

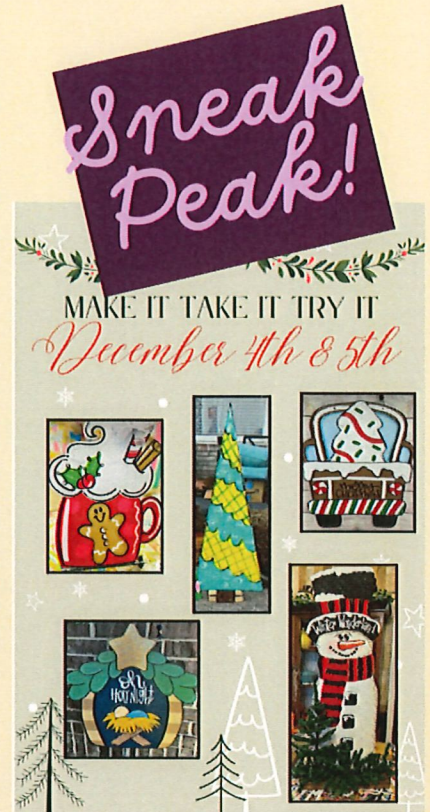
**FAMILY & CONSUMER SCIENCES
NEWSLETTER ~ FALL 2024**

October is breast cancer awareness month

The St. Elizabeth Mobile Mammography Unit will be at the Bracken County Extension Office parking lot Oct 23rd & Oct 29th. Screenings are covered by Medicare, Medicaid & most insurances. To schedule an appointment call 859-655-7400.

Fall is finally in the air! We have been very busy planning some interesting programs here at the office. Our fall calendar is already filling up quickly & we are thinking ahead to winter! Here is a SNEAK PEAK of our December Make it Take It Try It! We will begin taking registrations at the end of October!

Shannon Smith



**THE BRACKEN COUNTY
HOMEMAKERS WILL ONCE AGAIN
SPONSOR A HOLIDAY GIFT BASKET
FUNDRAISER!**

**TICKETS ARE ONLY \$1 EACH &
CAN BE PURCHASED AT THE
EXTENSION OFFICE OR FROM ANY
BRACKEN COUNTY HOMEMAKER!
DRAWING WILL BE HELD
DECEMBER 4TH!
~TICKETS WILL BE AVAILABLE
THURSDAY OCTOBER 10TH~**

**BRACKEN COUNTY HOMEMAKERS
Gift Card Basket Fundraiser**

TICKETS \$1 EACH!

1 **BRIFE-SIDERS CLUB**
FESTIVE SNOWMAN WREATH
\$25 DOLLAR GENERAL GIFT CARD
\$25 HOBBY LOBBY GIFT CARD
\$25 RURAL KING GIFT CARD
\$25 HARBOR FREIGHT GIFT CARD
\$25 LOVES GIFT CARD
\$25 WALMART GIFT CARD

2 **COUNTRYSIDE CLUB**
(\$250 VALUE)
OLIVE GARDEN, DESHA'S, APPLEBEE'S, SUBWAY, CRACKER BARREL, BOB EVANS, LAROSA'S, GOLDSTAR, TUMBLEWEED, LONGHORN

3 **HORIZON CLUB**
HOLIDAY SNOWMAN
\$25 BOB EVANS GIFT CARD
\$25 KROGER GIFT CARD
\$25 MARSHALL'S GIFT CARD
\$25 LOVES GIFT CARD

4 **EARNERLETTS CLUB**
LONGBERGER BASKET W/ LINERS & LID
GINGERBREAD HOUSE
YANKEE CANDLE
2 SNOWMAN TEA TOWELS,
2 CHRISTMAS STOCKINGS,
CHIRMAS BELL, MUSICAL
CARDINAL SNOW GLOBE, 2
OVEN MITTS, BATTENLACE
CHRISTMAS TABLECLOTH,
SNOWFLAKE PILLAR
CANDLE & PLATE, CANDLE
NIGHTLIGHT
\$25 PASQUALES GIFICARD
\$25 AUGUSTA GENERAL
STORE GIFT CARD
\$25 DUNKIN DONUTS GIFT
CARD
\$25 HOBBY LOBBY GIFT
CARD

**DRAWING WILL BE
DEC. 4TH!
PROCEEDS BENEFITS
THE BRACKEN
COUNTY
HOMEMAKER
SCHOLARSHIP FUND.**



Upcoming Events!



