

FAMILY & CONSUMER SCIENCE

NEWSLETTER

JANUARY 2025



Starting the year off on a *Delicious* note!

Watch the video for a
QUICK, EASY, and TASTY
meal for the entire family.

Post a picture/video on Facebook
of you/your family preparing and
eating the recipe tagging the Casey
County Extension Office and
WIN A PRIZE!



Families will receive a small prize for each recipe (posted) they try!

For more recipes visit PlanEatMove.com/recipes/.

Reminders

Make sure to follow the Casey
County Extension Office on
Facebook for program dates.

Office hours & programs
make change due to winter
weather this season.

Do you have an idea for a program?

Give us a call 606-787-7384 or
stop by our office located at
1517 S. Wallace Wilkinson Blvd.

We would love to hear from
you on ways we can better
reach our community.



Living On a Few Acres Turning Your Backyard Into a Homestead.

Session 1: Where Do I Start?

January 27th at 2:00pm

Is homesteading for me? What resources are there? How do I decide what I would like to do? We will cover these common questions and more at our first meeting.

Session 2: Establishing Healthy Soils

Homesteading starts from the ground up, literally. We will cover the basics of assessing your soil, reading a soil test, amending poor soils, and supporting healthy soils.

Session 3: Raising Backyard Poultry

We will discuss poultry production for both meat and egg consumption. From breed selection, to the basics of nutrition, care, and other aspects of poultry husbandry.

Session 4: Sheep and Goat Production

Participants will learn about the basics of selecting and raising small ruminants. Topics such as nutrition, breed selection, and proper care will be discussed.

Session 5: Vegetable Gardening

Whether you have a balcony or 15 acres you can grow your own vegetables. We will talk about gardening in small and large spaces.

All sessions will be held at the Casey County Extension Office Educational Building,
1517 S. Wallace Wilkinson Blvd
Liberty, KY 42539

Call 606-787-7384 to register.

PLEASE SHARE AND CONSIDER APPLYING TO BE A CASEY COUNSELOR AT THIS YEAR'S 4-H CAMP!

ATTENTION 15 YEAR OLDS!

Would you like to have a positive impact on our youth?

APPLY TO BE A COUNSELOR-IN-TRAINING (CIT) FOR THIS YEAR'S 4-H CAMP!



Applications will be available at the Casey County Extension Office beginning **February 24th.**

In the meantime, we encourage you to join our 4-H Teen Council on the first Tuesday of the month at 6pm for their monthly meetings. Contact Miss Meagan at 787-7384 for more information.

WE NEED YOU!

WE NEED JUNIOR (16 & 17Y) & ADULT COUNSELORS FOR 4-H CAMP - JULY 21ST - 25TH.



Applications will be available beginning February 24th.

BE A PART OF OUR TEAM & HELP PROVIDE THE BEST WEEK EVER AT THIS YEAR'S 4-H CAMP!

4-H Camp registration for CAMPERS begins on March 31st!

CASEY & PULASKI COUNTY 4-H CAMP 2025

SAVE THE DATE!

21-25 JULY

LAKE CUMBERLAND 4-H CAMP

CONTACT US

CASEY COUNTY: Meagan Foust 606-787-7384 meagan.kive@uky.edu	PULASKI COUNTY: Erica Spurgeon & Abigail Roy 606-679-6361 erica.spur@uky.edu abigail_roy@uky.edu
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Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
18 USC 707

DONATE!

DROP
IT LIKE IT'S
HOT
DONATE BLOOD



CASEY COUNTY COMMUNITY **BLOOD DRIVE**

Thursday, Jan. 16
Noon–5:30 p.m.

Casey County Cooperative Extension Office
Education Building
1517 S Wallace Wilkinson Blvd
Liberty, KY 42539

Limited-edition
sweatshirt for all
donors (while
supplies last)!





Split Pea Soup



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

Prep time: 10 minutes
Cook time: 90 minutes

- 2 tablespoons oil
- 1 large onion, diced
- 2 celery stalks, diced
- 1 pound dried split peas, sorted and rinsed
- 2 medium red potatoes, diced
- 3 large carrots, diced
- 1 tablespoon Italian seasoning
- 1 3/4 teaspoons salt
- 1/2 teaspoon crushed red pepper (optional)
- 1 container (32 ounces) reduced-sodium chicken broth (or vegetable broth)
- 4 cups water

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a large pot over medium heat, heat oil. Add onion and celery. Sauté over medium heat until vegetables are tender, about 5 to 7 minutes.
3. Add split peas, potatoes, carrots, Italian seasoning, salt, crushed

red pepper (if using), chicken broth, and 2 cups of water.

