

Homemakers F&CS

FCS - EXTENSION HOMEMAKER NEWSLETTER

DECEMBER 2024/JANUARY 2025



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

Gallatin County
395 US Hwy 42 West
PO Box 805
Warsaw, KY 41095
(859) 567-5481
Fax: (859) 567-5432

Thoughts from Ronda...

Hello All,

I hope all is well with you and your families. This newsletter will cover both December 2024 and January 2025. We are winding down for the Holidays and I am so proud of all the work that you as Homemakers have done for our community. The Peony Festival 5K Fun Run/Walk Fundraiser, the Fair Open Class Exhibits, the Ice Cream Social, Cultural Arts, the County Annual Meeting and the Area Annual meeting have all been huge successes because of YOU! You represented our county well! And let's not forget, we now have a Proclamation declaring Gallatin County Homemaker Week as the second full week of October each year. So put on your thinking caps and let's find a way to celebrate next October. We are looking forward the Holiday Treasure Hunters Fundraiser coming up December 7th (flyer included in this newsletter). Please remember...if you are a paid Gallatin County Homemaker, you can bring in your items on Friday, December 6th from 8:00 a.m. to 4:30 p.m. No cloth items PLEASE! No clothes, bedding, pillows of any kind, shoes or any other household cloth items.

On another note, I have a request. I am in need of about 10-12 Sensory Lap Quilts. I need them for an existing collaboration at the Middle School for January or later. I have photos of examples here at the Extension Office. If you are interested in helping with this project, please call or text me. Thank you!

Until next time, Be Healthy and Safe!
And, Happy Holidays!

Co. Extension Agent for Family & Consumer Sciences

Important Dates To Remember!

December 5: 9:00am-4:00pm—The Sit, Sew & Socialize Club will meet at the Extension Office

December 7: 9:00 am—1:00 pm—Treasure Hunt at the Extension Office. See enclosed Flyer

December 8: Napoleon Homemakers—3:00pm—will meet at Cracker Barrel in Dry Ridge

December 10: Fun Time Quilters—9:00am-4:00pm—will meet at the Extension Office

December 10: Back to Basics Homemakers—6:00pm—will meet at the Extension Office

December 11: 10:30am—The Cross County Homemakers—will meet at the Extension Office

December 24-January 2, 2025—The Extension Office will be closed for the Holidays. The Office will reopen on Thursday, January 2, 2025. Happy Holidays from the Gallatin County Cooperative Extension Service!

January 23—1:00pm—The Artful Palette— will be at the Boone County Enrichment Center. See Enclosed Flyer for more information or to register.



Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



Disabilities
accommodated
with prior notification.

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Cooking Through the Calendar

December: Slow Cooker Navy Bean Soup

Ingredients:

- 1 lb. dried navy beans
- 1 smoked ham hock
- 2 medium carrots, diced
- 3 medium stalks celery, diced
- 5 cups low-sodium chicken broth
- 2 Tbsp. salt-free garlic and herb seasoning
- 2 bay leaves
- 1 tsp. salt

Directions:

1. Wash hands, with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse and sort beans, removing dirt, rocks, and other debris that might be present. Choose from the quick soak or overnight soak methods below:



Quick soak: Place the beans in a pot large enough for them to double in size. Add 6 cups of water for every 2 cups of dry beans. Next place the pot on medium-high heat and bring to a boil. Boil beans for 2 to 3 minutes in uncovered pan.

Remove from heat. Cover pan and let soak for 1 hour before cooking.

Overnight soak: Place the beans in a pot large enough for them to double in size. Add enough water to have at least 1 inch over the beans. Cover and refrigerate 8 hours or overnight.

Cooking:

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. Rinse and drain the soaked beans and place them in the bottom of a large (7-8 quart) slow cooker. Add the ham hock, carrots, celery, chicken broth, seasoning and bay leaves.
4. Cover with lid and cook on low for 7-9 hours or high for 4-5 hours, until the beans are tender. Add salt.
5. Remove ham hock and bay leaves from soup. Separate meat from the skin and bone of the ham hock and return it to the soup. Discard the bone, skin and bay leaves.
6. Refrigerate leftovers within 2 hours.

Note: Substitute ham hock with 2 cups diced ham, or a leftover ham bone.

