

NEWSLETTER

ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

Robertson County Cooperative Extension
39 E Walnut Street
P.O. Box 283
Mt. Olivet, KY 41064

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IMPORTANT DATES

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Homemaker Meeting	Jan. 20
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HOMEMADE Pretzel w/ Beer Cheese

Join us in making homemade pretzels and beer cheese! These will be a hit at your holiday parties!

THIS MONTH'S TOPIC AVOID WINTER HEALTH RISKS



As winter approaches, temperatures continue to fall and daylight hours diminish. For many, seems like there are more tasks to complete and less time to complete them. It is easy to understand keeping up with your health can be tricky this time of year. Research has shown that illnesses increase the winter, as do injuries related to the cold. There are many things people can do to prioritize their health that do not take lots of extra time, money, or effort.

People spend more time indoors during this time of year, escaping bad weather and attending gatherings with family and friends. Here's how you can protect yourself from extra germs:

- Get a flu shot at least 2 weeks before big gatherings
- Talk to your doctor about vaccines to protect against RSV, pneumococcal disease, and pneumonia,
- Wash your hands when you get home, every time

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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

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Disabilities accommodated with prior notification.

SEE YA
Around Town

Mount Olivet

4-H COOKING CLUB

4-H Cooking club is a great way to help students build healthy habits early on. When children know how to make healthy food choices and can prepare well-balanced meals on their own, they'll be far less reliant on unhealthy, quick and easy options like fast food and pre-packaged foods. Teaching children how to cook makes them healthier by teaching healthy habits, keeps them safe in the kitchen by teaching knife skills and safe kitchen skills and teaching them healthy relationships skills by building friendships that will last a life time. Students this month created Eggroll in a Bowl. Check out the recipe below.



4-H COOKING
Improve Your Culinary Skills

Eggroll in a Bowl

- 1 tablespoon oil
- 1 pound ground turkey or pork
- 2 teaspoons garlic powder
- 1 teaspoon ground ginger
- 1/4 cup low-sodium soy sauce
- 1 bag coleslaw mix (with carrots)
- 1 whole egg

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat oil in a large skillet over medium heat.
3. Add the ground meat to the skillet and break it up until it is

cooked through and has reached an internal temperature of 165 degrees F on a food thermometer. Drain any fat from the meat.

4. Add garlic, ginger, and soy sauce to the meat, and stir to combine.
5. Add coleslaw mix to the cooked meat. Cook until vegetables are tender.
6. Push mixture to the edge of the skillet to make a hole in the middle. Crack the egg in the open area and scramble it until it is cooked through.
7. Stir all ingredients together and serve.

8. Store leftovers in the refrigerator within 2 hours.

Makes 6 servings
Serving size: 1 cup

Nutrition facts per serving: 220 calories; 12g total fat; 3g saturated fat; 0g trans fat; 105mg cholesterol; 480mg sodium; 6g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 23g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium

Source: 2022 KYNEP Food and Nutrition Calendar: Michele Moore, Butler County SNAP-Ed Program assistant senior





Zinnia Frame

UK Cooperative Extension Service **CRAFTS & CRUMBS**

January 27

Robertson County Extension Office

5:00 p.m.

Call to Register 606-724-5796

Limited to 12 Spots

Homemakers \$10.00
Community Members \$15.00

Includes all material and instructions.
Registration must be paid by Jan.10



**Slow Cooker Chicken
Santa Fe Soup**

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Lexington, KY 40506




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HOMEMADE Pretzel w/ Beer Cheese

Join us in making homemade pretzels and beer cheese!
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December 11th @ 5:00 p.m.

Robertson County Extension Office

Limited Seats

Cost \$25.00

Includes supplies and your very own serving kit.



Register Today

606-724-5796



COOKING THROUGH THE CALENDAR

DEC. 12

11 A.M.

Robertson County
Senior Citizen's
Building

Each attendee will receive a free 12 month recipe calendar and will be able to taste-test each dish.