Meals Made Easy Series

\$5 PER CLASS

6:00 PM

BRACKEN COUNTY EXTENSION OFFICE

| CLASS SCHEDULE | DATE |
|--------------------|---------------|
| Sheet Pan Meals | October 1st |
| Biscuits and Bread | November 12th |
| Holiday Candies | December 9th |
| Appetizers | January 28th |
| Trending Meals | March 18th |
| Cooking with Eggs | April 15th |
| Grilling | June 3rd |

Please register for each class by the Friday before the class by calling the office at **(606)-735-2141**

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



Lunch & Learn Series

11:30-1:00

FREE Light lunch will be served

at Bracken County Extension Office

| | | |
|--|--|---|
| SEPTEMBER 25 DISASTER PREPAREDNESS | OCTOBER 23 BREAST CANCER AWARENESS | NOVEMBER 6 FOOD SAFETY |
| DECEMBER 18 SURVIVAL OF THE HOLIDAYS | JANUARY 15 HEART ATTACK AND STROKE, TALKING WITH YOUR DOCTOR | FEBRUARY 5 HEALTHY EATING AND MOVE FOR LIFE |
| MARCH 19 FRAUD, HOME SAFETY | APRIL 16 FIRST STEPS RECOGNIZING MISSED MILESTONES | MAY 21 ESTATE PLANNING |

Please register by scanning QR code or call the office at **(606)-735-2141**



Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT




ALL ABOUT VANILLA!

Join us at Bracken County Extension Office for a class to learn about vanilla, how to make vanilla extract, and even try a couple of different recipes that involve it!

PLEASE CALL **(606) 735-2141** TO REGISTER, DEADLINE IS **DECEMBER 11TH!**

December 16th, 6:00 PM

1120 Brooksville-Germantown Rd, Brooksville, KY 41004

If you want to make vanilla extract, you must bring at least 8 oz of either Vodka or Bourbon!

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT





STAY SAFE DURING TAILGATING SEASON

Source: Annhall Norris, food preservation extension specialist



Tailgating has been a sporting tradition for decades. For many fans, football and tailgating go hand in hand. However, poor food handling procedures at your tailgating party could result in a foodborne illness. Take the following precautions to keep you and your visitors safe from foodborne illnesses.

Wash your hands or use hand sanitizer. Parking lots don't have access to running water so bring your own hand-wash station. Portable water jugs with a spigot can be found in the drinking water aisle of most grocery stores. Bring along liquid soap, paper towels and a bucket to catch wastewater. Wash your hands before and after preparing food and especially after using the portable restrooms. Always wash your hands before eating and encourage your tailgating friends to wash their hands before eating too.

Keep cold foods cold. Perishable food should be kept at temperatures below 40 degrees F. Use insulated coolers and plenty of ice or frozen gel packs to keep meat, poultry, sandwiches, dairy and deli salads cold. If you plan on grilling, keep the raw meat separated from ready-to-eat products and drinks. Use two coolers and designate one for raw ingredients and one for ready-to-eat.

Keep hot foods hot. Cooked foods should stay above 140 degrees F. Food can be kept hot in disposable pans on the grill. Insulated containers or Sterno heaters can also be used to keep casseroles and other cooked foods hot. If electricity is available, slow cookers are a great option for keeping foods like chili and homemade dips hot. When grilling, use a metal-stemmed thermometer to ensure your meats reach the correct internal temperature before taking them off the grill. All poultry should be cooked to 165 degrees F and ground meats like burgers should be cooked to 160 degrees F. Roasts, steaks and chops of beef, pork, lamb and veal should be cooked to 145 degrees F. Hot dogs and bratwurst should be cooked to 165 degrees F. Never use color as an indicator of doneness.

Eat prepared food within two hours. If the outside temperature is higher than 90 degrees, consume the food within an hour.

Once you're finished with the pre-game celebrations, remember to throw away leftovers in trash cans with plastic liners and lids before heading into the stadium.

After returning home, clean and sanitize all your food preparation equipment including coolers, thermometers and utensils.

Apple Basics

Shop and Save

- Look for apples that are firm and do not have broken skin, bruises or soft spots.
- Apples are harvested between August and November, but are available year round. During harvest time, apples may cost less and be more crisp.
- Farmers markets and farm stands may have local varieties that you can taste before buying.

Apples provide vitamin C,
potassium and fiber.
Eat the peel for more fiber.



