

# FAMILY & CONSUMER SCIENCES NEWS

## JANUARY 2025

### A MESSAGE FROM YOUR FCS AGENT:

I hope everyone had a joyful holiday season and is staying safe as we brace for the winter weather heading our way! As we look ahead to a new year, I'm excited about the Family and Consumer Sciences programming and all that's in store for our Homemakers groups. I'm truly grateful for all the support and encouragement I've received over the past few months. I'm excited to see what we can accomplish together in the year ahead and look forward to continuing to serve Fleming County!

### Take a look inside to see important upcoming dates!

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### Fleming County Office

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*Katie Fryman*



## Homemakers News

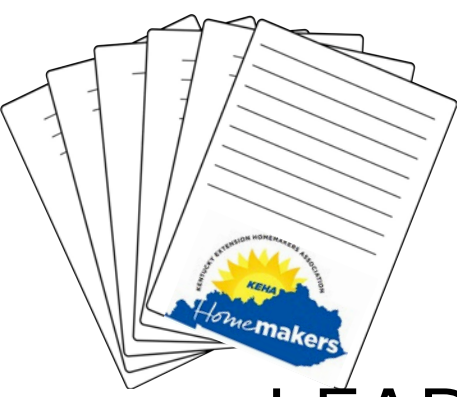
### January Meetings:



- **January 13th-** Neighborhood Kids Club, 6:00pm @ FCEO
- **January 14th-** Yarn Club, 6:00pm @ FCEO
- **January 16th-** Country Neighbors, 6:00pm @ the FCEO
- **January 21st-** Hillsboro Homemakers, 12pm @ Hillsboro Christian Church
- **January 27th -** Treasures of the Heart, 6pm @ FCEO
- **January 28th-** Baby Quilt Making Day, 9am-4pm @ FCEO

### UPCOMING!

- LRA Council Meeting @ Bracken County Extension 10:00am
- **LRA Leadership Lessons - February 4th, 2025 10:00am @ Mason County Extension Office (please see the flyer for more information)**
- **May 6-8 2025 - KEHA State Meeting, Hyatt Regency Lexington**



# Licking River Area

## LEADERSHIP TRAINING DAY

**Tuesday, February 4, 2025 (snow date February 25)**

**Beginning at 10:00am**

**800 US HWY 68, Maysville, KY 41056**

Join us at the Mason County Cooperative Extension Office for the biannual Leadership Lesson Training. This day is for any and all Homemakers. It's a fun (**FREE**) day of learning new educational lesson material for the year. The training also includes leadership development training and program sharing with other Homemakers.

Call your local Extension Office to register.

**Register by  
January 24!**

*At least 1 member from each club is encouraged to attend.*

### Lessons Include:

**Estate  
Planning  
Basics**

**Healthy  
Eating  
Around  
the World**

**Self-Care  
&  
Self-  
Pampering**

#### 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 40506



Disabilities  
accommodated  
with prior notification.

# Homebased Microprocessing Workshop

Homebased Microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

**\$50**  
Fee

**January 17, 2025**

**9:30 a.m. - 2:30 p.m.**

**Fleming County Extension Office  
1384 Elizaville Road  
Flemingsburg, KY 41041**

To register & for additional  
dates/locations:  
[ukfcs.net/HBM](http://ukfcs.net/HBM)

