



**JANUARY
2025**

Fayette County Extension
1140 Harry Sykes Way
Lexington, KY 40504
Phone (859) 257-5582
Email: fayette.ext@uky.edu
[http://fayette.ca.uky.edu/](http://fayette.ca.uky.edu)

Create an Emergency Kit for your Car

We all know the importance of preparing for an ice storm or other potential natural disasters. Having an emergency kit with essential items in your home is the first step to surviving such an event. But you should also think about your car. Winter storms can create dangerous roads and a higher risk of frostbite, hypothermia, and carbon monoxide poisoning.

Create an emergency kit for your car and be prepared if caught out during a winter storm. Include the items below and have them in a bag, bucket, or small tote for easy access.

- Warm clothes (heavy coat, extra socks, gloves, hand warmers)
- Blankets
- Ice scraper
- Bottled water
- Shelf-stable snacks (Choose high protein foods to provide energy.)
- Flashlight
- Cell phone charger and battery backup
- Jumper cables or battery-powered jump starter
- Sand or kitty litter (to help with traction if you are stuck in snow)
- Small or collapsable shovel
- Roadside flares or glow sticks
- Flat tire inflation canister (non-explosive)

During the winter months, you should keep your gas tank full. Don't let it get low as you never know when you might be sitting for a while and not able to refuel. If you're stranded, only run the engine for 10 minutes each hour to charge your phone and run the heater. Be sure to open a window slightly to allow fresh air to enter the car and avoid carbon monoxide poisoning while it's running.

Reference: <https://www.ready.gov/winter-ready#travel>

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

Supplements and Macronutrients

Macronutrients are the foundation of our diet. However, information about macronutrients and their role in a balanced diet can be confusing. By establishing a basis of nutrition knowledge about macronutrients, you can better understand their impact on health and wellbeing. Come learn the educational gaps related to macronutrients and their role in a balanced and nutritious diet.

Lesson training on January 28 at 10:00am. Call 859-257-5582 to register.

2024-25 Homemaker Lesson Calendar

- A Bad Deal in Disguise: Types of Scams ~ February 24 at 10:00am
- Using Your Air Fryer ~ March 26 at 6:00pm
- Composition in Photography ~ April 24 at 6:00pm

Call (859) 257-5582 to register.

**The Fayette County Extension Office will be closed for Martin Luther King Jr Day
January 20, 2025**





For More Plate It Up Recipes, Visit:
<https://fcs-es.ca.uky.edu/content/plate-it-kentucky-proud>



Nutty Sweet Potato Biscuits

- | | | |
|----------------------------|----------------------------|----------------------|
| 1 cup all-purpose flour | ¼ teaspoon ground cinnamon | potatoes |
| ½ cup whole wheat flour | ¼ teaspoon ground nutmeg | 6 tablespoons sugar |
| 1½ teaspoons baking powder | ½ cup chopped walnuts | ¼ cup butter, melted |
| ½ teaspoon salt | 1 cup mashed sweet | ½ teaspoon vanilla |
| | | 1 tablespoon milk |

- In a large mixing bowl, **combine** flours, baking powder, salt, cinnamon, nutmeg and walnuts. **Set** aside.
- Combine** sweet potatoes, sugar, butter, vanilla and milk; **add** to flour mixture and mix well.
- Turn out** onto a floured surface; gently **knead** 3 or 4 times. **Roll** dough into ½ inch thickness. **Cut** with a 2 inch biscuit cutter and **place** on a lightly greased baking sheet.
- Bake** at 450°F for 12 minutes or until golden brown.

Yield: 18 biscuits
Nutritional Analysis: 4 g fat, 2 g saturated fat, 5 mg cholesterol, 210 mg sodium, 14 g carbohydrate, 1 g fiber, 4 g sugar, 2 g protein.



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

FCS CLASSES

Plaid Hamper Basket ~ January 21, 2025 ~ 10:00am-4:00pm

Medium sized hamper made on a wood base measuring 13" x 16" x 19"H. Colorful band in the center using shades of green and smoke reed. Has side openings for easy carrying. Good size for towels, blankets etc. Advanced beginner. Instructor Mary McAllister. Cost: \$82.



SUPPLIES YOU MUST BRING FOR BASLET CLASSES: Water container (bucket/bowl), small towel, scissors (garden type preferable), small flat head screwdriver, 2 dozen snap type clothespins, tape measure, pencil, pocket knife (good sized), sandpaper, weights (unopened soup cans work) and a small spray bottle. **PACK A LUNCH/SNACKS, or bring something to share. You will be working thru lunch.**

BASKET CLASSES SIZE ARE LIMITED, REGISTER EARLY! Please note: Supplies are specially cut for each basket two days prior to class If you need to cancel your class, please call us 72 hours prior to receive a full refund. There will be no refund after that time. NO EXCEPTIONS!

