, and enjoying an outdoor winter activity like ice skating.



➔ **Continued from the previous page**

- 3. Keep moving:** Find creative ways to incorporate movement into your daily routine, take a family walk, have a dance party, or enjoy an outdoor winter activity like ice skating.
- 4. Stay warm:** Dress for outdoor weather in layers, with an outer layer to keep you dry.
- 5. Practice food safety:** Wash hands and cooking surfaces, cook foods to proper temperatures, avoid cross-contaminating cooked and uncooked foods, serve foods hot or cold, and refrigerate uneaten food promptly.
- 6. Prevent house fires:** Never leave an open flame (candle, fireplace, stove, or heater) unattended, install smoke detectors, and replace their batteries twice a year.
- 7. Manage stress:** Holiday events and spending can cause stress. Make a plan that keeps your finances and calendar from becoming overburdened.
- 8. Limit alcohol** consumption, and do not drink and drive.
- 9. Get routine health screenings:** Holiday breaks from work may be a good time to schedule annual exams that can get put off throughout the year.

- 10. Sleep:** Adults need between seven to nine hours of sleep per night. Lack of sleep can compromise your immune function and decrease your mental clarity.
- 11. Stay up to date on vaccines:** You can prevent many serious diseases by getting routine vaccines. Ask your health-care provider what vaccines you should get.
- 12. Avoid smoking and tobacco products:** Secondhand smoke and vaping products also have negative health outcomes.

Being mindful of healthy habits will help keep you and your loved ones feeling good throughout the season, which is always a reason to celebrate.

REFERENCE:

<https://tools.cdc.gov/medialibrary/index.aspx#/media/id/303214>

**ADULT
HEALTH BULLETIN**

Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: BECOMING A SMART SAVER AT MEALTIME

As the cost of food continues to rise, you might find yourself surprised by the grocery bill. According to the U.S. Department of Agriculture, from 2018 to 2022, food price inflation (20.4%) was the second-highest category increase, rising faster than other expenditure categories like medical care and housing. If rising costs are surprising, look for ways to squeeze your food budget. Avoid unhealthy ways to cut costs, such as foregoing healthy choices or reducing the size and frequency of meals. Instead, use the following strategies to stretch your food budget and reinforce healthy eating habits.

THRIFTY FOOD HACKS

Use what you have. Tightening your grocery budget should start before you head to the store. Be intentional in using your existing food stock before buying new. Inventory your freezer, fridge, and pantry at least twice a month to keep track of the items nearing their expiration dates. Then, create meal plans centered around these ingredients.

Browse a cookbook. Planning your recipes is an excellent way to ensure an affordable and healthy diet that meets your nutritional goals. Find multiple recipes that use similar ingredients you can mix and match to save time in the grocery and kitchen.



Also, when selecting recipes, prepare enough to have leftovers. This can save time and help you cut costs by reducing food waste. Invent new recipes with past meals or ingredients.

Meatless Mondays. The USDA reports nine food categories whose prices rose more than 10% in 2022, which include eggs (32%), poultry (14.6%), and other meat (14.2%). Fresh vegetables and fruits were reported to have the lowest increase in prices. Plant-based proteins may offer more nutrients for your money over meats. Items such as beans, legumes, potatoes, and protein-rich vegetables like broccoli or kale, are often more affordable options. You can increase meal size, enhance nutritional values, and squeeze your budget with a meatless meal plan.

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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



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accommodated
with prior notification.

DO NOT LET FOOD INFLATION BE A REASON TO FOREGO HEALTHY EATING HABITS



THRIFTY SHOPPING HACKS

Make a list. A shopping list makes your shopping trip quicker, helping you avoid buying things on a whim. It also keeps your pantry well-supplied. Stick to the list, but allow some flexibility to take advantage of sales. Estimate needed food quantities and be careful when buying large quantities of perishable items you cannot use within a week. Shop for the freshest produce, noting that, usually, groceries stack new inventory toward the back of the shelves.

Clip coupons. Look for digital coupons that match the items on your list. Even coupons with small discounts can accumulate savings. Check in-store sales including customer loyalty savings and discounted produce carts or other deals. These might contain fruits and vegetables that are slightly older but still delicious if you eat them within a day or two. Also, selecting frozen and canned foods may be less costly and last longer.

Buy in bulk. Bulk purchases may lead to larger savings in your food budget if your household will eat through an item in larger quantities. However, buying bulk treats (such as soda, cookies, and candies) may save you money but move you away

from your dietary goals. When buying in bulk, consider also if you have room to store the items in your fridge, freezer, or pantry, and if you can use them before their expiration date.

