



Powell County Extension News

November, 2022

Cooperative Extension Service
Powell County
169 Maple Street
Stanton, KY 40380
(606) 663-6405
powell.ca.uky.edu

Save the Date!

November 1st

Electric Pressure Cookers at 5:30 p.m.

November 2nd

Laugh and Learn

November 2nd

Stories, Songs, and Stretches

November 4th

Cook Together, Eat Together

November 5th

Fall Basket Workshop

November 7th

Sustainable Kentucky

November 8th

Homemakers Meeting
4-H Livestock Club

November 9th

4-H Robotics Team Meeting

November 10th

Janet Ford's Painting Class

November 12th

Surviving the Holiday

November 14th

Sustainable Kentucky

November 15th

4-H Art Club

November 16th

Robotics Team Meeting

November 18th

Poinsettia Order Deadline

November 19th

Quilt Club

November 21st

Sustainable Kentucky

November 22nd

4-H Cloverbud Club

November 24th & 25th

Extension Office Closed

November 30th

Robotics Team Meeting





4-H Youth Development



Emilee Hager

Emilee Hager

Powell County Extension Agent
4-H Youth Development

emilee.hager@uky.edu

4-H Art Club : Meets on the 3rd Tuesday of each month 5:30 pm @ Powell Co. Extension Office Ages 5-18 are welcome, call the office to sign up!

Next Meeting: November 15th

4-H Cloverbud Club: Meeting the 4th Tuesday of each month from 5:30 to 6:30 @ Powell Co. Extension Office Ages 5-8 are welcome, use this link to sign up! https://uky.az1.qualtrics.com/jfe/form/SV_bln30TGO0AMcF1Q

Next Meeting: November 22nd

Teen Cooking Club: open for 6th - 12th grade students (students can ride bus to the office from school) We will meet on 1st Tuesday of each month 4-5:30 PM call 663-6405 to sign up!

Next Meeting: November meeting is CANCELLED; December 6th will be our next meeting.

4-H Basics

The 4-H Symbol

A green 4 leaf clover with a white "H" on each of its leaves.



The 4-Hs

HEAD

HEART

HANDS

HEALTH

MOTTO

"To Make the Best Better"

SLOGAN

"Learn by Doing"

PLEDGE

I pledge my head to clearer thinking, My heart to greater loyalty, My hands to larger service, And my health to better living, For my club, my community, my country and my world.

COLORS

Green and White

Green represents springtime

White represents innocence



POWELL COUNTY 4-H

VOLUNTEERS NEEDED

interested in cooking, camp, leadership, outdoor adventure, or livestock?

JOIN US!

Find out how you can lead a club or volunteer with us today!



emilee.hager@uky.edu 606-663-6405



Teen Cooking Club



open for 6th - 12th grade students

(students can ride bus to the office from school)

We will meet on 1st Tuesday of each month 4-5:30 PM

call 663-6405 or use the link to sign up!

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Enroll in Kroger's FREE Community Rewards Program:

- Have your Kroger Plus Card ready!
- Visit kroger.com/communityrewards
- Sign in to your online Kroger Plus Card account, update, or create one
- Scroll down to ENROLL NOW in the Community Rewards Program
- Find POWELL COUNTY 4-H Council, select, and save/enroll to complete

Powell County 4-H's NPO # is ER490



REMINDER



4-H ART CLUB ON 3RD TUESDAY OF EACH MONTH 5:30 PM

**AGES 5-18 ARE WELCOME!
169 MAPLE STREET
POWELL CO. EXTENSION OFFICE**

Call 606-663-6405 to sign up!
emilee.hager@uky.edu



I Pledge

my **HEAD**
to clearer thinking,

my **HEART**
to greater loyalty,

my **HANDS**
to larger service, and

my **HEALTH**
to better living, for

my **Club, my Community,**
my **Country,**
and my **World.**

POWELL COUNTY 4-H

4-H

cloverbud club

For
Ages 5
to 8

Fun & Creative
Activities

Meeting the 4th
Tuesday of each
month
5:30 to 6:30

at Powell County Extension
Office, 169 Maple Street

interested in leading this
club??

- contact the office
today!