4. Increase heat to medium-high and bring everything to a boil. Once boiling, reduce heat to medium-low and simmer, uncovered, for about one hour, or until it reaches desired texture. Skim off any foam while it cooks and stir periodically to avoid peas from sticking to the bottom of the pot. Add 2 more cups of water during the cooking process for a thinner texture.
5. Ladle into bowls and serve.
6. Refrigerate leftovers within 2 hours.

Slow cooker variation:

Add all ingredients to a slow cooker and cook on low for 6 hours or high for 4 hours.

Makes 12 servings
Serving Size: 1 cup
Cost per recipe: \$6.97
Cost per serving: \$0.58

Nutrition facts

per serving:

210 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 390mg sodium; 34g total carbohydrate; 11g dietary fiber; 5g total sugars; 0g added sugars; 12g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

Source:

LaToya Drake, Extension Specialist for Food Access and Equity, University of Kentucky Cooperative Extension Service





Information about the Kentucky State University Cooperative Extension Program

Seasonal CRD Preparedness Tips

January: Extreme Weather Preparedness

As winter storms are becoming more prevalent within this season, there is higher risk for car accidents and extreme cold. Blizzards can bring extreme temperatures, high winds, and freezing rain/snow. See the following tips to stay safe in this winter season:

1. Learn the types of winter storms

Winter Weather Advisory:

- Issued during snow, freezing rain, freezing drizzle, and sleet

Could lead to life-threatening situations if ignored

Winter Storm Watch:

- Are usually issued 12 to 48 hours before the beginning of a Winter Storm
- Issued for: blizzard, heavy snow, heavy freezing rain, or heavy sleet

Winter Storm Warning:

- Issued typically 12 to 24 hours before the event is expected
- Issued for: heavy snow, heavy freezing rain, or heavy sleet



2. Practice car safety during winter storms

Stay off roads if at all possible

If you must go out, then let someone know your route and times

If your car skids:

Remain calm, ease your foot off the gas and turn your wheels in the direction you want the front of the car to go

If trapped in your car, then stay inside:

Run the motor about 10 minutes each hour for heat. While running the motor, open the window a little for fresh air to avoid carbon monoxide poisoning. Be visible to rescuers by turning on your dome light at night, tie a bright colored cloth to your antenna/door, and raise your hood (after snow stops)

3. How to handle extreme temperatures

Limit your time outside: If you need to go outside, then wear layers of warm clothing and watch for frostbite and hypothermia

Frostbite: causes loss of feeling and color around the face, fingers and toes

- Signs: Numbness, white or grayish-yellow skin, firm or waxy skin.
- Actions: Go to a warm room, soak the area in warm water, use body heat to warm, and do not massage or use a heating pad.

Hypothermia: An unusually low body temperature. A body temperature below 95 degrees is an emergency

- Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness.
- Actions: Go to a warm room. Warm the center of the body first (chest, neck, head and groin). Keep dry and wrapped up in warm blankets, including the head and neck.

Reduce the risk of a heart attack:


- Avoid overexertion when shoveling snow and walking in the snow
- Passing out in the snow (without help) is deadly

Sources:

<https://www.ready.gov/winter-weather>
<https://www.weather.gov/safety/winter-during>
<https://canva.com>