Some Popular Varieties of Apples



Braeburn

Sweet-tart flavor and crisp texture; good fresh or cooked



Honeycrisp

Crisp, sweet and juicy; excellent fresh or cooked and can be frozen



Pink Lady (Cripps Pink)

Sweet-tart flavor and firm, crisp texture; excellent fresh or cooked, very good for freezing



Fuji

Crunchy and super sweet; good fresh, cooked or frozen



Granny Smith

Crunchy and tart; good fresh, cooked or frozen



Golden Delicious

Crisp, sweet and mellow with a tender skin; stays white longer after cutting; excellent for all purposes



Gala

Crisp and very sweet; good fresh or cooked but not recommended for freezing



Red Delicious

Crunchy texture and mildly sweet flavor; deep red skin adds color; best used fresh



Store Well Waste Less

- Whole apples can be stored at room temperature for a few days. They can be stored in the refrigerator in a crisper drawer or open bag for up to 6 weeks.
- Apples that are starting to shrivel can be used in cooking.
- Apples tend to brown after they are peeled or cut. Browning is not harmful. To keep cut apples looking fresh for a few hours, dip the cut pieces in lemon or orange juice and refrigerate in a covered container.
- Refrigerating cut apples in a container of water also keeps them white, crisp, and ready to eat.



Pumpkin Apple Muffins

| | | |
|------------------------------|--------------------------|--|
| 1½ cups all-purpose flour | ½ teaspoon ground ginger | 1½ cups fresh pureed pumpkin |
| 1¼ cups whole-wheat flour | ½ teaspoon ground nutmeg | ½ cup canola oil |
| 1¼ teaspoons baking soda | 1¼ cups honey | 2 cups Granny Smith apples, finely chopped |
| ½ teaspoon salt | 2 large eggs | |
| 1½ teaspoons ground cinnamon | | |

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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



KEHA 2025
STATE
MEETING
MAY 6-8, 2025



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2024

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THIS MONTH'S TOPIC: CARING FOR YOUR CLOTHING CAN SAVE YOU MONEY

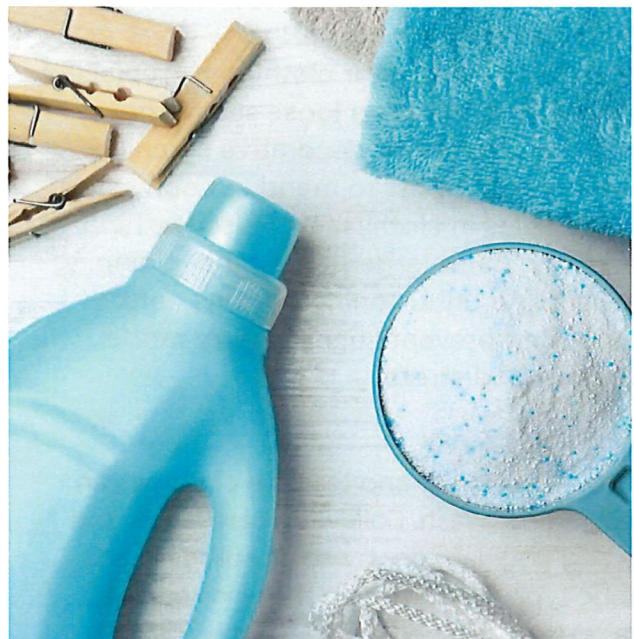
Buying clothing that is easy to care for can save money and time in the long run. Here are a few money-saving tips to consider to extend the life of your clothes.

START WITH QUALITY BASICS

Today's market provides inexpensive clothing that is often cheaply made with lower quality materials. These items can serve their purpose, but don't be tempted to purchase the \$3 T-shirts in every color. Sometimes we're better off buying fewer, higher priced T-shirts that will last longer. Shopping at second-hand stores is a good way to save money on well-made clothing because it's easy to spot items that have held up after repeated wearing and washing.

APPLIANCE CHECKUP

If you own your washer and dryer, refer to the owner's manual for tips on how to keep them in good, working order. For maximum efficiency, don't overload the washer, and keep the dryer filter and vent free from lint. You may be tempted to dry clothes on a high temperature so they dry faster, but the heat can damage clothing. Instead, use a lower temperature and hang a few items to dry while they are still damp. This can cut down on wrinkles, too!



TREAT STAINS TODAY

Stains that have set in for several days are harder to remove. So the sooner you treat a stain, the better. Effective treatment methods depend on the type of stain. For example, oily stains are best removed with detergent and hot water. Refer to the American Cleaning Institute's stain guide at <https://www.cleaninginstitute.org/cleaning-tips/clothes/stain-removal-guide> for more information on how to treat specific stains.

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

WHEN POSSIBLE, TRY TO FOLLOW THE ITEM'S CARE LABEL.