Makes 12 servings

Cost per recipe: \$ 7.18

Cost per serving: \$ 0.60

Nutrition facts per serving: 220 calories; 5g total fat; 4.5g saturated fat; 0g trans fat; 25mg cholesterol; 540mg sodium; 28g total carbohydrate; 6g dietary fiber; 2g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

Source: Jen Robinson, NEP Area Nutrition Agent; and Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

2025 Homemaker Council Dates

January 13, 2025 at 11:30 a.m.

April 14, 2025 at 11:30 a.m.

July 14, 2025 at 11:30 a.m.

October 13, 2025 at 11:30 a.m.

All meetings will be held at the Gallatin County Extension Office

Monthly Organizational Tips!

Beginning in January 2025, each month in the Newsletter, I will share one of my tips for Organizing.

One of my assets is that I am an organized person. I take great pride in being organized and it helps me with my mental and physical health.

Being organized helps us with time management, stress management and helps us save money. I am actually reading a new book about Organizing. And just when I

thought I had read them all....LOL. If you are interested in the book, I am happy to share it with you.

January's Organizing Tip is: Make Your Bed everyday! This takes seconds to minutes to complete and it is the day's first accomplishment.



Homemaker Happenings



Over 20 Homemaker members and youth enjoyed the Door Hanger class held recently at the Extension Office.



The Cross County Homemakers enjoyed lunch at Streamcliff Farm in Indiana in late October.



37 pillow cases were given to Ryan's Case for Smiles by the Funtime Quilters members. The Pillowcases were donated to the UK Childrens Hospital in Lexington.



The Crafting Calm Series held in October wrapped up recently with a Sand Art class that was enjoyed by all who was in attendance.



Be sure to send us your pictures of club activities! You can email those to Ronda at: rrex@uky.edu

TREASURE HUNTERS

\$1 TREASURE HUNT

December 7, 2024

9:00 am – 1:00 pm

At the Gallatin County Extension Office
395 US Highway 42 West, Warsaw, KY

Sponsored by:

The Gallatin County Homemakers

Admission: \$5.00 – Buys 5 items
Each additional item - \$1.00

**All proceeds go to the Mayme Walters Homemaker
Scholarship Fund**

GENTLY USED

Anything & Everything:
Home Décor, Household Items, Craft
Items, Toys, Sports Items, Books, Tools,
Small Appliances, etc.

**NO CLOTHING, PILLOWS, BEDDING
OR FOOD ACCEPTED! ALL SALES FINAL**

(All donations are provided by the Gallatin County Homemakers)



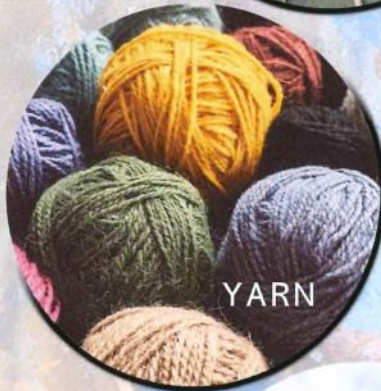
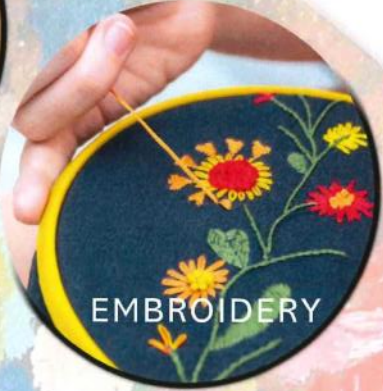
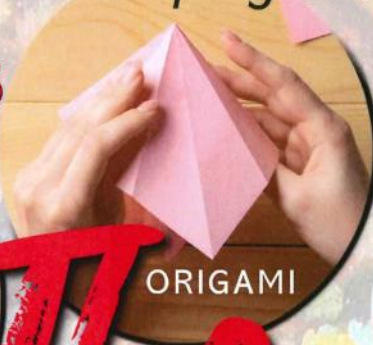
Just in time
for Holiday
Regifting!

Great
Opportunity for
kids to buy gifts
for parents!

Join us to listen, learn, and
some hands-on activities for this program.

January 23, 2025

1:00 p.m.



