

Family & Consumer Sciences Newsletter

NOVEMBER 2024

Montgomery County

Welcome to November!

Homemaker
Bazaar
is Saturday,
November 23 @
8am-1pm

Happy
Thanksgiving

Congratulations
to all of the cultural arts
winners!
Very proud to have
entered those items into
Licking River Area. Blue
winners go on to state in
May! See pages 3-4 for
winner details!

Homemaker
Leader Lesson:
Composition of
Photography
(enclosed).

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Annual Montgomery County Homemaker Bazaar & Vendor Fair

SATURDAY, NOVEMBER 23, 2024

8:00am - 1:00pm

Montgomery County Extension Education Center

104 E Locust Street, Mt. Sterling, KY 40353



**TAKE PICTURES
WITH SANTA!
10:30AM - 12:30AM
Bring your own
cameras
& capture this special
memory.**

**GET YOUR HOLIDAY
SHOPPING STARTED
EARLY!
Handcrafted items
Baked Goods
Jewelry
Ornaments
Holiday Decorations
& MORE!**

LUNCH

**Hotdogs
Chips
Drink
&
Cookie**

**TAKE A CHANCE...
ON ONE OF THE MANY
DRAWINGS & DOOR
PRIZES!**



**Homemaker Clubs:
Busy Seeker
Camargo
Gate City Belles**

**PERFORMANCE
BY
KELLY'S SCHOOL
OF DANCE.**

**Vendors:
from local &
surrounding areas**

9:30am

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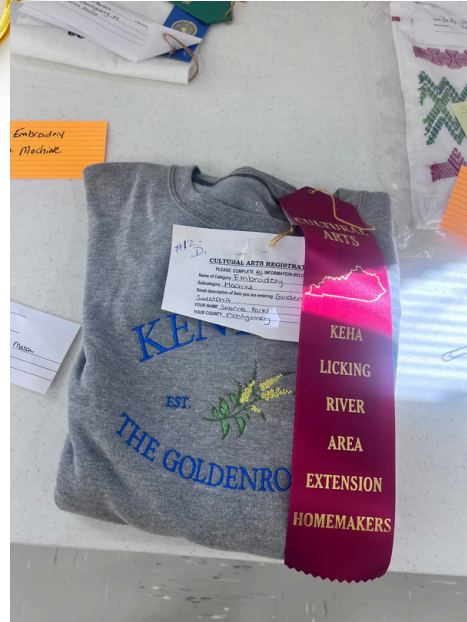
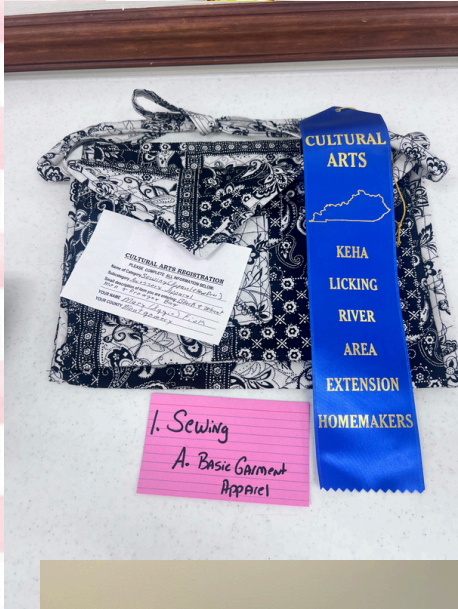
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Licking River Area Cultural Arts Winners:

Congratulations!



