

FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Cooperative Extension Service

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

NOVEMBER 2022

Joy of Giving

Bring your gifts by December 1

Joy of Giving is a community outreach program that targets seniors in local nursing care centers. We need help from all our Homemaker Clubs and/or any individual to make this day special for the nursing home residents. The number of needed gifts include 600 residents (150 men and 450 women) for the nursing homes we serve. Due to the pandemic, gifts will be distributed to local nursing homes by designated volunteers only.

If you would prefer to make a monetary donation mail a check to the Extension Office or donate online:

<https://fayette.ca.uky.edu/homemakers>

Gifts are provided for residents to select and share with loved ones and friends as well as for personal use. This historic program is unique in its goal to provide community volunteer service to seniors with minimum family support, especially during the holiday season. The following list of items have been approved for donation. The need is great and associate members as well as the public are encouraged to bring donations to the Fayette County Extension Office **on or before December 1**. All donations will be distributed by a Fayette Extension Homemaker Club at a participating nursing care center. Thank you in advance for your contribution.

Shopping list provided by Activity Directors of nursing homes: Sugar free candy and cookies, diet soda, toiletry items (lotions, soaps (dial/dove)), boxes of facial tissues, any UK items, dolls with clothes to dress them, large word puzzle books, calendars, coloring books/crayons and soft fuzzy blankets, McDonald's gift cards as some nursing homes have outings to eat out or bring in. All clothing requests are for large or extra-large - night gowns, pajamas, sweaters, sweatshirts and sweatpants.



Military Missions Collections

Bring your items for donations
November 1-18

- ★ **CANDY (INDIVIDUALLY WRAPPED, NO CHOCOLATE):** Hard candy, mints, gum, Starburst, Fireballs, Twizzlers, fruit snacks, gummies, Skittles, M&Ms, Tootsie Rolls, Lifesavers
- ★ **SNACKS (SINGLE-SERVING SIZE):** Slim Jim, beef jerky, cookies, crackers, trail or Chex mix, sunflower seeds, snack bar (any kind), Rice Krispie Treats, nuts
- ★ **PROTEIN ITEMS (CANS/POUCHES):** Tuna, Chef Boyardee, chicken breast, Vienna sausage, turkey breast, Beane Weenee
- ★ **DRINK MIXES (SINGLE SERVING PACKS):** Coffee, tea, hot cocoa mix, Crystal Light
- ★ **PERSONAL CARE ITEMS:** Baby Wipes (no tubs), lip balm, nasal spray, eye drops, lens wiped, dental floss, toothbrush, pocket tissues, feminine hygiene items. Travel size: shampoo, lotion, foot powder, toothpaste, hand sanitizer, sunscreen
- ★ **MISCELLANEOUS:** Puzzle books, playing cards, pocket bibles, Ziploc bags (snack, sandwich, quart sizes), socks (crew or calf length, black or white)
- ★ **CARDS:** *Buy a box of cards, sign them, and write a short personal note of thanks to our troops *Write personal letters to be included in our packages *Make handmade cards (non-holiday)
- ★ **MONETARY DONATIONS:** Donate for postage either by mailing a check to the Extension Office or online: <https://fayette.ca.uky.edu/homemakers>



Move Your Way: Exercise for Everyone

Improve balance, posture, muscular strength, and ability to perform daily tasks with regular exercise. Learn how daily physical activity can improve joint health, physical function, and emotional well-being.

Join us for this Homemaker Lesson Leader Training on December 6, 2022 at 10:00am at the Fayette County Extension Office. Please call the office 859-257-5582 to RSVP if you plan to attend.

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.

Storing Your Home Canned Food Safely

Did you preserve anything from your garden or the local farmers' market this year? If so, be sure to store those home-canned foods properly, away from direct sunlight, high heat, or freezing temperatures.