Remember, eating healthy is not “too expensive.” Do not let food inflation be a reason to forego healthy eating habits. Instead, consider it an opportunity to refresh your shopping hacks and cooking skills. A well-balanced diet is a wise investment in your health that can create value in both your physical and financial well-being.

REFERENCES:

Centers for Disease Control and Prevention. *6 Tips for Eating Healthy on a Budget*. <https://www.cdc.gov/diabetes/healthy-eating-budget.html>

The Nutrition Source. *Strategies for Eating Well on a Budget*. <https://www.hsph.harvard.edu/nutritionsource/strategies-nutrition-budget/>

Economic Research Service, U.S. Department of Agriculture. *Food Prices and Spending*. <https://www.ers.usda.gov/data-products/ag-and-food-statistics-charting-the-essentials/food-prices-and-spending/>

Written by: Samadhi Weeraratne | Edited by: Kelly May and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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

Quilt Magic

No Sew Snowman Art



December 4th

1pm-3pm

**Pike County
Extension Office**

**Please call
606-432-2534
to register**



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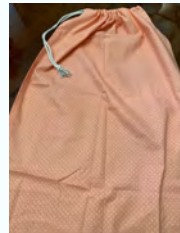


Beginner Sewing Class

Date: 12-6-2023

Time: 9am-12pm

Project: pocket tissue holder and laundry bag



Skill Level: *Beginner*

**Bring your own sewing machine, or use one of
ours!**

**Please call 432-2534 to register. Spaces are
limited.**

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In the Face of **DISASTER**

EMERGENCY PREPAREDNESS CLASS

DECEMBER 13, 2023 - 1PM

AT THE PIKE COUNTY
EXTENSION OFFICE
(148 TRIVETTE DR., PIKEVILLE)

PLEASE CALL 606-432-2534 TO REGISTER

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COOKING THROUGH THE
Calendar



For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:



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

Cooperative Extension Service

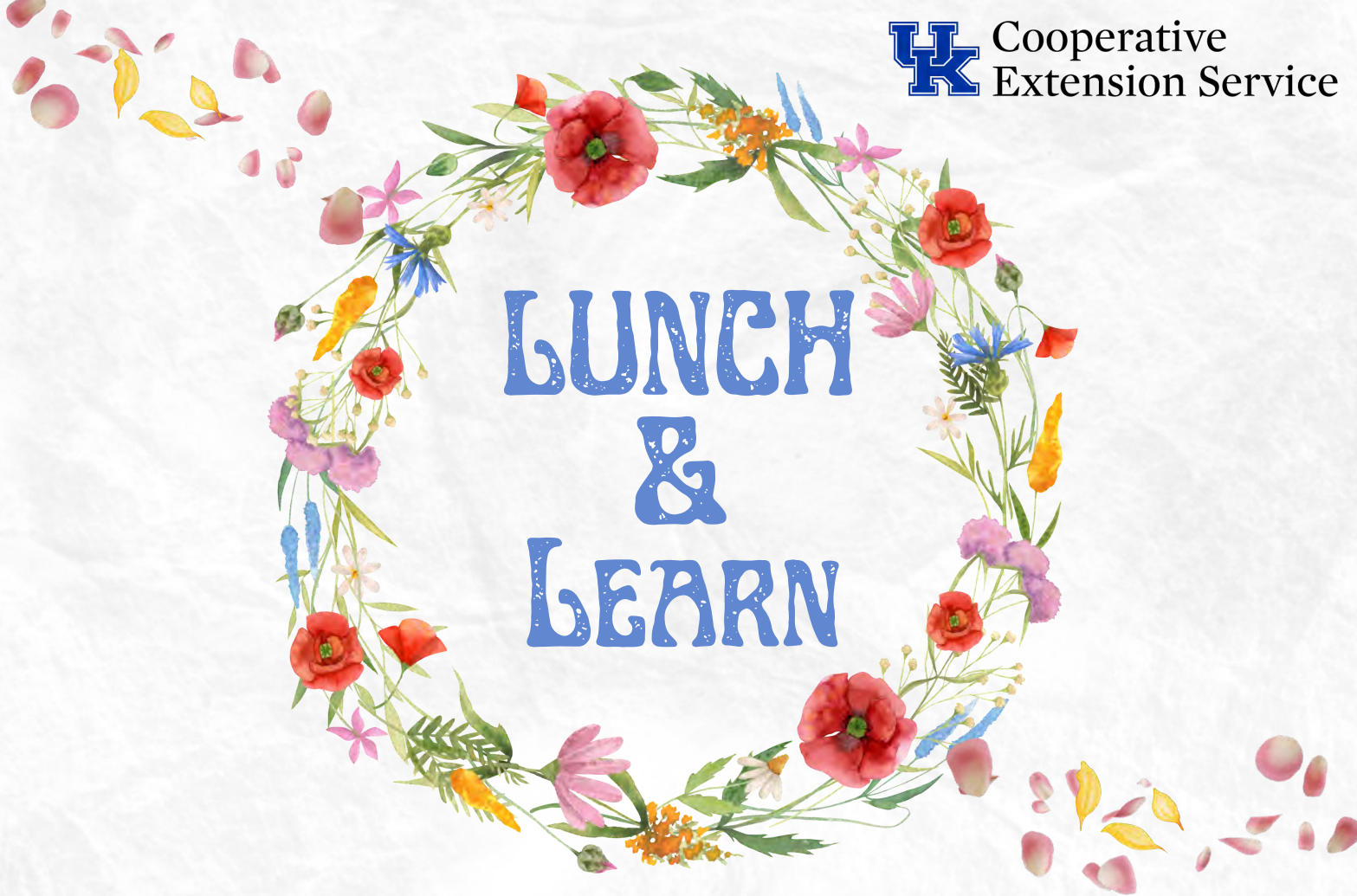
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LUNCH & LEARN

