



FAMILY AND CONSUMER SCIENCES NOVEMBER NEWSLETTER



HELLO EVERYONE!

THIS MONTHS NEWSLETTER SHOWCASES A COUPLE UPCOMING CLASSES , AS WELL AS TIPS FOR DOING HOLIDAY SHOPPING ONLINE.

I ENCOURAGE EVERYONE TO FOLLOW THE LINK IN THE BLUE BOX FOR OUR COMMUNITY ASSESSMENT. THIS HELPS US KNOW WHAT KIND OF PROGRAMMING THE COUNTY WOULD LIKE TO SEE.

REMINDER: IF YOU ARE CURRENTLY A HOMEMAKER OR WOULD LIKE TO JOIN A GROUP THE MEMBERSHIP FORM, ALONG WITH \$10 DUES ARE TO BE BROUGHT TO THE OFFICE BY DEC. 1ST.

ENJOY THIS NEWSLETTER!

Waiting for you inside!

- Homemaker News
- Calendars of Events
- Flyers
- Online Shopping
- Recipe
- Homemaker Membership Form



Alex Sallie

County Extension Agent for
Family & Consumer Sciences

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An equal opportunity organization

BATH COUNTY

How can we serve you?



Take a ten-minute survey to help us develop programs addressing needs in our community.

go.uky.edu/serveKY

KENTUCKY COOPERATIVE EXTENSION

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

BATH COUNTY HOMEMAKERS

Bath County Homemakers Online Auction

Items can be dropped off
to the extension office

Nov. 13-17.

Photos and descriptions of
items need to be sent to
Debbie or Kathy by
November 9th.

Contact

If you have any questions
about the homemakers
association please feel free to
reach out to me. My contact
information is below:

Alex Sallie

606-674-6121

alexandra.sallie@uky.edu

Club Meeting Dates

Bethel Nite: 2nd Thursday at 5
PM

Country @ Heart: Second
Monday each month @ 5:30 PM

Hill N' Dale: Club Thanksgiving
Dinner, November 20th

Salt Lick: First Tuesday each
month @ 12 PM

Sharpsburg: No Meeting in
November.

Next: Dec. 12th @ 11 AM Irish
Hills (bring \$25 Gift Card)






REMINDER

**Homemaker Enrollment
Forms along with \$10 Dues
are to be turned in to the
Bath County Extension
office by December 1st.**

Family and Consumer Sciences Extension Calendar

All meetings/programs are hosted at the Bath Co. Ag Center
unless noted otherwise.

November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Paper Hugs @ 10 AM	2 <hr/>	3 Early Voting	4
5	6	7 Project Linus @ 10 Am Election Day 	8	9	10	11
12	13 Sew Day @ 9 AM	14	15	16	17	18
19	20 Master Clothing Volunteers @ 10 Am	21	22 Vanilla Extract Workshop @ 12 PM	23 Thanksgiving: Office Closed 	24 Office Closed 	25
26	27	28	29	30		


****Project Linus will be meeting at Eileen's House. If you need more information you can contact her****

****Sew Day members will be making Cancer Hats****

Family and Consumer Sciences Extension Calendar

All meetings/programs are hosted at the Bath Co. Ag Center
unless noted otherwise.

December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 Project Linus @ 10 AM	6 Paper Hugs @ 10 AM	7	8	9
10	11 Sewing Day @ 9:30 am	12	13	14	15	16
17	18	19	20	21 Charcuterie Board Basics @ 12 PM	22	23
24	25 	26	27	28	29	30
31	Office Closed					

****Sew Day members
will be making Cancer
Hats****

RECIPE CLUB

Expand your menu



MAILED MONTHLY

Each month you will receive a recipe card in your mailbox

POST YOUR DISH ON FACEBOOK

Brag about your dish on our Facebook page and share your thoughts for others to try