**606-845-4641**

**[katie.fryman@uky.edu](mailto:katie.fryman@uky.edu)**

 **Cooperative  
Extension Service**

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506





# Cooking Through the Calendar

**JOIN US FOR A FREE COOKING DEMO AND TASTING WITH TIPS ON BALANCED MEALS, SMART GROCERY SHOPPING, AND FOOD SAFETY!**

**JANUARY 21ST, 2025**

**HILLSBORO CHRISTIAN CHURCH**

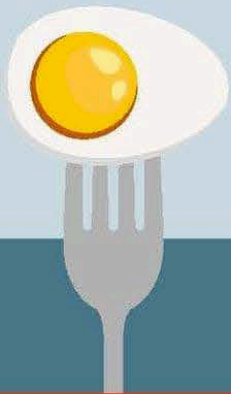
**11:00AM-12:00PM**

**JANUARY RECIPE: SPLIT PEA SOUP**

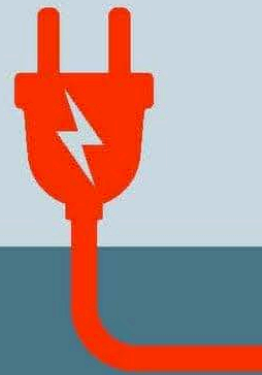


**606-845-4641 or [katie.fryman@uky.edu](mailto:katie.fryman@uky.edu)**





# Eat Safe Food after a Power Outage



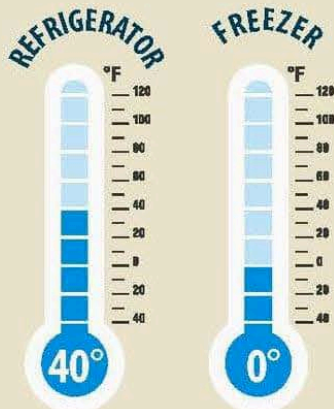
Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

## Before

Keep appliance thermometers in your refrigerator and freezer.

The refrigerator should be at 40°F or below.

The freezer should be at 0°F or below.

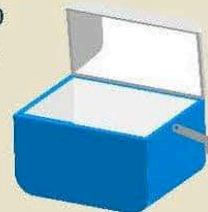


## Prepare for emergencies or natural disasters



Freeze containers of water and gel packs to help keep your food at 40°F or below.

Have a cooler handy.



Buy dry ice or block ice to keep food cold in the refrigerator if the power might be out for a long time.

## During

**KEEP**  
Refrigerator  
& Freezer Doors  
**CLOSED**



**4**  
Hours  
in a  
Refrigerator



**48**  
Hours  
in a  
**FULL**  
Freezer



**24**  
Hours  
in a  
**HALF-FULL**  
Freezer

After 4 hours without power, put refrigerated perishable foods in a cooler. Add ice or another cold source to keep them at 40°F or below.

## After

Never taste food to determine if it is safe to eat. **When in doubt, throw it out.**

- **Throw out perishable food** in your refrigerator (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) **after 4 hours without power** or a cold source.
- Throw out any food with an **unusual odor, color, or texture.**
- **Check temperatures of food** kept in coolers or your refrigerator with a cold source. Throw out food above 40°F.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40°F or below.
- You can **safely refreeze or cook** thawed frozen food **that still contains ice crystals** or is at 40°F or below.




[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)



# JANUARY

## january

S M T W TH F S

			1	2	3	4
						
5	6	7	8	9	10	11
12	<p>6PM- NEIGHBORHOOD KIDS CLUB @ FCEO - VIOLET BARBEE</p>	<p>6PM- YARN CLUB @ FCEO</p>	15	<p>6PM- COUNTRY NEIGHBORS @ FCEO - VIOLET BARBEE</p>	<p>9:30AM-2:30AM HBM WORKSHOP</p>	18
19	 OFFICE IS CLOSED	<p>11AM- CTTC HILLSBORO</p> <p>12PM-HILLSBORO HOMEMAKER MTG- GLENNA PETERSON</p>	22	23	24	25
26	<p>6PM- TREASURES OF THE HEART FCEO / SUSAN WOOD</p>	<p>9AM-4PM BABY QUILT MAKING DAY</p>	29	30	31	

One day at a time.

# ADULT

# HEALTH BULLETIN



**JANUARY 2025**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Fleming County Extension Office  
1384 Elizaville Rd  
Flemingsburg, KY 41041  
(606) 845-4641

## THIS MONTH'S TOPIC

# STEP INTO NATURE: WINTER EDITION



**W**inter can feel like a dreary time of year — it is often cold, and wet, and gets dark early. Many people struggle with winter blues. There's bleak weather and emotional letdown after the holiday season. There are many reasons people might struggle with mental health during the coldest, darkest months of the year. Weather conditions in combination with low mood can deter people from spending time outdoors. But resist the temptation to hibernate. Instead choose to go outside. It can help your body and mind.