The Artful Palette

*Cultural arts occur
whenever creative
people decide to
artistically enhance
what is around them.*

Location:

Boone County Enrichment Center
1824 Patrick Drive
Burlington, KY 41005

Registration required:

Call: (859) 586-6101

Online: <https://boone.ca.uky.edu/events>

Cooperative
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, creed, religion, political belief, sex, social 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. Cooperative Extension, Lexington, KY 40506



THE TRUTH

 Cooperative Extension Service

ABOUT VAPING



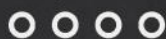
As we age, it's important to stay informed about products that could impact our health. Vaping, or the use of e-cigarettes, has become increasingly popular in recent years. This class provides key facts to help you understand vaping and make informed choices about your health and the health of your loved ones.

GUEST SPEAKER: SHERRI BRODERICK, THREE RIVERS COMMUNITY HEALTH EDUCATOR

FEBRUARY 7, 2025

1:00 PM

GALLATIN COUNTY EXTENSION OFFICE
395 US HWY 42 W, WARSAW, KY 41095



CALL (859) 567-5481 TO REGISTER

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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 receipt 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



Disabilities accommodated with prior notification.

KNOW YOUR

CELL PHONE & APPS

Come join us for this informative class about how to use your cell phone to your advantage. The class will also focus on how to use some necessary apps and recognize fraudulent calls and texts.

CALL TO REGISTER

(859)567-5481

March 14, 2025

1:00 PM

**Gallatin County Extension
395 US Hwy 42 W
Warsaw, KY 41095**

**Guest Speaker:
Rick Sellnow, Digital
/Technology
Literacy Extension
Agent**

**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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. Programs 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



Disabilities
accommodated
with prior notification.



Planning Holiday Meals on a Thrifty Budget

Planning a holiday meal on a budget starts weeks and sometimes months in advance. There are several strategies that can help you spend less while having a delicious meal your family will enjoy. By planning ahead, you will feel less stressed about the extra cost of the holiday meal when the time comes to celebrate.

Plan meals within your budget

Do not get hung up on typical foods you are supposed to have on certain holidays. Holiday meals should be about what each family likes and enjoys. Consider the recipes and foods that are important to your family. Are there certain proteins, casseroles, salads, or desserts that are often part of your family celebrations? Use these recipes in your menu plan to honor your family traditions.

Choose foods that are within your budget. The biggest cost for a holiday meal is usually the main dish meat. Planning for this large cost will make it easier to enjoy the meal with your family. Watch grocery ads and buy meat when you find it on sale and freeze until needed. If the price of a large cut of meat is too much for your budget, think about other choices your family might enjoy. Maybe a turkey is outside your budget. Instead, roast a turkey breast or whole chicken. Or make a chicken and dressing

casserole. The flavors will be like turkey and dressing at a lower cost.

Use fresh fruits and vegetables when they are in season or on sale. Choose canned or frozen fruits and vegetables for out-of-season times. Serve “plain” vegetables rather than “fancy” ones. For example, serve green beans instead of green bean casserole. This will cut down on costs and even save you some time in the kitchen.



1

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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

Be flexible about vegetable side dishes to get more savings. For example, if you want to serve a salad and the recipe calls for spinach but romaine lettuce is cheaper, you can easily substitute the lettuce for the spinach without compromising the taste or outcome of the recipe. Or if you want to serve a green vegetable but do not prefer a certain kind, then choose the cheapest option. For example, fresh asparagus might be tasty but if it is out of season and more costly, choose canned green beans instead.