COMPLETE A SURVEY

Complete a short survey asking about the monthly recipe



Fiesta Potatoes

- 8 small to medium russet potatoes, peeled and diced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium onion, chopped
- 1 cup Mexican blend cheese, shredded
- 1/2 cup margarine, melted
- 1/2 cup low-fat milk
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon dried basil, crushed
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Preheat oven to 350 degrees F. Place the potatoes, bell peppers and onion in a medium pan and cover with water. Place over high heat and bring to a boil. Reduce heat and simmer 12-15 minutes, or until vegetables are tender. Drain the vegetables and place in a mixing bowl. Stir in the cheese, margarine, milk and seasonings until combined. Spread the mixture in a

9-by-13-inch baking pan that has been sprayed with a non-stick coating. Bake for about 20 minutes or until bubbly.
Yield: 12, 1/2 cup servings
Nutritional Analysis: 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmer's market, or roadside stand. <http://plateitup.ca.uky.edu>



Ratatouille Soup

- 1 small eggplant, peeled and cubed
- 2 teaspoons salt
- 1 pound lean ground chuck
- 1 tablespoon canola oil
- 1 medium zucchini, chopped
- 1 medium bell pepper, chopped
- 1 medium onion, chopped
- 1 tablespoon finely minced garlic (about 3 cloves)
- 1 1/2 ounce can low sodium beef broth
- 1 24 ounce jar chunky garden style pasta sauce
- 2 cups water
- 1 teaspoon dried basil
- 1 cup uncooked whole grain pasta

Place the cubed eggplant in a colander. Toss with the salt and let set for 20-25 minutes. Thoroughly rinse in cold water and press as much water out of the eggplant as possible. Set aside. In a large heavy pot, brown the ground beef over medium heat until crumbly and no longer pink. Drain. Raise the heat to medium-high. Add the canola oil to the same pot. Return the beef to the pot. Add the zucchini, bell pepper, onion and garlic. Cook together for 5-7 minutes, until onion is translucent. Add the eggplant to the mixture and continue to cook for 5

minutes. Add the beef broth, pasta sauce, water and basil. Bring to a boil, then reduce heat to medium-low, cover and simmer for 10 minutes. Add the pasta. Raise heat to medium. Bring to a slow boil and cook, stirring occasionally for 10-12 minutes, or until the pasta is tender.
Yield: 12, 1 cup servings
Nutritional Analysis: 210 calories, 10 g fat, 3 g saturated fat, 35 mg cholesterol, 680 mg sodium, 19 g carbohydrates, 3 g fiber, 8 g sugar, 13 g protein.



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



Peach Crisp

- 1/2 cup quick cook oats
- 1/2 cup honey sweetened granola
- 3 tablespoons whole wheat flour
- 1/2 cup packed light brown sugar
- 1/2 cup butter, softened
- 6 cups peaches, peeled and sliced
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice
- 1/4 cup chopped pecans

Preheat oven to 375 degrees F. Combine the oats, granola, flour and brown sugar in a medium mixing bowl. Cut small pieces of softened butter over the top. Cut butter into dry ingredients until well combined and crumbly. Lightly coat an 8-by-8-inch baking dish with cooking spray, add peaches. Sprinkle the dry ingredients and butter mixture over the peaches. Add spices and chopped nuts evenly

over the top. Place rack in the middle position in oven. Bake 25 to 30 minutes, or until topping is golden brown.
Yield: 9 servings
Nutritional Analysis: 200 calories, 8 g fat, 3.5 g saturated fat, 15 mg cholesterol, 5 mg sodium, 32 g carbohydrate, 2 g fiber, 20 g sugars, 3 g protein.

INTERESTED??

Call or email Bath County Extension Office to Sign-Up

606-674-6121 or bath.ca.uky.edu

COOPERATIVE EXTENSION



VANILLA EXTRACT WORKSHOP

Learn how easy it is to make homemade vanilla extract.

Date: November 22nd

Time: 12 PM

Location: Bath Co. Ag Center

Class will be limited, so registration is required!

Call 606-674-6121 to register





Charcuterie Board Basics

- Learn about different types of cheeses and how to store them.
- Learn about nutritious nuts and seeds that you can incorporate into your diet.
- Learn the easy steps of assembling a charcuterie board while making a take home charcuterie box

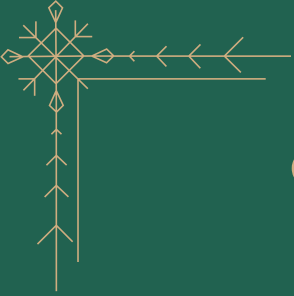
Date: December 21st

Class is limited!
Registration is required!