There are many fun outdoor winter activities, from sledding in the snow to skating on ice. But simply going for a walk or taking your daily workout routine outdoors has advantages. You can take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to

**Continued on the next page** ➔



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**Take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to your routine and help you feel even better.**

**➔ Continued from the previous page**

your routine and help you feel even better.

Exercise in general is known to help reduce stress and promote emotional regulation. Exercising outside has the added benefit of regulating sleep-wake cycles. That can help our bodies feel ready to sleep at night and wake in the morning. Many people experience disrupted sleep cycles in winter because of prolonged darkness and fewer hours of sunlight. To reset your body's sleep-wake cycles, try spending time outside in the morning after the sun has risen or in the afternoon before the sun goes down. Limit intense physical activity and screen time in the last two hours before bed. Instead, opt for calming activities like reading, crafting, stretching, meditation, puzzles, or talking with a family member or friend.

Exposure to natural sounds like birds chirping, rustling leaves, and the blowing wind can also help lower blood pressure and reduce negative thoughts. Exercise outside in places with reduced noise pollution and access to natural sounds. This can help your brain process your emotions more easily and regulate your breathing. The Japanese practice of forest bathing, or spending quiet time in heavily wooded areas, emphasizes the importance of time immersed in nature. Those who practice regularly often have lower stress and blood pressure and more stable blood sugar levels.

If you struggle with brain fog and staying on-task in the winter months, breathing in cold, brisk air is also good for mental stimulation, concentration, and mental focus. If you spend lots of time indoors at work in the winter, take breaks outside or walk around your building to help sharpen your focus.

**When exercising outdoors, always remember to dress for the weather:**

- Wear layers to prevent overheating and allow for temperature regulation. Choose wicking layers closest to your body that will pull moisture away from your skin to keep you dry.
- When the air is especially cold or windy, limit your skin exposure. Keep your hands and head covered. Wear a hat, hood, or ear warmers, and gloves.
- Remember your feet. Wear warm, dry socks, and shoes or boots with good grip and traction to prevent slips or falls.

**REFERENCE:**  
<https://www.health.harvard.edu/mind-and-mood/sour-mood-getting-you-down-get-back-to-nature>

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**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.

VOLUME 16 • ISSUE 1

Fleming County Extension Office | 1384 Elizaville Road | Flemingsburg, KY | 41041 | (606) 845-4641

## THIS MONTH'S TOPIC: FORMING HEALTHY FINANCIAL HABITS

Have you ever wished you could change the way you handle money? Learn more about the science of forming habits and how you can use these strategies to improve your finances.

### HOW HABITS ARE FORMED

James Clear, author of *Atomic Habits*, describes habits as behaviors that we repeat so many times they become automatic. There is a four-step process to creating a habit that forms what he calls the "habit loop." Those four steps are:

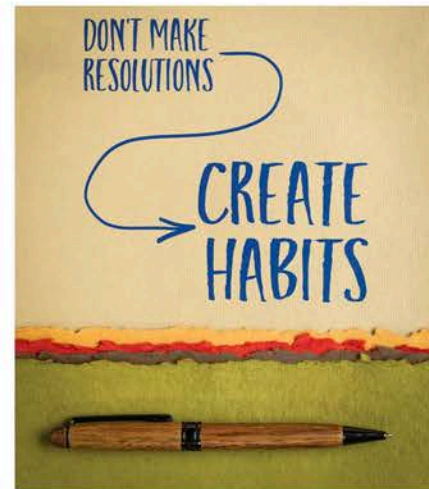
#### Cue → Craving → Response → Reward

The first two steps involve *responding to a problem*. The last two steps involve *arriving at a solution*. By becoming more aware of our habit loops, we can take actions to create a good habit or break a bad habit.

### HABITS AND MONEY

So how do we apply this to personal finance? Think of something you want to change about your money habits. Maybe you want to reduce the number of times you eat out each week. You might accomplish this by going to the grocery store and cooking at home.

