

December 2024/January 2025

Building Strong Families in Scott County



Martin-Gatton
College of Agriculture,
Food and Environment

Scott County

Cooperative Extension Service

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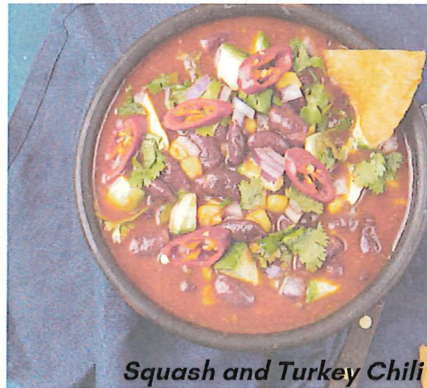
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This month...



Reflections on 2024



Squash and Turkey Chili



New Member Auction

FCS Today

REFLECTIONS ON 2024

Hello FCS Friends!

Can you believe another year is coming to an end?! I know I am having a hard time believing it, but as someone who loves this time of year I am looking forward to having some quality time with my family and friends.

I wanted to take some time to look back on 2024 and reflect on the great work we have all done together this year.

In January, we hit the ground running with weekly Diabetes Education Workshops and kicked off a new year of cooking classes at the Scott County Public Library.

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Sincerely,
Alivia Farris
Alivia Farris

Scott County Extension
Agent for Family and
Consumer Sciences



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Disabilities accommodated with prior notification.

HAPPY *New* YEAR

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Hosting these classes at the library has been a perfect way to connect to the community and allow for people who do not have access to transportation the opportunity to participate in Extension programs.

Together we donated hundreds of needed towels to the AMEN House and made over 100 dresses for Ghana. I also continued to host lessons for my Youth with Special Needs Life Skills Group. FCS Extension also made an impact by hosting family night programs in several Scott County schools this year. Homemaker Leader Lessons were hosted monthly as well as Homemaker Council Meetings. In addition to visiting several schools, the message of building strong families and communities was spread through lessons at a retired teachers group meeting, at a local laundry mat, at the health department, at the Gathering Place, the Housing Authority, and at a recovery center for women to name a few.

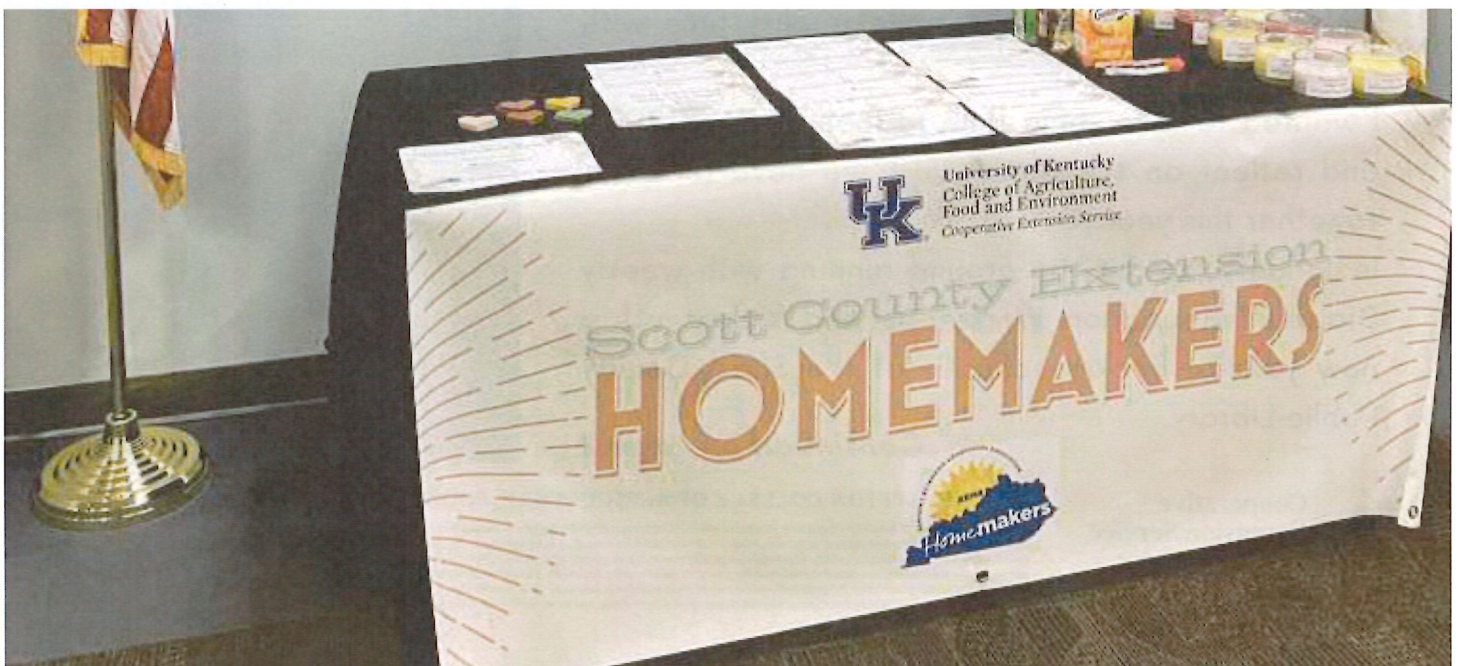
Workshops and programs on several community needs were hosted at the extension office, including but not limited to, disaster preparation, food safety, food preparation, home safety, cultural arts, gardening safely, sewing, quilting, food as health, home based microprocessing, food preservation, Medicare/Medicaid, Rug Making/Hooking, and the Hook and Cook program.