**2024-2025 Cultural Arts Exhibit Categories
Montgomery County**

Category	Subcategory	Description	Name	County	Ribbon	LRA Judging (ribbon)
1. Sewing	c. Accessory Apparel	Black & white mom and daughter bag	Aggie Fink	Montgomery	Blue & Champion	Blue
4. Art, Recycled	c. Other	Recycled burlap ribbon	Kathy Garrett	Montgomery	Blue & Champion	Green
10. Doll/Toy Making	a. Cloth	Multicolored bear	Aggie Fink	Montgomery	Red	-
10. Doll/Toy Making	a. Cloth	Brown sock cow with sunflower	Sabrina Parks	Montgomery	Blue & Champion	Blue
10. Doll/Toy Making	a. Cloth	Blue/white angel	JoAnn Terry	Montgomery	White	-
12. Embroidery	d. Machine	Light gray KY sweatshirt with golden rod	Sabrina Parks	Montgomery	Blue & Champion	Red
12. Embroidery	k. Miscellaneous	Dark gray sweatshirt with golden rod – “Just A Small Town Girl”	Sabrina Parks	Montgomery	Blue & Champion	Red
14. Holiday Decorations	d. Winter	Blue & white Christmas ornament	JoAnn Terry	Montgomery	Blue & Champion	Green
19. Painting, Art	c. Watercolor	Jumping brown horse	Aggie Fink	Montgomery	Blue & Champion	Red
25. Wall or Door Hanging (2 pcs.)	c. Diamond Art Mosaic	Butterfly & Hummingbird	Diane Williams	Montgomery	Blue & Champion	Red

COOKING THROUGH THE Calendar

Cooking Through the Calendar is Thursday, Nov. 7 at 12pm MOCO Ed Center

Interested in learning how to cook, get new recipes, or meet new friends?

Join us for Cooking Through the Calendar on the 3rd Wednesday of every month from 12:00pm - 1:00pm located at the Montgomery County Extension Office.

Featured recipe:
Hearty Harvest Bowl

Participants cook and sample the featured recipe of the month and will receive a free kitchen gadget at each session.

Cost is free. Registration is required. Please contact our office to sign up; 859-498-8741