First, make sure your canned foods are labeled and dated with the month and year. Use a marker to write on the lid. Second, find a cool, dry, dark place to store them. For best quality, store all home-canned foods between 50 degrees and 70 degrees F. Do not store them at temperatures above 95 degrees F such as in an attic or shed, near hot pipes, a stove, or a furnace. Heat will cause canned food to lose quality within a few weeks or months and may cause it to spoil. Dampness or high humidity may cause metal lids to rust and seals to break, allowing contamination and spoilage. Do not allow jars to freeze. Freezing and thawing of canned foods will not cause it to spoil unless the jars break or become unsealed, but it will change the texture of the food. If freezing is a possibility, wrap jars in newspapers or towels, place them in heavy boxes, and cover with more newspapers and blankets.

Eat home-canned foods within one year for best quality and nutrition. Contact the Fayette County Extension office for more information on home canning.

Reference:

National Center for Home Food Preservation https://nchfp.uga.edu/how/store/store_home_canned.html

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

Announcement

Fayette County Cooperative Extension has security precautions in place for evening programs. It is standard procedure for the Extension Office doors to lock 30 minutes following the start of an evening program that is outside of typical office hours (8am-4:30pm). If you are registered for a class or program and know you will arrive more than 30 minutes after the start of a program, please let us know so we can accommodate your needs.



Kentucky Proud Evenings is a series of monthly author talks hosted at the Extension Office. Each author is local to Kentucky and is connected to the community and history of the Commonwealth. Be on the lookout for a list of dates for the 2023 Kentucky Proud Evenings lineup, beginning in January. Each event will have Plate It Up! Kentucky Proud food samples for those attending.

Homemaker Membership - Join/Renew by November 30!

Memberships run July 1 - June 30. Now's the time to renew your membership! You can do this by:

- Filling out the form on the membership brochure (available at the Extension office or download from the Homemaker website, <https://fayette.ca.uky.edu/content/homemakers>, and sending a check to the Office.
- Completing the form online at the Homemaker Website, and paying online with a credit card.
- Come to the Office in person.
- Coordinate with your club treasurer as they collect dues.

You can also use this opportunity to make a donation to our many upcoming projects, including Military Missions, Joy of Giving, and the Homemaker Scholarship.

Finally, consider a gift membership to encourage a friend to join Homemakers! Let's see if we can DOUBLE our Fayette County Homemaker membership this year!

Doraine Bailey

Fayette Co Homemaker Assn. Vice-President

Holiday Meal Planning on a Budget

Date: Thursday, Nov.3rd

Time: 6-7:30p

Place: Fayette County Extension Office
1140 Harry Sykes Way



Join us for some Holiday Meal Planning Tips and Recipes for Happy & Healthy Gatherings this holiday season. We will have light refreshments, tasty samples for you to enjoy and Door Prizes.

Or join us via zoom

<https://uky.zoom.us/j/85682139469>

Reserve your spot today by calling our office.

(859) 257-5582



Homemaker President Greetings

HAPPY NOVEMBER TO ALL!!!!

I come to ask everyone—where is our time going? Where has this year gone? By now, we may have set our clocks ahead or planning too. 2023 is knocking at our door and the Christmas season is lurching at our doorways! Let's try and enjoy what is left of our beautiful fall harvest and nice autumn weather!

Since our last newsletter, my husband of 42 years gave our family a scary sick incident-- centered around a large blood clot in his lungs and his right leg! Totally unexpected, we had to rush him by ambulance a few Saturdays ago from home to St. Joseph Hospital on Harrodsburg Rd. I still shake at what could have been a truly fatal outcome. We had all at a family COVID outbreak during Labor Day and came out okay. The Doctors are now reporting connections between the COVID and blood clots. Long story—made short—what we thought was pneumonia was not, but thank God and with doctors, nurses, and many prayers—he is now home! A man that was really pretty healthy and took vitamins and something for Acid Reflux is now on a blood thinner and wearing an identification bracelet.

Please keep your doctor checkups and check ins and take inventory on yourself and family matters. Take your meds and get plenty of rest. It was and still is an emotional journey, but I am so grateful, it happened in our home instead of while he was driving or busy elsewhere and he is here today.... Please keep us in your thoughts and prayers as we build up our strength and he continues to heal!

October and November are filled with many fun and exciting activities.