A few other notable programs from FCS this year included a senior resource fair hosted at the Scott County Extension Office in collaboration with several community partners and (because of volunteers like you) we were able to host a program for eighty 5th grade students helping them learn how to cook as well as be kitchen/food safe.

Now in December, we will soon be wrapping up the year with our Homemaker New Member Auction and a variety of celebrations. I look forward to working with each of you in the coming year to make an even bigger impact in Scott County!

Happy 2025!

Alivia Faris
Alivia Faris



Can I Eat This? Food Safety During Power Outages

Bad weather is just one of many reasons the power could go out. When there are power outages, it is important to have a plan for keeping foods safe. Food items stored in the refrigerator or freezer can easily spoil or become harmful to eat if they are not kept at safe temperatures. Here are some quick tips to help your family keep foods safe and cold during power outages.

Keep doors to the refrigerator and freezer closed as much as possible. This will help maintain the cold temperatures inside. An unopened refrigerator can keep foods safe for up to 4 hours, and a full, unopened freezer can maintain a safe temperature up to 48 hours (24 hours if only half full).

If you expect the power outage to last longer than four hours, dry ice or blocks of ice can be placed in the refrigerator and/or freezer to keep it cold. Fifty pounds of dry ice should hold an 18-cubic-foot full freezer for two days. It is also a good idea to keep coolers on hand. Coolers, frozen ice packs, and ice on hand are easy ways to keep foods cold if the power is out for longer periods.

It is not a good idea to store foods in the snow or outside even if the temperatures are very cold.

The sun can warm foods to an unsafe temperature. Foods could also be exposed to animals or other sources of bacteria. It is a better idea to take advantage of the cold temperatures to make your own ice by freezing water-filled bottles, jugs, or buckets. Add the ice to your refrigerator, freezer, or cooler to keep it cold.

Never guess whether food is safe. You cannot tell if food is safe by taste, appearance, or odor. The best way to know whether your foods are safe is to keep a thermometer in your refrigerator and freezer. Safe temperature readings are at or below 40 degrees Fahrenheit for the refrigerator and at or below zero degrees Fahrenheit for the freezer. If foods are stored in a cooler or there is not an appliance thermometer, check each individual food item using a digital, dial, or instant read food thermometer. Foods that are 40 degrees Fahrenheit or below are safe to keep. Most food items can be refrozen even if they have become partially thawed. Although safe, this can affect the quality of the food.

References:

United States Department of Agriculture. (2013). Keeping Foods Safe during Emergencies. Retrieved from https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/emergency-preparedness/keeping-food-safe-during-an-emergency/CT_Index