MEND BEFORE YOU WASH

Extend the life of your clothing by replacing lost buttons, stitching loose seams, or applying patches or decorative stitching over holes. It's best to mend as soon as you notice holes in clothing because washing can make holes larger. Additionally, zipping zippers and unbuttoning buttons before laundering prevents unnecessary fabric abrasion and stress.

SORTING SAVVY

A lot of the "wear and tear" on clothing can occur in the wash. Following care labels and sorting your laundry by color, soil level, and fabric type (and washing these in separate loads) is recommended for best results. Sorting this way helps clothing look newer longer by helping the sensors in the washer clean effectively. It also helps the dryer run most efficiently, which is gentler on your clothing and can save on energy costs. When possible, try to follow the item's care label.

LIMIT LAUNDRY PRODUCTS

Keep it simple with a quality liquid detergent, a basic stain removal spray, and powdered oxygen bleach. Use according to the directions. Detergent pods may seem convenient, but they are usually more

expensive per load, and you're not able to control the dosage. Using a little bit of white vinegar – in place of fabric softener – is an economical way to keep your clothes fresh.

COLD WATER CAUTIONS

Yes, washing everything in cold water may save on electricity, but cold water does not clean everything effectively. Although there are laundry detergents that claim they are formulated to clean in cold water, it's important to note this refers to water that is between 60 degrees F and 80 degrees F. Sometimes our "cold water" washer setting is below 60 degrees F – especially in the winter. In this case, a cold-water setting might not thoroughly clean heavily soiled items.

CHANGE OR WEAR MORE THAN ONCE

Don't just toss your clothes on the floor at the end of the day. Change out of your "nicer" clothes when doing chores or just hanging out at home. You can wear many of your items several times between launderings. Hang up or neatly set aside clothing you can wear again.

RESOURCES

Cleaning Tips. <https://www.cleaninginstitute.org/cleaning-tips/clean-clothes>

Clothing Repair. <https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/ct-mmb-147.pdf>

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Cooking with kids

Build Your Own Ramen

- 1 PACKAGE RAMEN NOODLES (ANY FLAVOR)
 - 2 CUPS WATER
 - 1 CAN (5 OUNCES) CHICKEN OR TUNA
 - 1 CUP MIXED VEGETABLES OR A VEGETABLE OF YOUR CHOICE
- SEASONING OF YOUR CHOICE (GARLIC POWDER, ONION POWDER, ITALIAN SEASONING, LEMON PEPPER, OR ALL-PURPOSE SEASONING.)

1. WASH HANDS WITH WARM WATER AND SOAP, SCRUBBING FOR AT LEAST 20 SECONDS.
2. PREPARE RAMEN IN A MICROWAVE (OR STOVETOP) ACCORDING TO PACKAGE INSTRUCTIONS.
3. ADD CHICKEN OR TUNA AND VEGETABLES AND HEAT FOR 30 SECONDS TO 1 MINUTE IN THE MICROWAVE UNTIL HEATED THROUGH.
4. NOTE: IF USING THE SEASONING PACKET INCLUDED IN THE PACKAGE, TRY USING ONLY HALF OF THE FLAVOR PACKET AND ADDING YOUR OWN SPICES.
5. STORE LEFTOVERS IN THE REFRIGERATOR WITHIN 2 HOURS.

TIPS: AVOID FOOD WASTE BY USING LEFTOVER ROTISSERIE OR BAKED CHICKEN. MAKE IT A FAMILY FUN NIGHT BY BEING IN THE KITCHEN TOGETHER AND LETTING EVERYONE CHOOSE WHAT VEGGIES AND PROTEIN TO INCLUDE.

MAKES 1 SERVING - SERVING SIZE: 1 RAMEN BOWL

NUTRITION FACTS PER SERVING:

240 CALORIES; 4 G TOTAL FAT; 1 G SATURATED FAT; 0 G TRANS FAT; 45 MG CHOLESTEROL; 710 MG SODIUM; 31 G TOTAL CARBOHYDRATE; 3 G FIBER; 3 G TOTAL SUGARS; 0 G ADDED SUGAR; 21 G PROTEIN; 0% DAILY VALUE VITAMIN D; 4% DAILY VALUE CALCIUM; 10% DAILY VALUE IRON; 6% DAILY VALUE POTASSIUM

SOURCE: [HTTPS://WWW.PLANEATMOVE.COM/ RECIPES/RECIPE/BUILD-YOUR-OWN-RAMEN](https://www.planeatmove.com/recipes/recipe/build-your-own-ramen)