JANUARY / FEBRUARY 2025

HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative
Extension Service



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

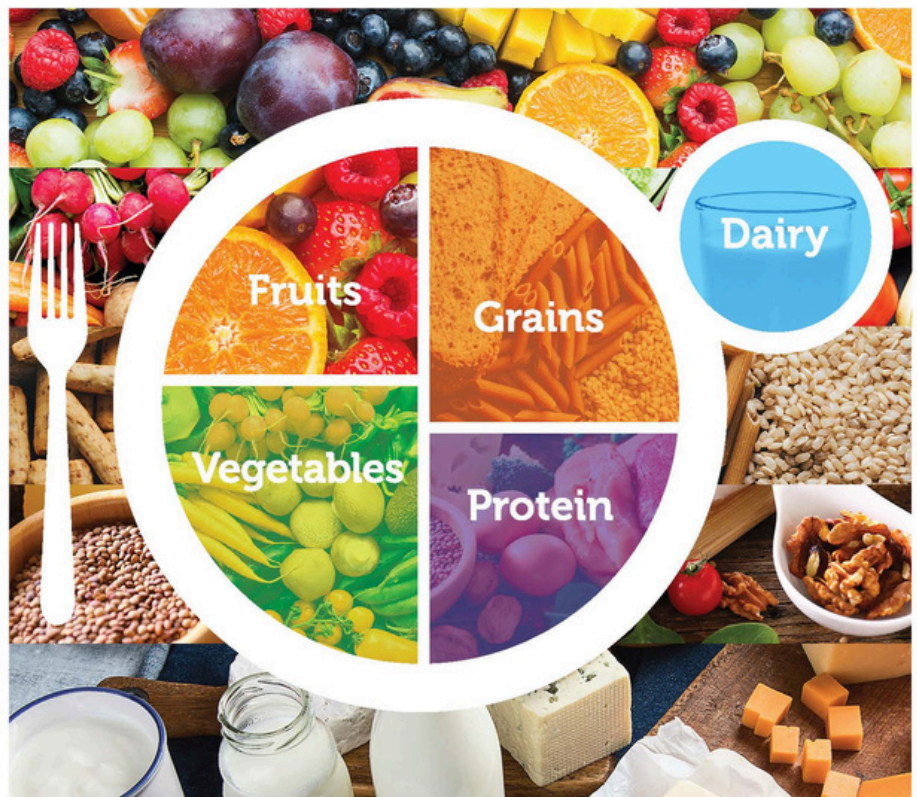


This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Start off the new year with MyPlate

Kick the new year off by making it a point to include MyPlate meals in your day. MyPlate helps you to choose many foods throughout the day and throughout the week. It shows what and how much to eat from each of the food groups over the course of the day, whether you eat on a plate, from a bowl, or another way. Start with the tips below.

- **Focus on whole fruits.** Fresh, frozen, canned, or dried fruits are in this group. At least half that you eat should come from whole fruit, instead of 100% fruit juice.
- **Vary your veggies.** Veggies can be raw or cooked and can be fresh, frozen, canned, or dried.
- **Vary your protein routine.** Protein foods include all foods made from seafood; meat, poultry, and eggs; beans, peas, and lentils; and nuts,



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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.



BASIC BUDGET BITES

Canned and frozen fruits and veggies

During the winter months, fresh fruits and veggies are often harder to find, pricier, and not as flavorful. Frozen and canned choices are often cheaper and more flavorful since they are picked at peak ripeness. Research has found that canned fruits and vegetables are just as healthy as fresh options.

One study found that canned fruits and vegetables can stretch food budgets. Canned foods cost up to 50% less than frozen and 20% less than fresh. Canned foods are also less likely to be wasted. Whether it's fresh, canned, or frozen, be sure to have fruits and veggies in most of your meals.

Source: Adapted from <https://winnebago.extension.wisc.edu/2018/12/26/canned-fruits-and-vegetables-are-a-good-choice>

CONTINUED FROM PAGE 1

seeds, and soy products. Try to eat many kinds of lean proteins.

- **Make half your grains whole grains.** Foods made from wheat, rice, oats, cornmeal, barley, or other cereal grains is a grain product. Bread, pasta, breakfast cereals, grits, tortillas, and popcorn are all in this group.
- **Move to low-fat or fat-free dairy** milk, yogurt, and cheese (or lactose-free dairy or fortified soy versions).
- **Drink and eat less sodium, saturated fat, and added sugars.** Cook at home more often to limit added sugars, saturated fat, and sodium. Read the ingredients lists and use Nutrition Facts labels to compare foods.

Source: Adapted from MyPlate.gov

For more information, visit [MyPlate.gov](https://www.MyPlate.gov)



PARENT CORNER

Be a role model

Did you know that children are more likely to try new foods and eat healthy foods if they see their caregivers doing the same? Next time you want your child to try a new vegetable, do it with them or offer something they often see you eating.

FOOD FACTS

Black-eyed peas

Black-eyed peas are often eaten on New Year's Day to bring good luck with the new year. They also happen to be packed with fiber, which helps lower cholesterol and keeps you regular.

Choose dried beans or beans canned with low or no sodium. Select dried beans that are dry, firm, clean, uniform in color, and not shriveled.

Source: <https://fruitsandveggies.org/fruits-and-veggies/black-eyed-peas-nutrition-selection-storage>

COOKING WITH KIDS

Black Bean Quesadillas

- 1 15-ounce can low-sodium black beans, rinsed and drained
 - 1 cup frozen, fresh, or canned corn
 - 1/2 small red onion, diced
 - 1 medium green bell pepper, diced
 - 1 1/2 cups shredded cheddar cheese
 - 1 teaspoon chili powder
 - 1 teaspoon garlic powder
 - 10 whole-wheat tortillas
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Gently clean all produce under cool running water before chopping.