- Did we all work on getting our memberships up and getting information into the office? You still have a little time to evaluate and double check all the forms etc! Gift memberships still work!
- Veterans Day—let's support our Veterans and Military Missions—today we have so much distress with wars and unreadiness within the world—let us support our troops—wherever they may be! See the list in this newsletter for ways in which you and your clubs can donate!
- Turkey Day---right here at our door! Have you priced a turkey yet? I heard inflation has inflated our birds!
- Start looking for some new recipes to share with your families—just thinka few years back—we did not all have the opportunity to share Thanksgiving with everyone! Enjoy!!!! Yum! Gobble! Gobble!
- And of course, we have Black Fridays or whatever Thursdays are being called????? The start of Christmas shopping for sure! If that is your thing—be safe!
- Planning for The Joy of Giving—(information in newsletter). Let's try and really share and spread a little more JOY this year—whatever ways you can make it happen—donations—visits—Plan ahead and remember....GIVING is the main outcome.....
- Continue to enjoy all the classes and activities the Extension has to offer

Blessings to all!!!!

Stay Safe and try and enjoy family.... friendsand just life!

Love you guys!

Alyce Emerson, President of Fayette Co Homemakers



FIGHT FRAUD OUTSMART THE CON ARTISTS

Monday, December 5, 2022 at 6:30 p.m. ET
Fayette County Extension Office
1140 Harry Sykes Way, Lexington 40504



Fayette County



Free Community Event

Con artists don't care how hard you've worked, they steal billions from Americans like you every year. AARP Fraud Watch Network is arming Kentuckians with the tools they need to spot and avoid fraud and scams so they can protect themselves and their families.

Special Guest Presenter: Gary W. Adkins, an AARP volunteer, served with the KY Department of Financial Institutions (DFI) as a Staff Attorney in the Prosecution Assistance Unit. Prior to his work with DFI, he served as an Assistant Commonwealth's Attorney for approximately 20 years.

You'll learn how scammers think, how to safeguard against identity theft and fraud, hear first-hand accounts from victims, and what to do if you or someone you know has been a victim.

Seating is limited to 30 participants.

PLEASE RSVP: 859-257-5582



COOPERATIVE EXTENSION



Fayette County Family and Consumer Sciences Extension has partnered with CycleYOU to bring you yoga classes!

CycleYOU is a local fitness space that welcomes anyone and everyone to join their classes to improve health and fitness. Fayette County FCS has partnered with CycleYOU to bring you yoga classes beginning in October. These classes are open to anyone - beginners and experts alike.

Class information: 6:30-7:15pm



November 9th
November 23rd
December 7th
December 21st



All classes will take place at the CycleYOU studio, located at 156 Midland Avenue, Lexington, KY. Parking is available at the studio. Each class will cost \$5 to register. Parking maps are available on request.

To register visit: http://fayette.ca.uky.edu/ or mail in the registration form below.

Class size limit: 18

Make Checks Payable to:

Community FCS Programs

Return registration form and payment to:

Fayette County Extension
1140 Harry Sykes Way
Lexington, KY 40504

2022 YOGA REGISTRATION FORM:

Name: _____

Phone: _____ E-Mail: _____

Address: _____

City: _____ State: _____ Zip: _____

I will attend class on:

_____ November 9 _____ November 23
_____ December 7 _____ December 21

Each class cost \$5

TOTAL Amount Enclosed \$ _____

2022-2023 Homemaker Leader Lessons

Let's Talk About It! Keys to Great Communication ~

Training - January 24 at 10:00am

Some may think communication is how you talk with someone. But there is so much more that goes into being a good communicator. Learn more about non-verbal communication (body language) as well as the roles speaking and active listening play in communication. These skills will come in handy as you work with your fellow homemakers as well as at home and in the community.

Transferring Cherished Possessions: Estate Planning for Non-Titles Property ~

Training - February 28 at 10:00am

Distributing cherished possessions and other non-titled property is often overlooked when estate planning. Learn ways to create a plan for distributing household items - from treasured heirlooms to closets full of clutter. The goals of this lesson include, how to determine a fair distribution process between heirs and to discuss the methods of communicating distribution with loved ones while minimizing potential conflicts.