LEADER LESSONS

MARCH 7
GENERATIONAL
DIFFERENCES

APRIL 4
SELF CARE

MAY 2
STRONG BONES

CALL THE PIKE COUNTY EXTENSION OFFICE TO REGISTER 606-432-2534
ALL LESSONS START AT NOON



KENTUCKY COOPERATIVE EXTENSION



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

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



Cabbage Rolls

| | | |
|--------------------------------------|---------------------------------|-----------------------------------|
| 12 cabbage leaves | 1 teaspoon garlic salt | ¼ cup chopped green pepper |
| 1 pound lean ground beef | ¼ teaspoon pepper | 1 teaspoon sugar |
| 1 cup cooked brown rice | ½ teaspoon dried basil | 1 tablespoon cornstarch |
| 1 (15 ounce) can tomato sauce | ½ teaspoon dried oregano | 1 tablespoon water |
| | ½ cup chopped onion | |

Cover cabbage leaves with boiling water. Let **stand** until leaves are limp, about 4 minutes. **Drain**. When cool, **trim** away excess ridge on leaf for easier rolling. **Mix** beef, rice, ½ cup tomato sauce, garlic salt, pepper, basil, oregano, onions and green pepper. **Put** ⅓ cup in each leaf, starting at leaf end; **roll**, tucking in the sides. **Place** seam side down in a 9-by-11-inch baking dish. **Mix** remaining tomato sauce with the sugar, **pour** over rolls. **Cover** and **bake** at 350 degrees F for

1 hour. **Remove** cabbage rolls from baking dish, **pour** juice in a saucepan. **Mix** cornstarch and water; **stir** into saucepan. **Heat** and **stir** until mixture boils, **cook** 1 minute. **Serve** sauce with cabbage rolls.

Yield: 6 servings, 2 rolls each

Nutritional Analysis: 190 calories, 4 g fat, 1.5 g saturated fat, 40 mg cholesterol, 550 mg sodium, 24 g carbohydrate, 6 g fiber, 9 g sugars, 18 g protein.

Kentucky Cabbage

SEASON: June to July and September to November

NUTRITION FACTS: Cabbage is low in fat and calories and is rich in vitamin A.

SELECTION: Leaves should be crisp and free of insects and decay. Avoid burst heads. Choose firm cabbages that are heavy for their size.

STORAGE: Cover loosely and store in refrigerator for up to 2 weeks. Wash just before using.

PREPARATION: Discard outer leaves and core.

To boil: Do not use aluminum pan. Cut cabbage

into quarters and boil in water for 10 to 15 minutes, until tender. Drain and serve hot.

To steam: Place cabbage (shredded, wedges or whole leaves) into a steamer basket. Cook 12 to 15 minutes, until tender. To bring out the natural flavor, add apples, pears, raisins, curry, caraway, dill or onions.

To stir-fry: Shred cabbage and place in a skillet that has been sprayed with cooking spray or oil. Cook quickly over high heat, stirring constantly.

KENTUCKY CABBAGE

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

September 2016

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand. <http://plateitup.ca.uky.edu>



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