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

Holiday Craft

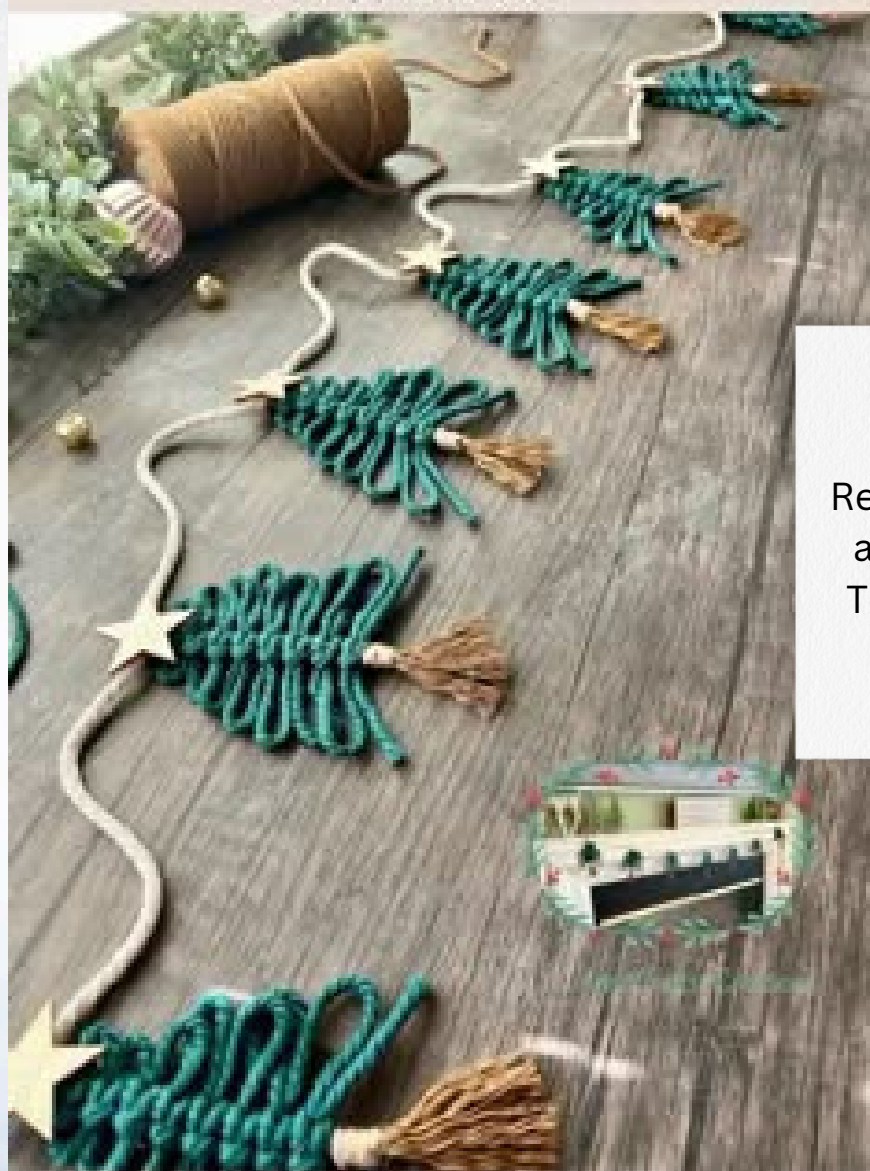
Easy Macrame Tree Garland

Thursday, November 14 @ 6:00pm

106 E Locust Street, Mt. Sterling, KY 40353

\$10

Macrame Tree Garland
DIY Christmas decor



REGISTER
NOW

Registration required
as space is limited.
To register, contact
our office at
859-498-8741

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Register Now!
Space is limited.



Holiday Vittles

Healthy But Not Bland Holiday Edition

Are you looking for ways to make your holidays a bit healthier?

3 Part Series:

Tuesday, December 3 - Starters/Appetizers

Tuesday, December 10 - Side Dishes

Tuesday, December 17 - Desserts

12pm - 1pm

Montgomery County Education Center

104 E Locust Street, Mt. Sterling, KY 40353

Free kitchen gadget at each session!

First 20 people to register will receive a \$20.00 gift card.

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Talking Turkey: Prep and Safety

Heather Norman-Burgdorf, Dietetics and Human Nutrition, and Annhall Norris, Family and Consumer Sciences

For many, Thanksgiving dinner is the largest meal prepared all year. So much time and effort go into planning the meal. There are decorations, place settings, the side dishes, the guest list, and the turkey! It's easy to see how one could feel overwhelmed with preparing the turkey with so many other things to think about.

Turkey Nutrition

Holiday meals are typically known for their over indulgent foods; however, turkey remains

a nutritious holiday staple. Turkey is low-fat, high in protein, and rich in iron, zinc, and several B Vitamins.

A typical serving of turkey is 3 to 3½ ounces, about the size of a full, stacked deck of cards. A 3-ounce serving of boneless, skinless turkey breast meat has only 161 calories, 29g of protein, and 4g of fat. Similarly, a 3-ounce serving of dark thigh meat without skin is 192 calories, 28g of protein, and 8g of fat.

Purchasing a Turkey

Turkeys may be purchased either fresh or frozen. Neither is better than the other. When purchasing a turkey, plan for 1 pound per person.

Free range or organic turkeys may be available at your grocery store. Free-range turkeys are raised in environments with more space, but this does not mean that they are organic. Organic turkeys must meet specific standards set forth by the USDA. Organic does not mean the turkey is free range. The nutrition of these turkeys is no different than a conventional turkey but may be two to four times more expensive. It is personal preference on which turkey meets your personal, ethical, and economical needs.

A fresh turkey should be purchased no more than two days prior to the day of preparation. Check the "sell by" or "use by" date to make sure that the turkey is fresh. If a fresh turkey is desired for Thanksgiving Day, it may be best to call the local grocer to ensure a fresh bird will be available.