Green Cleaning ~

Training - March 27 at 6:00pm

Want to go green as you clean? Reduce exposure to harsh chemicals and opt for safer, more natural cleaning methods for your home. By swapping your cleaning products with common household staples, such as white vinegar, lemon juice, baking soda and salt, you can effectively clean your home while also improving the environment and reducing waste.

Healthy Outdoor Cooking ~

Training - April 19 at 6:00pm

Spending time outdoors is fun, but it can be even more fun when you include food. This lesson includes up to date information with some activities, recipes, and techniques about how to safely prepare meals in the great outdoors with your family!

Holiday Online Shopping Savvy

The holiday season is quickly approaching, and many of us are going to shop online for at least some of our holiday purchases. Being smart when and where you shop online this holiday season 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 can 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 an https:// web address. The "s" after "http" shows that the website encrypts your information as the transaction is processed.

Use credit cards instead of debit cards to make purchases online. 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 charges made online. Review your statements and report any suspicious transactions to your credit card company. You also can request a free credit report from the three credit reporting agencies Experian, TransUnion or 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 to keep it up to date with the latest security features. This includes updating apps, browsers and your operating system. Password protect your home connection to keep your personal internet network secure.

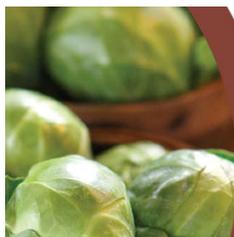
For more ways to protect your financial well-being, contact the Fayette County Extension office.

Source: Kelly May, senior extension associate



For More Plate It Up
Recipes, Visit:

<https://fcs-es.ca.uky.edu/content/plate-it-kentucky-proud>



Sweet and Spicy Brussels Sprouts

1 pound (2 cups)
Brussels sprouts
1 tablespoon olive oil
½ teaspoon sea salt
1 teaspoon garlic powder

1 teaspoon fresh
cracked black
pepper
1 teaspoon red
pepper flakes

Drizzle:
½ teaspoon hot
sauce
1 tablespoon honey

Preheat oven to 400 degrees F.
Wash Brussels sprouts, **remove** outer leaves and **cut** each sprout in half.
Mix olive oil, sea salt, garlic powder, black pepper and red pepper flakes in a medium sized bowl. **Add** Brussels sprouts to the mixture and **stir** to coat evenly. **Mix** the hot sauce and honey in a small bowl and set aside. **Place** Brussels sprouts on a greased baking

sheet. **Bake** 30 minutes or until tender. **Drizzle** hot sauce mixture over top of cooked Brussels sprouts.

Yield: 4, ½ cup servings

Nutritional Analysis: 70 calories, 3.5 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 320 mg sodium, 9 g carbohydrate, 2 g fiber, 5 g sugars, 2 g protein.



The University of Kentucky (UK) Alumni Association, the UK Cooperative Extension Service and UK Human Resources STEPS Temporary Employment are pleased to announce the fall 2022 Job Club schedule.

The purpose of Job Club is to provide a positive environment for job seekers to meet, connect, share, and learn. Job Club is for you if you are motivated and currently out of work, underemployed or looking to make a career transition. The free group is open to the public and meets the second and fourth Tuesday of each month, from 9:00–10:15 a.m. Participants may attend online via zoom or at the Fayette County Extension Office, 1140 Harry Sykes Way, Lexington. In addition, recruiters and employers are always welcome and may have a one-minute spotlight to share active job leads with Job Club attendees.

Job Club Meeting Schedule

November 8: LinkedIn Networking Tips: Making Meaningful Professional Connections to Grow Your Network

Presented by Ramla Osman, External Partnerships Associate, Lewis Honors College, UK
Maintaining a strong network is critical during the job search. Learn how to connect authentically and design a professional profile using LinkedIn. Tips on how to connect with those you don't know, but want to meet, and keyword searching will be included.

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC11822>

In person attendees at Fayette Co Extension, come between 8-9 a.m. for a free resume review with UK Alumni Career Services.

November 22: Salary Negotiation Strategy

Presented by Amanda Schagane, MEd, CCC, CCSCC, CCTC, Associate Director, Alumni Career Services, UK
Don't leave money on the table when you receive a job offer. Join us as we discuss negotiation conversation tactics, behavioral strategies, and share additional resources to negotiate your desired salary.