Register
Today!



For more information:
emilee.hager@uky.edu
Call 606-663-6405



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College of Agriculture,
Food and Environment
Biosystems and Agricultural Engineering



College of Agriculture,
Food and Environment
Cooperative Extension Service

PRESENTS

BE A STAR NIGHT

**BIOSYSTEMS ENGINEERING AND AGRICULTURE:
SCIENCE, TECHNOLOGY, AND APPLIED RESEARCH**

**NOVEMBER 9TH, 2022
6:00 P.M. – 7:30 P.M.**

**POWELL COUNTY COOPERATIVE
EXTENSION OFFICE**

169 MAPLE STREET, STANTON, KY 40380

**HANDS ON ACTIVITIES WITH EXPERTS IN THEIR FIELD!
EXPLORE YOUR FUTURE IN STEM BY VISITING:**

**THE DRONE ZONE
BREADBOARD BATTLESHIP
GEARIN' N REARIN' TRACTORS**

VISIT EACH BOOTH AND WIN A DOOR PRIZE!

**SCAN TO RSVP by 11/7/22 & WIN
A CHANCE TO WIN AN EXTRA
PRIZE. WALK-INS ARE WELCOME!**



Questions? Call us at 663-6405 or email emilee.hager@uky.edu

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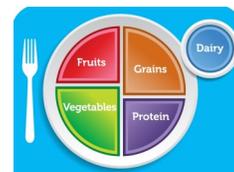
Supplemental Nutrition Assistance Program



Nutrition

In this Sheet Pan Dinner recipe you'll get lots of protein which functions as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.

All vegetables have different amounts of vitamins and nutrients. Using a variety of vegetables in this dish means getting a wider range of different vitamins and nutrients.



Cooking Tips

You can easily double this recipe by using two baking sheets and this is also a great make-ahead meal that can serve as lunches throughout the week.

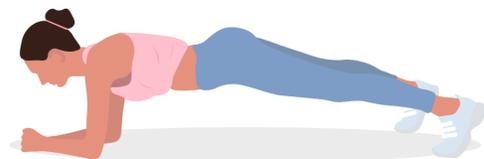
Don't hold back on veggies! Use up what is already in the refrigerator and see how different combinations change the flavor. When teaching knife skills to kids, start with items that are softer and easier to cut. For example, a zucchini is much easier and safer for kids to cut than a sweet potato.

Physical Activity Tip:

"Planksgiving" 30 days of thanks and planks

Thanks: create an attitude of gratitude by writing down something you are thankful for each day.

Planks: strengthen your core by engaging multiple muscle groups at the same time.



*Remember to get at least 30 minutes of physical activity daily!

(Doesn't have to be all at one time. Five or ten minutes here and there to add up to 30 minutes works as well.)

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Recipe of the Month

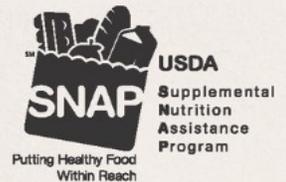


Recipes from the
2022 Food And Nutrition
Recipe Calendar



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

SHEET PAN DINNER



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

- 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

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



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FAMILY AND CONSUMER SCIENCES

Building strong families. Building Kentucky. It starts with us.



Kendyl Redding

Kendyl Redding
Powell County Extension Agent
for Family and Consumer Sciences
Kendyl.redding@uky.edu



Christine Randall, Brenda Salyers, Sue Reynolds, Regina Mulcahy, Jane Murphy, and Kendyl Redding (not pictured) attended the Bluegrass KEHA Area meeting in October in Madison Co.

Ovarian Cancer Screening

For those who signed up for ovarian cancer screening on November 15th, we will meet at the Extension office at 8:30 a.m., have lunch at the Cheesecake Factory, then go to the screening at 1 p.m.



**WE WILL BE
CLOSED**
ON NOVEMBER 24TH & 25TH FOR
THANKSGIVING

CLAY CITY
Homemakers
will meet November 8th at
Natural Bridge Lodge at 11 am.
We will meet at the Extension
Office and carpool to the Lodge.