Frozen turkeys may be purchased weeks, even months, in advance depending on available freezer space. With frozen turkeys, allow adequate time for the thawing process.

Thawing Methods

Turkeys must be kept at a safe temperature during the thawing process. They should never be left out at room temperature on the counter, in the basement, or outside on a cool day. It is not acceptable to thaw a turkey in the dishwasher, using a blow dryer, a brown paper bag, or any place where the temperature is above 40°F. When a frozen turkey begins to thaw, any bacteria that may have been present on the meat before freezing will begin to grow. If the meat stays in the “Danger Zone,” between 40°F-140°F, for more than two hours, bacteria can grow rapidly. The United State Department of Agriculture (USDA) recommends three ways to safely thaw food containing turkey: in the refrigerator, in the sink using the cold water method, or in the microwave.

Thawing in the Refrigerator

When thawing a turkey in the refrigerator, make sure you allow enough time. You will need about 24 hours for each 4-5 pounds of turkey in a

Table 1. Thawing time in the refrigerator.	
Size of Turkey	Thawing Time
4 to 12 pounds	1 to 3 days
12 to 16 pounds	3 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days

Table 2. Thawing time with the cold water method.	
Size of Turkey	Thawing Time
4 to 12 pounds	2 to 6 hours
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours

refrigerator set at 40°F. Place the bird in a large pan to collect any juices that may drip and contaminate other foods. Use Table 1 as a reference for thawing in the refrigerator.

A turkey thawed in the refrigerator can remain in the refrigerator for 1-2 days before cooking. If necessary, the bird can be frozen again without cooking, but there will be some loss in quality.

Thawing with the Cold Water Method

The cold water method is simply thawing the turkey in a sink of cold water, where the water is changed every 30 minutes. Do not use warm or hot water with this method as this will put the turkey in the “danger zone” for longer than is recommended. You should allow about 30 minutes for each pound of turkey. Be sure to use

cold water and make sure the bird is wrapped securely in a leak proof bag in order to prevent cross contamination and a watery bird. Use Table 2 as a reference for thawing in cold water.

A turkey thawed using the cold water method must be cooked immediately.

Thawing in the Microwave

When thawing in the microwave, follow the microwave owner’s manual for defrosting a turkey. They should have recommendations for the cook level and time according to the size of the bird. Most microwaves cannot accommodate a turkey larger than 12 to 14 pounds. Plan on cooking the turkey immediately after thawing as some areas of the bird warm up quickly and begin to cook during the microwave

thaw. Turkey should not be held for later cooking after thawing in the microwave as this increases the chance for bacterial growth.

Thawing in the refrigerator is preferred. This is the safest method because the temperature never rises above 40°F. Inside the refrigerator, the turkey thaws gradually at a consistent, safe temperature.

Don't worry if your turkey is still a little frozen before you cook it. The turkey is still safe to cook; it will just take longer. It's even possible to cook a turkey that is still completely frozen. A turkey that is completely frozen will take 50 percent longer to cook than a turkey that has been thawed. For more information about cooking a frozen turkey, see the publication *Talking Turkey: Dinner is Served* (FCS 3-620).

Getting Started

As the turkey thaws and you ready your space to prepare the turkey and other Thanksgiving dishes, keep the following food safety tips in mind.

- Before you start the cooking preparations, wash your hands with soap and warm water for 20 seconds.
- Don't wash the turkey. This can spread bacteria onto kitchen surfaces. All raw meat contains bacteria.



Washing the meat will not remove the bacteria. The only way to remove the bacteria is to cook the turkey properly.

- Keep the turkey away from all other foods during the thawing process and before cooking in order to avoid cross contamination.
- Don't prepare any other foods until you have the turkey in the oven and have properly cleaned and sanitized the area.
- If possible, use a different cutting board and knife when preparing the turkey. Wash and sanitize everything that touched the raw meat, even countertops.
- Use a mild bleach solution made from 1 tablespoon unscented bleach per gallon of water to sanitize knives, cutting boards and work surfaces.