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC112222>

December 13: Be Strategic When Choosing Your Professional References Presented by Caroline Francis, Ed.S., CCC, BCC, CCSP, CPRC, Director of Alumni Career Services, UK
Job seekers and career changers typically spend a great deal of time and effort on their actual job search but neglect strategically choosing and coaching their references. Learn how to put the icing on the cake and seal your next deal.

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC121322>



The Fayette County Extension Office will be closed for the Thanksgiving Holiday November 24 & 25, 2022



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

HOLIDAY CREATIONS AND DISCOVERIES

 **TUESDAY - DECEMBER 6 - 1-4PM** 

**COME & JOIN FAYETTE COUNTY EXTENSION
HORTICULTURE AND FAMILY AND CONSUMER
SCIENCES PROGRAMS**

We will demonstrate how to create wreaths, centerpieces, and swags from fresh greens at home and make homemade gifts straight from your kitchen!

At the end of class, have an opportunity to pick up an ornament from our ornament swap table!

**COST: ONE CANNED
GOOD TO BE DONATED
TO A FOOD PANTRY**

**BRING ONE
ORNAMENT FOR
OUR SWAP TABLE**

**FAYETTE COUNTY EXTENSION OFFICE
1140 HARRY SYKES WAY
LEXINGTON KY 40504**

**SPACE IS LIMITED
CALL THE EXTENSION OFFICE
(859) 257-5582 TO REGISTER**

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



Disabilities
accommodated
with prior notification.



FCS CLASSES

We are happy to offer you the following opportunities. Classes/events have limited enrollment so register **early** to assure a spot in the classes/events you wish to attend. All classes/events, including the “Free” ones, are “PRE-REGISTRATION” only. For classes/events with a class fee, registration and fee must be submitted to reserve a space.

“Holiday Friendship Basket” ~ Tuesday, November 15th ~ 10:00am-4:00pm:

This colorful holiday basket is woven on a 6" x 8" wooden basket and using a push-in handle. Natural, red and green dyed reed used throughout. The overlay loops will be done in bleached cane for a decorative touch. ****Supplies YOU must provide:** 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 as you will be working through lunch. Materials for making the actual basket (reed, etc.) will be provided. *Note:* Supplies are specifically cut for each basket two days prior to class. If you need to cancel, you MUST call 72 hours prior to class. Instructor: Mary McAllister. *Skill Level:* Some experience is necessary. **Cost: \$48 for Fayette County Homemaker Members and \$56 for non-members.**



Any Way You Want It

Instructed by Nancy Cann, this series of quilt classes is designed to encourage your creativity as you learn the piecing of some basic and not so basic traditional quilt blocks. You will decide how many blocks to make depending on your project goal. For each class you will decide if you are making a Table Runner, Bed Runner, or Quilt Top. Over the year we will have experience with vertical settings, on point settings and nontraditional settings. Each monthly class will stand on its own, non dependent on the preceding or following class. Classes will meet the First Tuesday each month, 9:30am – 2:30pm beginning November 1, 2022. Although the project choices are not seasonal, your fabric choices can support any desire to make a seasonally specific runner or quilt. You will need to register for each class you plan to attend, per class fee \$20.00. A minimum of three participants is required. Registration fee is non-refundable.

December 6: Snowflake Block: Lessons: Log cabin variation, strip piecing, block sashing, two border construction. Estimated yardage will be emailed to you.

January 3: Delectable Mountain Block: Lessons: From squares to mountain peaks, the right tools for the job, more accurate cutting. Estimated yardage will be emailed to you.