3. Add the black beans, corn, onion, pepper, cheese, chili powder, and garlic powder to a medium bowl. Gently fold until everything is evenly combined.
4. Place a 1/2 cup of the filling on one side of each tortilla and fold over.
5. Heat a large nonstick skillet over medium heat. Place two quesadillas in the skillet at a time. Cook until each side is slightly browned and the cheese is melted, about 2 to 3 minutes per side.
6. Slice into triangles and enjoy! This pairs well with salsa.
7. Store leftovers in the refrigerator within 2 hours.

Recipe makes 10 servings
Serving size: 1 quesadilla

Nutrition Facts per serving: 250 calories; 8g total fat; 4.5g saturated fat; 0g trans fat; 15mg cholesterol; 310mg sodium; 35g total carbohydrate; 4g dietary fiber; 4g total sugars; 0g added sugars; 11g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium.

Source: Jean Noble, Program Coordinator II, University of Kentucky Cooperative Extension Service, Nutrition Education Program, Chop Chop Summer 2022



RECIPE

Smoky Slow-Cooker Black-Eyed Peas

- 1 medium onion, chopped
- 1/2 medium bell pepper, chopped
- 2 cloves minced garlic, or 1/2 teaspoon garlic powder
- 2 small or 1 large jalapeno pepper, ribs and seeds removed and finely chopped (optional)
- 1 pound dried black-eyed peas, sorted and rinsed
- 1 (12 ounces) package smoked turkey sausage, cubed
- 1/2 teaspoon Cajun seasoning
- 1/4 teaspoon ground black pepper, or to taste
- 2 small bay leaves
- 7 cups water

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool running water and gently scrub using a clean vegetable brush before chopping.
3. Add all ingredients to a 6-quart or larger slow cooker.
4. Cook on high for 5 hours or until peas are tender, adding more water if needed.
5. Remove bay leaves.
6. Serve over hot, cooked brown rice, if desired.
7. Refrigerate leftovers within 2 hours.

Stovetop Option: Sauté chopped vegetables in 1 tablespoon vegetable oil in a large pot over medium heat. Cook for 5 minutes or until tender. Add all remaining ingredients, increasing water to 8 cups. Bring mixture to a full boil. Reduce heat to low, cover, and cook for 1 hour or until peas are tender.

Recipe makes 12 servings
Serving size: 1 cup

Nutrition Facts per serving: 180 calories; 3g total fat; 1g saturated fat; 0g trans fat; 20mg cholesterol; 240mg sodium; 26g total carbohydrate; 4g dietary fiber; 4g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 20% Daily Value of iron; 10% Daily Value of potassium

Source: Anita Boyd, Mason County SNAP-Ed Program Assistant Senior

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JANUARY 2025

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

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:

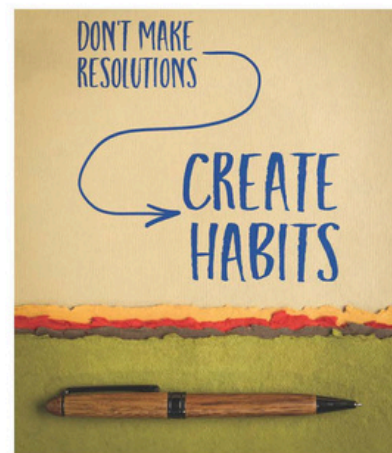
Cue → Craving → Response → Reward

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.

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Disabilities accommodated with prior notification.

Cycle of Habit Loop	Form a Good Habit - <i>Make it ...</i>	Break a Bad Habit - <i>Make it ...</i>
Cue: Hunger	Obvious: Plan ahead. Place the recipe for tonight on the counter or save a picture to your phone.	Invisible: Avoid TV and internet before mealtimes if advertisements trigger you to eat out. Or go home a way that avoids restaurant temptations.
Craving: Food	Attractive: 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.	Unattractive: 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.
Response: Buy food	Easy: Prepare your cooking space the night before, so when you come home from work it's a breeze to get started.	Difficult: Make visiting restaurants more of a chore. Delete apps that allow for restaurant delivery or remove phone numbers for call-ahead orders.
Reward: Full	Satisfying: Reward yourself for sticking to the plan! Prepare a small dessert to complement your meal or plan a fun after-dinner activity.	Unsatisfying: 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>
Cue:	Obvious:	Invisible:
Craving:	Attractive:	Unattractive:
Response:	Easy:	Difficult:
Reward:	Satisfying:	Unsatisfying:

REFERENCE:

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

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

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