- For cooking methods, please read *Talking Turkey: Dinner is Served* (FCS 3-620).

Turkey Leftovers

It's never too early to start thinking about all of those wonderful turkey leftovers. Be sure to follow good food safety practices when preparing your turkey and storing it for those favorite recipes over the next several days.

Storing Leftovers

After dinner, don't let food sit out on the table. Leftovers should be refrigerated or frozen within two hours. It is best to go ahead and remove all the meat from the turkey. Do not store stuffing inside the turkey. Remove the stuffing from the bird and refrigerate in a separate container. Legs and wings may be left whole, if desired. Sliced meat should be stored in shallow containers

or small zipper bags and eaten within 3-4 days.

If you aren't sure the meat can be eaten in that time frame, it is best to freeze the leftover turkey. If the freezer stays below 0°F, the turkey is safe to eat indefinitely. For best quality, sliced turkey stored in the freezer in freezer-safe zipper

bags should be eaten within 6 months. Be sure to label leftovers going into the freezer with contents and the date on which they were frozen.

Leftover Ideas

Rather than simply serving turkey again, be creative in how you prepare your leftovers. See

the list and recipe below for turkey leftover inspiration.

- Turkey hash
- Turkey salad
- Turkey noodle soup
- Turkey pot pie
- Turkey casserole
- Sliced turkey sandwich

Turkey Noodle Soup

Yield: 4 Servings

Serving Size: 1 ¾ cups

Ingredients

6 cups homemade turkey stock (or low-sodium canned turkey or chicken broth)

1 bay leaf

1 cup diced carrot

¾ cup chopped onion

¾ cup diced celery

2 garlic cloves, minced

Salt to taste

Ground black pepper

¼ cup chopped parsley

3 oz egg noodles

2 cups leftover turkey, shredded

Directions

Fill a large pot with homemade (or canned) stock. **Add** bay leaf, carrots, onions, celery, garlic, salt and pepper to taste. **Simmer** 10-15 minutes or until the vegetables are tender. **Add** parsley, noodles, and shredded turkey. **Cook** according to packaging for noodles. **Remove** bay leaf and **serve**.

Nutrition Information

240 calories, 4g fat, 1g saturated fat, 80mg cholesterol, 620mg sodium, 11g carbohydrates, 2g fiber, 3g sugar, 39g protein.

References

"Charlottesville Helps Prevent Foodborne Illness," United States Department of Agriculture, accessed on November 8, 2018, https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/charlottesville-helps-prevent-foodborne-illness/CT_Index.

"How to Safely Thaw a Turkey," United States Department of Health & Human Services, accessed on August 28, 2018, <https://www.foodsafety.gov/Msg/2016/11/Defrost-Turkey.html>.

"Thanksgiving," United States Department of Health & Human Services, accessed October 1, 2018, <https://www.foodsafety.gov/keep-events/thanksgiving/index.html>.

"Turkey," United States Department of Health & Human Services, accessed on September 28, 2018, <https://www.foodsafety.gov/keep/types/turkey>.

"Turkey Basics: Safe Thawing," Food Safety Education, United States Department of Agriculture, accessed October 1, 2018, https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/poultry-preparation/turkey-basics-safe-thawing/ct_index.

"Turkey from Farm to Table," United States Department of Agriculture, accessed on October 1, 2018, https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/poultry-preparation/food-safety-of-turkey-from-farm-to-table/ct_index.