FCS Class Registration Form

Name: _____ Phone: _____
 Address: _____ City: _____ Zip: _____
 E-Mail: _____

Classes	<input checked="" type="checkbox"/>	Cost
Plaid Hamper Basket - January 21 at 10:00am		\$82
TOTAL FEE DUE:		\$

Please make check payable to:
Community FCS
 and mail to:
 Fayette County
 Extension Office
 1140 Harry Sykes Way
 Lexington, KY 40504



Cooperative Extension Service



JUMP START FITNESS 2025: ZUMBA WITH MARANDA

FREE!

ALL ARE WELCOME

SPECIAL INCENTIVES AT EACH CLASS!

Fayette County Extension Office
1140 Harry Sykes Way, Lexington, KY

5:15-6:00PM
JANUARY 9TH AND 23RD
FEBRUARY 13TH AND 27TH

Space is limited and registration required.
<https://fayette.ca.uky.edu/classregistration>
or call the Extension office at 859-257-5582!

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating
Lexington, KY 40506



Disabilities accommodated with prior notification.

B E A D I N G I S G O O D M E D I C I N E

NATIVE BEADING BASICS

Learn to create beading
while exploring basics
of native design and
techniques

2025 Jan 15th
6:00 – 7:00 pm

1140 Harry Sykes Way,
Lexington, KY 40504

Cost: \$10 per person for supplies

Register on-line: <https://fayette.ca.uky.edu/classregistration>
or call the office at 859-257-5582!

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Lexington, KY 40506



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Social Security Planning Seminar: What Baby Boomers Need to Know About Their Retirement Income

 Cooperative
Extension Service

Problem:

People are hurting their retirement by making costly decisions about Social Security. People often come to the issue of claiming Social Security with little knowledge about how it works.

DISCUSSION TOPIC'S

1. Social Security is inflation-protected income.
2. Your monthly benefit will be reduced if you claim early.
3. Couples should always maximize the higher earners benefit to protect the surviving spouse.
4. If you are widowed you may be eligible for survivor benefits

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accommodated
with prior notification.

When and Where:

When:

February 4th 5:30-6:30pm

May 27th 5:30-6:30

July 15th 5:30-6:30

November 25th 5:30-6:30

Where:

**1140 Harry Sykes Way
Lexington, KY 40504 here is
the address**

PRESENTED BY:

JQ Financial Solutions

Wyatt Finnell

502-432-2480.

wfinnell@moneyconcepts.com



**Register on-line: <https://fayette.ca.uky.edu/classregistration>
or call the office at 859-257-5582!**

DISCLOSURE:

**All securities through Money Concepts Capital Corp. Member FINRA/SIPC
JQ Financial Solutions, LLC is an independent firm and not affiliated with
Money Concepts**

JOIN US FOR... **2025** Calendar Cooking COOKING THROUGH THE CALENDAR

Fayette County Cooperative Extension Office

Join us at the Fayette County Extension office 6:00-7:30pm for our monthly cooking demonstration and sampling. Try tasty Nutrition Education Program Calendar recipes and discover strategies to eat healthier and cook at home!

FREE! Registration required.

Register online: fayette.ca.uky.edu/classregistration
or call 859-257-5582

January 9: Split Pea Soup

February 6: Cauliflower Bites

March 6: Crunchy Air Fryer Fish

April 3: Lemon Broccoli Pasta

May 1: Banana Pancakes

June 5: Rice and Bean Salad

July 2: Chicken Burgers

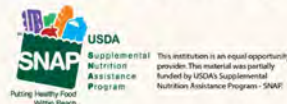
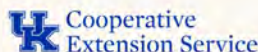
August 7: Slow Cooker Asian Pork Tacos

September 4: Grits, Greens and Egg Bowl

October 2: Cheesy Pumpkin Pasta Bake

November 6: Parmesan Carrot Chips

December 4: Lasagna Soup



Laugh & Learn Playdate

Join our 2025 Laugh and Learn Playdate Program that targets school readiness objectives! Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. Each session is at the Fayette County Extension Office from 10-11:30am.

FREE for all children ages birth to 5 and all children must be accompanied by an adult. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play. For more information, contact our office at 859-2575582 or email Caroline McMahan at caroline.mcmahan@uky.edu

2025 Program Schedule:

1/22	5/21	9/24
2/26	6/25	10/29
3/19	7/23	11/19
4/23	8/27	12/17

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1140 Harry Sykes Way
Lexington, KY 40504

RETURN SERVICE REQUESTED

Fayette County Extension Family and Consumer Sciences Newsletter

Maranda Brooks *Caroline McMahan*
 Maranda Brooks Caroline McMahan
 County Extension Agents for Family and Consumer Sciences



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 1140 Harry Sykes Way
 Lexington, KY 40504
 (859) 257-5582
 Office Hours: 8:00am - 4:30pm - Monday-Friday

UNIVERSITY OF KENTUCKY, KENTUCKY STATE
 UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE,
 AND KENTUCKY COUNTIES, COOPERATING

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