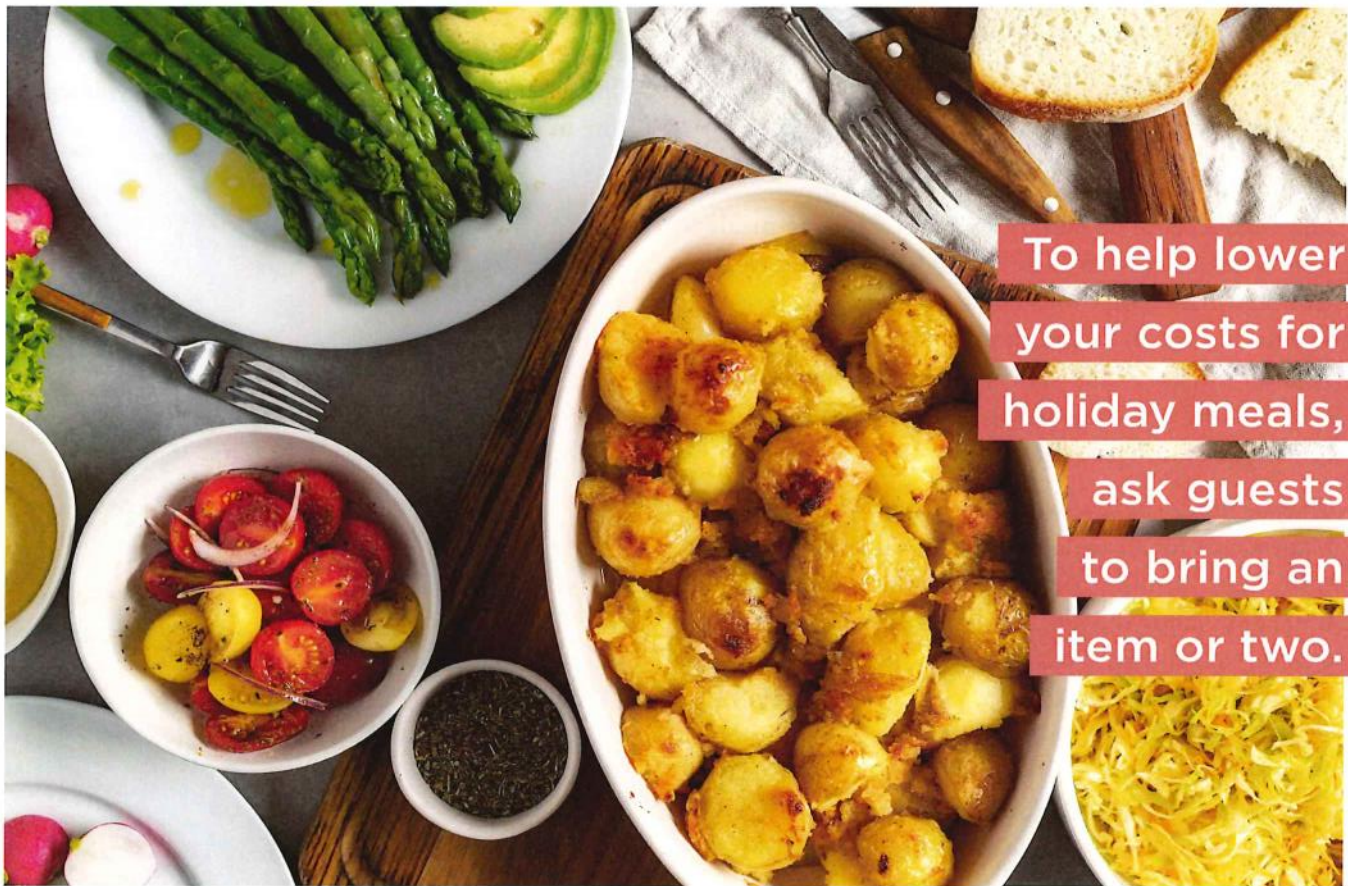
Think about how to stretch the holiday meal with lower-cost foods. Try low-cost foods like potatoes; whole grains such as pasta or rice; dried beans, peas, or lentils; or bread.

Check your cupboards, pantry, refrigerator, and freezer for food that you already have. A holiday meal might be a chance to use up that frozen casserole you have been saving for a “special occasion” or the

bag of dried lentils you have not known how to use. What can you prepare that features some of the foods you have on hand?

Make smart beverage choices. Soft drinks, juice drinks, sports drinks, and other sweet drinks can be expensive and usually contain a lot of added sugars. Instead, serve tap water. Water is affordable and the best way to quench everyone’s thirst. If you want to make it special, serve it with lemon or other fruit slices.

To help lower your costs for holiday meals, ask guests to bring an item or two. If someone asks what you need, look at your menu plan and give them a dish from your list. If they offer to bring something that’s not on your menu, mark off something similar from your list to cut down on your workload and reduce food waste. Even those not as skilled in the kitchen can help by bringing rolls, drinks, or paper products.





Use these tips to complete the meal planning worksheet. This will help you plan a well-rounded meal that is within your budget.

Budgeting for the big meal

Budgeting for a large meal means thinking ahead and planning for weeks and sometimes months beforehand so the financial burden is not so great at one time.