COOPERATIVE EXTENSION

University of
Kentucky
College of Agriculture,
Food and Environment



Sustainable Kentucky

Shopping, Preparing and Eating Foods for Environmental *and* Human Health

Receive recipes and explore food habits for your health and the environment in this 3-part program. We'll explore sustainable foods from production through consumption.



Healthy and sustainable food habits are:

| Protective and respectful of biodiversity and ecosystems | Culturally acceptable | Accessible |
| Economically fair and affordable | Nutritionally adequate | Safe and healthy |

5:30—7:00 p.m. at the Powell County Extension Office

Monday, Nov. 7, 2022—*A Win-Win for Our Health and the Environment*

Feed People, Not Landfills

Monday, Nov. 14, 2022—*Your Community, Your Food*

Mindful MyPlate

Monday, Nov. 21, 2022—*Be a Savvy Sustainable Shopper*



Powell County Cooperative Extension
Call 606-663-6405 to register or
follow QR link.
Please plan to attend all sessions.

Note: This series is a pilot test of a new curriculum being developed by University of Kentucky Cooperative Extension. You'll receive incentives for each session attended and be asked to complete evaluations throughout the series.

Puzzle Pieces



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Agriculture and Natural Resources
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Disabilities accommodated with prior notification.



Holiday Basket



WORKSHOP



DECEMBER 3, 2022

POWELL COUNTY EXTENSION OFFICE

9:30 AM - 4:00 PM

CREATE YOUR OWN 9X6 INCH BASKET!

COST: \$25

REGISTRATION REQUIRED. SPACE LIMITED



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FREE EVENT!



A Cooking Social!

COOK TOGETHER EAT TOGETHER

At this fun cooking event you will:

- Cook with your kids (ages 4-8)
- Get tips that make cooking fast, fun and delicious
- Learn how to make healthy and affordable recipes
- Receive recipes to make vegetables "taste as good as a French fry"
- Get special tips on family meals, leftovers and "less mess" cooking
- Share shopping tips for buying healthy food on a budget
- Get the scoop on shopping at farmers markets



This project was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

DATE: First Friday of each month beginning Sept 2

LOCATION: Powell County Extension Office

TIME: 5:30-7:00 p.m.

CONTACT: Kendyl Redding, 606-663-6405



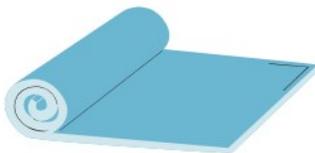
November 2nd, 10:30 am
Theme: Cars and Trucks
Powell County Public Library



**Come laugh and learn with your
0- to 2- year old child(ren).**

Join us for Laugh and Learn Playdate every month at the Powell County Public Library. This program engages you and your child in playful activities that are designed to prepare them for kindergarten. Adults and children will hear stories, sing songs, make crafts, and play games. Mark your calendar and join us each month so you and your child can together build the skills they need to best prepare them for school.

November 2nd, 11:30 am
Powell County Public Library



Join us for Stories, Songs, and Stretches every month at the Powell County Public Library. This program helps your child develop early learning skills through yoga-inspired movement. For children ages 3-6 and their adult caregivers.



SURVIVING THE HOLIDAZE

Coping with Grief and Loss During the Holidays

November 12, 2022

4:00 – 5:30 PM

Powell County Extension Office



While the holiday season can be a time with family and friends, for many, it is a time of pain and loneliness because of the deep grief we experience from the loss of a loved one. We will talk about the stages of grief, how to cope with that grief, and the local resources that are here to help.

Refreshments will be provided as well as, goody bags, and drawings for \$50 gift cards.

Presenters include:

Dana Conn, Licensed Clinical Social Worker, Raven Rock

Tamara Stewart-Mays, Masters in Rehabilitation Counseling

Event Sponsors:

Clay City Church of God
Hospice East
Powell County Extension Office
Raven Rock Health and Wellness
Wells Funeral Home



Clay City Church of God



Wells Funeral Home
Est. 1961



RAVENROCK
Health & Wellness



College of Agriculture,
Food and Environment
Cooperative Extension Service



HOSPICE EAST

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>

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PARENT CORNER

Prevent family illness this winter

During 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

Some 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

You 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