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2024

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

THIS MONTH'S TOPIC: BUDGET FRIENDLY TIPS FOR PET OWNERS

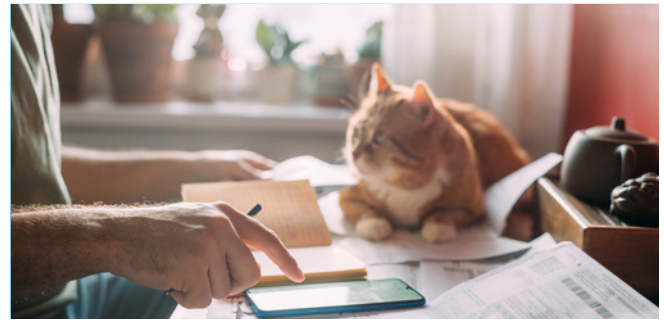
Choosing to care for a pet is a big financial decision because a family pet will be part of your life for many years. Between the initial cost of the pet, one-time purchases, and ongoing expenses, like food and veterinary bills, the costs of pet ownership can really add up. As a pet owner, there are many financial decisions that you will make throughout your pet's lifetime, including food, vet bills, housing, and grooming. Below are four cost-saving strategies that can make pet care more affordable.

DO IT YOURSELF (DIY)

Grooming costs that include baths, haircuts, and nail trims can range between \$30 and \$90 per session. The price of grooming can fluctuate depending on the breed of animal and how often it must be done. Do-It-Yourself (DIY) skills can help save money on these expenses. Watch online video tutorials to learn how to brush your pet's teeth, or buy the tools needed to groom your pet at home.

SALES AND SECOND-HAND

Compare costs at different stores for food and other pet essentials (e.g., toys, crates, collars, leashes) to make sure you're getting the best deals. Avoid or limit buying items that are full-priced or nonessential. Buying pet accessories second-hand or borrowing items (e.g., pens,



crates, kennels) can also keep costs down. Search free- and for-sale groups online or in your neighborhood, and wash or sanitize items before use. Consider items you may already have that you could repurpose for a pet.

DISCOUNT DAYS

Be on the lookout for promotions at your local vet, pet store, or rescue organization. Note sales and coupons in weekly savings circulars or emails, and make purchases when items are on sale. Discount days can provide additional cost savings on initial pet expenses, vaccination costs, grooming, and spay or neuter services.

Most pet owners consider their pets to be a part of the family, which means you should also include them in the family's budget. This means developing a spending plan that incorporates recurring pet costs and saving for unexpected pet expenses.

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HAVING A PET COMES WITH THE RESPONSIBILITY TO PROVIDE CARE FOR MANY YEARS



Whether you're a new pet owner or already have a beloved furry companion, family pets offer responsibilities for the family to tackle together. Below are examples of pet care activities from the Consumer Financial Protection Bureau that can teach planning and decision-making skills to children and youths.

- **Ages 3-5: Goal Setting.** Practice financial goal setting to save for a special treat or toy for the pet.
- **Ages 6-12: Building Values.** Oversee putting the pet's food down at the same time as the family's meal.
- **Age 13+: Comparison Shopping.** Compare prices at different stores to find deals on food, treats, and toys

LIFETIME COMMITMENT

Having a pet comes with the responsibility to provide care for many years, including during inconvenient times. For example, when you move, pets can affect your housing options. Property managers may have animal breed restrictions, require pet deposits up front, or a monthly pet rent that can add to the overall expense of pet ownership. Create a plan for who will care for the pet when you're out of town, when you move, or are no longer able to care for them yourself.

REFERENCES:

<https://www.consumerfinance.gov/consumer-tools/money-as-you-grow/talking-about-financial-decisions/getting-pet/>

<https://www.travel.dod.mil/Support/ALL-FAQs/Article/3624131/pet-transportation-allowance/>

Military Family Spotlight

Military families have additional financial considerations for pet ownership. The Pet Transportation Allowance reimburses military families for costs incurred during a permanent change of station move (e.g., reimbursement of \$550 for one pet moved within the continental U.S. and \$2,000 for military relocations outside the continental U.S.). Visit the Office of Financial Readiness (<https://finred.usalearning.gov/Trending/Blog/PetCosts>) for a list of expenses eligible for reimbursement.