If possible, save \$5 or more each week for a month or two. In two months, you will have money saved to help buy the turkey, ham, or other ingredients you choose. For example, if you save \$5 a week for eight weeks, that is \$40 you can put toward your holiday meal. When you have a tight budget, it might seem hard to set aside money at the time. Look for ways to free up \$5 a week from your current spending habits, like skipping a drive-through meal or vending machine purchase.

Check store flyers for sale prices. Pay attention to sale prices and stock up on foods when they are at their cheapest. Buy store-brand items when possible. Often store brands are cheaper. Set aside the items until it is time to prepare for the holiday.

Shopping lists save time, money, and trips to the grocery store. Use a menu planner and recipes to make a shopping list for your holiday meal. Compare store prices to find the best value for the items on

your shopping list. Shopping around can take more time, but it is often worth it to save money. Many larger stores list their groceries and prices online. When it is available, check store websites to compare prices. This will save you time and money on gas going from store to store. Also, use store loyalty programs and coupons to lower food costs.

The 5-trip budget shopping method

Below is a system for shopping on a budget that can help you spread out items for the holiday meal over five shopping trips.

Shopping trip 1: Canned foods

Canned goods are shelf stable and keep for a while. They can be some of the first things you buy for your holiday meal. Canned foods often cost less and are easy to use. Some canned foods are preferred over fresh. Stock up on no-salt-added canned vegetables, fruit canned in juice or water, fruit fillings, soups, canned milk, etc. Set them aside for the holiday meal.

Shopping trip 2: Dry ingredients

For the next shopping trip, focus on non-perishable dry ingredients. Think about flour, sugars, baking powder, baking soda, cornmeal, dried fruits, baking chips, breadcrumbs, pasta, rice, shelf stable pie crusts,

condiments, nuts, oils, cooking sprays, and other items you will need. If you have some of the needed ingredients on hand, you still may need to buy more for the holiday meal if you will be using them in the meantime.

Shopping trip 3: Flavor ingredients

Ingredients that add flavor can be some of the higher-priced items on your shopping list. Be sure to see what you have on hand before adding these items to your shopping list. There is no need to buy costly items you do not need. Flavor ingredients to buy might be spices, herbs, vinegars, garlic, or flavorings like vanilla extract.

Shopping trip 4: Frozen foods

Buying frozen foods can be tricky. You must have enough freezer space to allow you to buy what you need. Leading up to a holiday meal, make some extra freezer space. Use up some of what you have in the freezer to make room for needed ingredients and leftovers after the holiday meal. Using frozen foods in your holiday meal can be another way to save money. Most of the time, frozen vegetables and fruits cost less than fresh foods and are equal in quality. Other frozen foods to think about are breads, desserts, juices, and meats.

Shopping trip 5: Perishable ingredients

You should buy perishable or fresh ingredients within a few days of the holiday meal. These items do not have a long shelf life. Fresh fruits and vegetables, milk and dairy products, meat or poultry, eggs, breads, and bakery items are all perishable ingredients. Look over fresh produce and choose foods without any bruises or blemishes. If you cut

away bad spots or throw away part of the food, you are throwing away money. Depending on the time of year, check the local farmer's market to buy the freshest fruits and vegetables from your community.

In addition to perishable ingredients, recheck your recipes and supplies to make sure you have everything you need for cooking. You do not want to find out on the day of the holiday that you are missing important ingredients or cooking supplies.

Use the shopping lists worksheet to plan what you need to buy.

By planning early, you can spread out spending and help manage the financial cost of holiday meals.

References

- Kurzynske, J., & May, R. (1999). *Plan now, party later*. University of Kentucky Cooperative Extension, Let's Get Foodwise.
- More in My Basket. (2021). *Getting ahead of the holiday meal cost*. North Carolina State University MoreFood Blog. Retrieved February 16, 2023 from <https://www.morefood.org/category/getting-ahead-of-the-holiday-meal-cost>
- Nordlund, J., Haggemiller, M., & Shroeder, M. (2021). *Holiday food on a budget*. University of Minnesota Extension. Retrieved August 7, 2023 from <https://extension.umn.edu/save-money-food/holiday-food-budget>

Authors

- Brooke Jenkins, MS, Extension Specialist, Nutrition Education Program, University of Kentucky Cooperative Extension Service
- Rita May, BS, former Senior Extension Associate, Nutrition Education Program, University of Kentucky Cooperative Extension Service

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.