Time: 12 PM

Location:
Bath County Ag Center
2914 US-60 Owingsville, KY
40360





Holiday Online Shopping Savvy

Source: Kelly May, senior extension associate

The holiday season is quickly approaching and many of us will shop online for at least some of our holiday purchases. Being smart about when and where you shop online can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection may make you an easy target for cyber thieves who can steal your credit card information. Remember public internet connections are not always secure, even if you are on your own device, and the public network's security software may not always be up-to-date.

When buying online, look for a padlock symbol on the page and shop from sites that start with <https://> web address. The "s" after "http" shows that the website encrypts your information as it processes the transaction.

Use credit cards instead of debit cards to make online purchases. The Fair Credit Billing Act limits your responsibility to the first \$50 in charges if your credit card is used fraudulently, and many credit card companies will not hold you responsible for any fraudulent online charges. Review your statements and report any suspicious transactions to your credit card company. You may also request a free credit report from the three credit reporting agencies Experian, TransUnion and Equifax.

Create strong passwords and PIN numbers. Use different combinations of upper and lowercase letters, numbers and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday or name in your passwords, as these are easy for thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different passwords for each of your online accounts.

Automatically set updates on your device, apps, browsers and computer operating systems to keep them current with the latest security features. Password protect your home internet connection to keep your personal network secure.

For more ways to protect your financial well-being, contact the Bath County Extension office.



Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes

- 1 pound boneless skinless chicken
- breast 6 small sweet potatoes
- 1 bunch green onions, chopped (optional, for topping)
- Low-fat Greek yogurt, low-fat sour cream, or low-fat dressing (optional, for topping)

Buffalo

- 1/2 teaspoon hot pepper sauce
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper*
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons unsalted butter, melted
- 1 tablespoon vinegar
- 2 tablespoons water
- 1/2 tablespoon cornstarch
- + 1 tablespoon water

* For a hotter sauce add another 1/4-1/2 teaspoon cayenne

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse sweet potatoes under cool running water and set aside.
3. Add raw chicken to a slow cooker.
4. In a small bowl combine all buffalo sauce ingredients, reserving cornstarch. Pour sauce over the chicken.
5. Cover slow cooker with lid and cook on high heat for 4 hours or on low for 6 to 8 hours.
6. About 45 minutes before the chicken is done, preheat the oven to 425 degrees F.
7. Place sweet potatoes on a baking sheet and bake until tender, about 40 to 50 minutes.
8. When chicken is fully cooked, remove it from the slow cooker and shred it.



9. Before returning the shredded chicken to the slow cooker, mix cornstarch and water together and add to the slow cooker. Whisk until thickened. Return chicken to the slow cooker and combine with the sauce.
10. When sweet potatoes are done cooking, split each one open and top with a portion of shredded buffalo chicken.
11. Drizzle optional topping over the finished sweet potatoes and chicken, and top with green onions, if desired.
12. Refrigerate leftovers within 2 hours.

Note: To make an optional blue cheese cream topping, mix 8-ounce nonfat plain Greek yogurt, 1/3 cup blue cheese salad dressing, 2 tablespoons low-fat milk, and 1/4 teaspoon ground black pepper in a small bowl.

Makes 6 servings

Serving size: 1 potato with chicken
Cost per recipe: \$8.82
Cost per serving: \$1.47



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

Nutrition facts per serving:

210 calories; 6g total fat; 3g saturated fat; 0g trans fat; 65mg cholesterol; 270mg sodium; 18g total carbohydrate; 3g dietary fiber; 5g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source:

LaToya Drake,
Program Coordinator II,
University of Kentucky
Cooperative Extension Service



Date: _____

Enrollment Form
for

_____ County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (Optional): _____

Race (Optional – circle one): White Black or African American

Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (Optional - circle one): Hispanic Non-Hispanic

Gender (Optional - circle one): Female Male

Date joined: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

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