First, identify what "cues" you to eat out in the first place. The **cue** may be hunger. For example, you saw a commercial for pizza,



drove past the sign for a delicious sit-down restaurant, or it was 6 p.m. and that is your normal dinner time! The **craving** is for food. The **response** is to buy the food, and the **reward** is that you are no longer hungry.

In order to change this cycle - and the money spent on it - there are things we can do to reinforce a good habit, as well as things we can do to avoid a bad habit. The table below breaks down this dinnertime "habit loop." Namely, you want to make a new habit obvious, attractive, easy, and satisfying. Similarly, you want to make an old habit invisible, unattractive, difficult, and unsatisfying.





Cycle of Habit Loop	Form a Good Habit – <i>Make it ...</i>	Break a Bad Habit – <i>Make it ...</i>
<b>Cue:</b> Hunger	<b>Obvious:</b> Plan ahead. Place the recipe for tonight on the counter or save a picture to your phone.	<b>Invisible:</b> Avoid TV and internet before mealtimes if advertisements trigger you to eat out. Or go home a way that avoids restaurant temptations.
<b>Craving:</b> Food	<b>Attractive:</b> If cooking is a chore, then pair an activity you enjoy with it. Maybe call a friend or listen to music, or an audiobook or podcast.	<b>Unattractive:</b> Give yourself reminders of why you don't want to eat out. Put a picture of what you're saving for in your wallet to remind you not to spend.
<b>Response:</b> Buy food	<b>Easy:</b> Prepare your cooking space the night before, so when you come home from work it's a breeze to get started.	<b>Difficult:</b> Make visiting restaurants more of a chore. Delete apps that allow for restaurant delivery or remove phone numbers for call-ahead orders.
<b>Reward:</b> Full	<b>Satisfying:</b> Reward yourself for sticking to the plan! Prepare a small dessert to complement your meal or plan a fun after-dinner activity.	<b>Unsatisfying:</b> Appoint someone to hold you accountable and remind you of your commitment.

### CHANGING YOUR HABIT LOOPS

Use this blank chart to note a financial habit you would like to create or change. First, decide on the habit, then identify the parts of the cycle in the first column. Finally, brainstorm ways to reinforce a good habit in the second column and/or find ways to make a bad habit less appealing in the third column.

**New Habit:** \_\_\_\_\_

Cycle of Habit Loop	Form a Good Habit – <i>Make it ...</i>	Break a Bad Habit – <i>Make it ...</i>
<b>Cue:</b>	<b>Obvious:</b>	<b>Invisible:</b>
<b>Craving:</b>	<b>Attractive:</b>	<b>Unattractive:</b>
<b>Response:</b>	<b>Easy:</b>	<b>Difficult:</b>
<b>Reward:</b>	<b>Satisfying:</b>	<b>Unsatisfying:</b>

### REFERENCE:

Clear, James. (2018). *Atomic Habits: An Easy and Proven Way to Build Good Habits & Break Bad Ones*. Avery Press.

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



## Roasted Root Vegetables

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<b>6</b> medium beets	<b>1 teaspoon</b> salt
<b>2</b> large sweet potatoes	<b>1 teaspoon</b> black pepper
<b>3</b> parsnips	<b>Dressing</b> (recipe follows)
<b>2 tablespoons</b> olive oil	

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### Dressing

**1/3 cup** white wine vinegar  
**1/4 cup** olive oil  
**2 tablespoons** horseradish  
**1 tablespoon** Dijon mustard  
**2 teaspoons** honey  
**1/2 teaspoon** salt  
**1/2 teaspoon** pepper  
Stir together and set aside.

**Preheat** oven to 400° F.

**Peel** beets, sweet potatoes and parsnips. Cut into 1/2 inch thick cubes.

**Toss** vegetables with olive oil and place in a single layer on a greased baking sheet.

**Sprinkle** with salt and pepper.

**Bake** at 400°F for 20 to 25 minutes, or until tender. Cool. Arrange vegetables on a serving dish and drizzle with dressing.

**Yield:** 6 servings

**Nutritional Analysis:** 210 calories, 10 g fat, 1.5 g sat fat, 3 g protein, 30 g carbohydrate, 0 mg cholesterol, 750 mg sodium, 7 g fiber.

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