Participants must be 60 years of age to participate.

SLOW COOKER
NAVY BEAN SOUP



ADULT

HEALTH BULLETIN



DECEMBER 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>

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Mt. Olivet, KY 41064
606-724-5796

THIS MONTH'S TOPIC

AVOID WINTER HEALTH RISKS



As winter approaches, temperatures continue to fall and daylight hours diminish. For many, it seems like there are more tasks to complete and less time to complete them. It is easy to understand how keeping up with your health can be tricky this time of year. Research has shown that illnesses increase in the winter, as do injuries related to the cold. There are many things people can do to prioritize their health that do not take lots of extra time, money, or effort.

People spend more time indoors during this time of year, escaping bad weather and attending gatherings with family and friends. Here's how you can protect yourself from extra germs:

- Get a flu shot at least 2 weeks before big gatherings,
- Talk to your doctor about vaccines to protect against RSV, pneumococcal disease, and pneumonia,
- Wash your hands when you get home, every time,

Continued on the next page



**Cough or sneeze
into the crook
of your elbow,
instead of your hands.**



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- Add a small container of hand sanitizer to your vehicle or purse, and/or
- Cough or sneeze into the crook of your elbow, instead of your hands.

In the winter, the air is often drier, which can cause problems for people's skin. You can test the level of moisture in your home with a hygrometer, or air moisture meter. If dry air affects you, try these things:

- Use skin moisturizer with an oil base to prevent evaporation.
- Avoid hot showers; try lukewarm water instead.
- Use a humidifier inside to replace moisture in the air.

People are often home more during cold months as well. While we want our homes to provide warmth and comfort to our loved ones, we do not want to harbor disease. Remind all household members to pitch in and help keep your home healthy:

- Clean high-touch surfaces (door knobs, countertops, handles, and remotes) on a regular basis with a disinfecting cleaner.
- Do not share items for eating like utensils or cups, or personal care items like toothbrushes, face towels, or washcloths.
- Keep your distance from family members who are sick, and wash your hands frequently if you are caregiving for a sick family member.

Extreme cold, snow, and ice can cause extra health concerns. Plan ahead and be prepared for worsening weather conditions:

- Dress for the weather — keep gloves and a hat with your coat.
- Pace yourself with outdoor chores in the cold.
- Wear shoes with grips or thick tread in the snow and ice.
- Keep a blanket and hand warmers in your vehicle for emergencies.

Older adults and young children in particular are at a greater risk for hypothermia, when body temperature gets too low. As people age, bodies become less able to regulate temperature and retain heat. Even temperatures well above freezing can cause hypothermia for some people. Signs of hypothermia include blue or purple lips, fingers or toes, and stiffness in the neck, arms, and legs. Call 911 if you suspect someone is suffering from hypothermia.

REFERENCE:

How does cold weather affect your health? Harvard Health. (2014, November 13). <https://www.health.harvard.edu/staying-healthy/how-does-cold-weather-affect-your-health>

**ADULT
HEALTH BULLETIN**

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



Glazed Butternut Squash with Carrots and Turnips

1 1/2 cups cubed butternut
squash

1 1/2 cups sliced carrots

1 1/2 cups cubed peeled turnips

4 teaspoons oil

1/2 teaspoon salt

1/4 teaspoon pepper

Cooking spray

2 tablespoons maple syrup

5. Bake for 10 minutes.

6. Stir in syrup and bake an
additional 20 minutes.

Yield: 8, 1/2 cup servings.

Nutritional Analysis: 60 calories,

2.5 g fat, 0g sat fat, 1 g protein, 9 g

carbohydrate, 0 mg cholesterol, 170 mg

sodium, 2 g fiber.

1. Preheat oven to 450 degrees.
2. Cut vegetables into 1/2-inch
pieces.

3. Coat a 9 x 13-inch baking dish
with cooking spray.

4. Combine the first 6
ingredients.

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