Written by: Kristen Jowers | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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ADULT

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

KNOW YOUR DIABETES RISKS



More than 1 in 3 adults in the United States have prediabetes — and many may not even know it. National Diabetes Month, in November, is a time to raise awareness about diabetes as a health concern and encourage people to take charge of their health. Diabetes is a long-lasting, or chronic, disease that affects how your body turns the food you eat into energy. Your body breaks down most of the food you eat into sugar, or glucose. The increase in sugar tells your pancreas to release insulin. Insulin is needed for the cells in your body to be able to use the sugar as energy. If you have diabetes, your body doesn't make enough insulin or can't use it as well as it should. Then, too much sugar stays in your bloodstream instead of becoming energy and being used. Over time, the build-up of sugar in your blood can cause serious health problems like heart disease, kidney damage, and vision loss.

Continued on the next page 




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There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices.

➔ **Continued from the previous page**

There are many potential risk factors for diabetes. For type 1 diabetes, the most common risk factors are family history of diabetes and age. Type 1 diabetes doesn't usually happen because of lifestyle factors, but instead is associated with an immune system response that most often occurs in young children or teens. For type 2 diabetes, the following are common risk factors:

- Overweight or obesity
- 45 or older
- A parent or sibling with type 2 diabetes
- Physically active less than three times a week
- Have non-alcoholic fatty liver disease (NAFLD), now called metabolic dysfunction-associated steatotic liver disease (MASLD)
- Had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds

There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices. That is why it is so important to know the signs and risk factors and to receive a diagnosis and treatment plan quickly. You can't change some risk factors like age and family medical history. However, there

are some things you can do to reduce your risk of prediabetes, type 2 diabetes, or gestational diabetes. Some behavior changes to lower your risk include:

- Increasing physical activity,
- Eating a healthy diet, and
- Losing weight if you are overweight.

Small, gradual changes can make a big difference in lowering your risk of prediabetes, type 2 diabetes, or gestational diabetes, and improving your overall health and wellness. It's never too late or too early to get started.

If you have been diagnosed with prediabetes or believe you have multiple risk factors listed above, talk with your doctor about what you should be doing to decrease your risk of developing diabetes and increase your overall health.

REFERENCE:

<https://www.cdc.gov/diabetes/about>

**ADULT
HEALTH BULLETIN**

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





Country Ham and Broccoli Grits

1 tablespoon olive oil

1 pound fresh broccoli florets

½ cup minced onion

¾ teaspoon crushed red pepper flakes

2 cloves minced garlic

4 cups 1% milk

1 cup uncooked quick grits

1 cup 2%, shredded cheddar cheese

6 ounces country ham, cut into ½ inch pieces

1 large egg, beaten

Salt and pepper to taste

1. Preheat oven to 375°F.

Coat 13x9x2 inch baking dish with cooking spray. **Heat**

olive oil in a frying pan. **Sauté** broccoli, onion, garlic and red pepper flakes until vegetables are tender. About 5 minutes.

Set aside.

2. Heat milk to a boil in a large saucepan. Slowly, **whisk** in grits. **Reduce heat** and stir continuously until thickened.

Reserve 2 tablespoons of the cheese.

3. Remove from heat, stir in

ham, broccoli mixture, cheese, egg, salt and pepper. **Mix** until well blended. **Pour** into prepared baking dish.

4. Sprinkle with reserved cheese. **Bake**, uncovered for 30 minutes, or until top is set and lightly puffed.

Yield: 16, ½ cup servings.

Nutritional Analysis: 120 calories, 3.5 g fat, 1 g saturated fat, 25 mg cholesterol, 370 mg sodium, 13 g carbohydrate, 1 g fiber, 4 g sugar, 9 g protein.

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



LEARN. LEAD. SERVE.



**MAKE PLANS TO ATTEND THE 2025 STATE MEETING
AT HYATT REGENCY LEXINGTON
401 WEST HIGH STREET, LEXINGTON!
MAY 6-8, 2025**