Make Checks Payable to:
Community FCS Programs

Return registration form and payment to:
Fayette County Extension
1140 Harry Sykes Way, Lexington, KY 40504

2022 FCS CLASS REGISTRATION FORM:

Name: _____ **Phone:** _____ **E-Mail:** _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

TOTAL Amount Enclosed \$ _____

FCS CLASS	AMOUNT	CLASS FEE
Holiday Friendship Basket, November 15th		\$48 for Homemakers-\$56 for Non-members
Snowflake Block, December 6th		\$20
Delectable Mountain Block, January 3rd		\$20
TOTAL FEE AMOUNT	\$	

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.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2022

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

THIS MONTH'S TOPIC: HOSTING HOLIDAY MEALS ON A BUDGET

If you've ever hosted a holiday gathering, you know there is a lot to consider: Who will be invited? When will they arrive? What will be cooked? and How much will it cost? With inflation driving up the costs of goods and services, the rising prices of groceries might be on the minds of many Kentuckians who plan to host an event this holiday season. Holiday meals can get pricey, especially when serving a large crowd. As you prepare for this year's festivities, there are several strategies you can use to lower costs while maintaining holiday cheer.

Plan ahead. First, gather your recipes and make a list of the ingredients you will need. Then shop your pantry and freezer, noting what you already have. Identify only the items you need to buy. When you shop, buy store-brand items when possible. These usually come with a lower price tag. Planning early also allows you to take advantage of sales and comparison shop.

Shop intentionally. Store mailers, websites, mobile apps, and social media pages can help you shop wisely. Use these tools to compare deals and prices between brands and stores. If the stores you choose provide online ordering, consider buying groceries through pickup. Ordering online can help you avoid impulse buys. It also helps you easily compare prices



and nutritional information and keep an eye on your overall total. Whether you shop online or in-store, use coupons and customer loyalty programs to maximize deals. If you're shopping in the store, keep a running tally of your total as you add items to the cart. Prioritizing purchases helps us stick to a budget.

Delegate dishes. If you're hosting a holiday gathering, suggest an organized "potluck" instead of trying to do everything yourself. Ask everyone to sign up to bring something. Assigning side dishes, desserts, and drinks, for example, is one way to split the costs and stress of hosting a holiday meal. It gives others a chance to purchase or share special recipes while distributing the responsibility.



THINK ABOUT CREATIVE ALTERNATIVES THAT COULD BECOME NEW TRADITIONS



Simplify sides. Vegetable-based dishes, such as sweet potato or green bean casseroles, are common around the holidays. While these dishes are tasty, they require several ingredients that can increase meal prices. Consider simplifying side dishes by serving vegetables “on their own” rather than in a fancy recipe. This cuts both costs and calories.

Traditional twists. There is no rule that you must serve turkey on Thanksgiving, for example. Instead, think about creative alternatives that could become new traditions. Choose meals that best fit your budget and the needs of your guests. For instance, pasta dishes can feed a crowd. You can prepare them ahead of time, they require few side dishes (just a big healthy salad), and you can change them to fit dietary needs. Ask your guests for creative suggestions (such as baked potato bars, themed dinners, etc.) and recruit their help when it’s time to cook.

Gather early. Suggest hosting your holiday meal earlier in the day. Breakfast, brunch, and lunch options often come with fewer expectations for side dishes, drinks, and desserts. In addition to lowering costs, an earlier meal may free up time later in the day to attend multiple gatherings or add in a fun, low-cost activity like a friendly game of football, a board game, movie, or craft.

As you consider budgeting for your holiday festivities, remember that changes don’t have to be permanent. Budgets, needs, and wants change from year to year — your holiday plans can too. To explore healthy, budget-friendly recipe ideas, visit the University of Kentucky Family and Consumer Sciences Extension **Plate it up! Kentucky Proud** series at <https://fcs-hes.ca.uky.edu/piukp-recipes>

Nichole Huff and Miranda Bejda | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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



Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)



LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:



Refrigerator:

Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:

Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:

Cook immediately after thawing.

How to thaw:

Submerge the bird in cold water & change every 30 mins.



Microwave:

Cook immediately after thawing.



How to thaw:

Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?



It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils
Plates
Countertops
Cutting boards

SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Last day Thanksgiving leftovers are safe from the fridge.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:
Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregunteleaKaren.gov for questions in Spanish.





University of Kentucky
 College of Agriculture,
 Food and Environment
Cooperative Extension Service

NONPROFIT ORG
 US POSTAGE PAID
 LEXINGTON KY
 PERMIT 112

Fayette County Cooperative Extension
 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



Fayette County Extension Service
 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

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



facebook.com/FayetteCoFCS
 facebook.com/FayetteCoHM