Source: Amy Singleton, RDN



Upcoming Dates to Remember

December 2024 and January 2025

December

5th: Homemaker New Member Auction @ 5:00 PM

12th: FCS Book Club @ 12:30 PM

19th: Needlework Club @ 1:00 PM

January

2nd: Rug Hookers @ 10:00 AM

9th: Rug Hookers @ 10:00 AM

9th: FCS Book Club @ 1:00 PM

16th: Needlework Club @ 1:00 PM

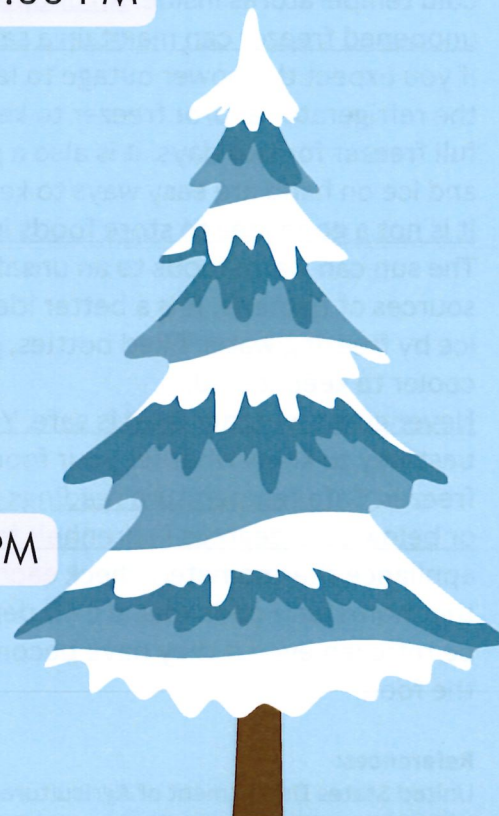
20th: OFFICE CLOSED

21st: Homemaker Council Meeting @ 1:00 PM

23rd: Rug Hookers @ 10:00 AM

27th: Leader Lesson @ 5:00 PM

30th: Rug Hookers @ 10:00 AM



Butternut Squash and Turkey Chili

2 tablespoons olive oil
1 medium onion, chopped
4 cloves garlic, minced
1 pound ground turkey

1 pound (1 small) butternut squash — peeled, seeded, and cut into 1-inch cubes
1 cup low-sodium chicken broth
1 (4.5-ounce) can chopped green chilies

2 (14.5-ounce) cans petite diced tomatoes
1 (15-ounce) can no-salt-added kidney beans, drained and rinsed

1 (15.5-ounce) can white hominy, drained
1 (8-ounce) can tomato sauce
1 tablespoon chili powder
1 tablespoon ground cumin
1/2 teaspoon salt

Stovetop: Heat the olive oil in a large pot over medium heat. **Stir** in the onion and garlic; **cook** and **stir** for 3 minutes or until onion is translucent. **Add** ground turkey. **Break** into pieces and **stir** until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Bring** to a simmer, **reduce** heat to medium-low, and **cover**. **Simmer** until the squash is tender, about 20 minutes.

Electric Pressure Cooker: Press sauté function. **Add** olive oil and onion; **cook** and **stir** for 3 minutes or until onion is translucent. **Add** garlic and **cook** for 30 more seconds. **Add** ground turkey. **Break** into pieces and **stir** until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Close** the lid, and then turn venting knob to the sealing position. **Pressure cook** at High Pressure for 15 minutes, **allow** for a natural release. **Open** the lid carefully.

Yield: 10, 1-cup servings

Nutrition analysis:
190 calories, 4g total fat, 0.5g saturated fat, 20mg cholesterol, 590mg sodium, 25g total carbohydrate, 7g fiber, 5g total sugars, 0g added sugars, 16g protein, 0% DV vitamin D, 8% DV calcium, 10% DV iron, 15% DV potassium



THIS MONTH'S
Recipe

Health Bulletins

Scan here to read full issues!



THINGS TO KNOW

-ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES-



Reminder

When Scott County Public Schools are Closed Due to inclement Weather
Scott County FCS Programs are also Canceled.

-Stay Safe Everyone -

Scott County Extension Homemakers will be hosting the
2025 Bluegrass area Homemaker Annual Meeting
Friday, October 17th

The Scott County Homemaker's Council is currently seeking your ideas for the 2025 annual meeting theme.

CONTEST!

Submit you ideas by calling
(502) 863-0984.

Deadline: Monday, December 2nd

Homemaker Leader Lesson
Monday, January 27th @ 5:00 PM
at the Scott County Extension Office
To sign up call: (502) 863-0984

**Save
The
Date**

**Homemaker
Council
Meeting
Tuesday,
January 21st
@ 1:00 PM**



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Scott County Homemakers:
New Member Auction

at the Scott County Extension Office
December 5th beginning at 5:00 PM



Details:

- Each club is responsible for providing information on new members and those who recruited the new member. You can send this information to Alivia at alivia.faris@uky.edu or call (502) 863-0984 to let us know.
- We are asking each club to provide 3-5 items for the auction.
- Please have donated items to the Extension office by Dec. 4th at 4:30 PM.
- New Members will be provided \$100 of "Homemaker Bucks" and recruiters will receive \$50 of "Homemaker Bucks" (per recruit) to use during the auction. *"Homemaker Bucks" do not have monetary value outside of this auction.*
- If you would like to help setting up or cleaning up after the auction please let Alivia know by calling (502) 863-0984.

