

February 2023

Building Strong Families in Scott County



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

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This month...



Family Mealtime



Air Fried Okra Tots



KEHA State Meeting Information

FCS Today

FAMILY MEALTIME

Source: Heather Norman-Burgdolf, UK extension specialist in food and nutrition

Between work, running errands and after-school activities, meals on the go have become a staple for many American families. You may not realize taking those few extra moments to sit down for a meal with your family fills more than just your stomach.

Sitting down for a family meal is one of the easiest proven methods to enrich your young person's life. Psychologically, regular family mealtimes help youth do better in school on tests, homework and improve general intellectual development. Social benefits include better social adjustment,

Continued on Page 2

Sincerely,

Alivia Faris

Scott County Extension
Agent for Family and
Consumer Sciences



Inside:

Family Mealtime • P1-2

Monthly Recipe • P3

Things to Know • P4

KEHA State Meeting • P6

Homemaker Lesson Ballot • P7-P8

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Disabilities
accommodated
with prior notification.

TIME FOR *Family* Meal Time



Continued from Page 1

especially for teenagers, and stronger family bonds.

Family meal times also have nutritional benefits. Having regular balanced meals featuring nutritious foods helps your young person develop healthy eating habits and establish a healthy relationship with food.

Convenience is a significant factor when choosing what to eat, leaving many families choosing the instant gratification of fast food. You may cringe at thinking of the time spent planning and preparing a family meal, but you can change your mindset. Don't make it a chore; make it an experience.

Everyone's schedule is different, so make these mealtimes work for you. Keeping them quick by meal planning or having an easy-to-make recipe is the most time-efficient. Remember you don't have to have family meals every night; work around your family's schedule. Even just one or

two meals a week can make a lasting impact. If a full meal doesn't fit into the schedule, consider stopping to enjoy a snack with the young person in your life.

Involving your whole family in meal preparation can reduce time spent "working" while maximizing bonding time. Have a family member set the table while you make the main course. Ask others to pour drinks or clean up the table. This spreads the chores out and allows you to spend time together. Encouraging the whole family to invest in the meal makes it more enjoyable and less time-consuming.

Family meals also provide invaluable, quality family time. The goal is to have undivided attention between family members, and technology distractions can make that hard to accomplish. Making mealtimes tech-free will also give you more time for focused family interactions. Talk about your day, family memories, possible vacations or fun questions that can involve everyone.



Upcoming Dates to Remember

February 2023



9th: Rug Hookers @ 10:00 AM

9th: Homemaker Leader Lesson @ 12:00 PM

9th: FCS Book Club @ 1:00 PM

9th: DPP @ 5:30 PM

11th: Elkhorn Creek Quilt Guild Sit and Sew @ 9:00 AM

16th: Needlework Club @ 10:00 AM

21st: Elkhorn Creek Quilt Guild Meeting @ 6:00 PM

22nd: Homemaker Council Meeting @ 12:00 PM

23rd: Rug Hookers @ 10:00 AM

Air Fried Okra Tots with Tangy Dipping Sauce

- 12 ounces okra stalks
- 2 tablespoons olive oil
- 2 tablespoons salt-free seasoning

Tangy Dipping Sauce:

- 1 cup plain low-fat yogurt
- 3 tablespoons mayonnaise
- 1 tablespoon dried parsley
- 2 teaspoons dried dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt

Wash hands with warm water and soap, scrubbing for at least 20 seconds. **Cut** the ends off the okra. **Cut** the okra into 2-inch (tater tot sized) chunks. In a large bowl, **place** the cut okra, olive oil, and seasoning. **Toss** to coat. **Add** to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. **Cook** at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, **prepare** the sauce by **mixing** all of the ingredients in a small bowl. **Refrigerate** the sauce until ready to serve. **Serve** okra tots with tangy dipping sauce. **Store** leftovers in the refrigerator within two hours.

Yield: 5 servings. **Serving Size:** 1/5 of recipe. **Nutrition Analysis for Okra Tots with Tangy Dipping Sauce:** 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium. **Nutrition Analysis for Okra Tots (no sauce):** 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.



THINGS TO KNOW

-ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES-



Beginning Adult Sewing Class

Thursday nights beginning
March 23rd

at the Scott County Extension Office
at 5:30 PM.

Detailed schedule will be provided after first class.

You MUST call to sign up at (502)863-0984

Advanced Adult Quilting Class

First Thursday of each month
beginning March 2nd
at the Scott County Extension
Office at 6:00 PM.

You MUST call to sign up at
(502)863-0984

Beginning Adult Quilting Class

Last Monday of each month
beginning March 27th

at the Scott County
Extension Office at 6:00 PM.

You MUST call to sign up at
(502)863-0984

SCOTT COUNTY HOMEMAKER COUNCIL MEETING

Wednesday, February 22nd

12:00 PM at the

Scott County Extension Office

A NOTE FROM YOUR AGENT:

Hello Homemaker Members!

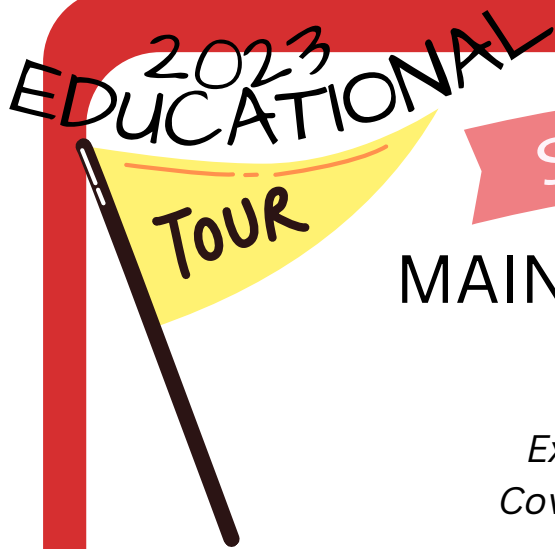
We are starting a new Homemaker year and I am excited for all of the wonderful things we will do together in the coming months.

I would like to get to know each of you better this year by attending your club meetings.

Please reach out to me at (502)863-0984 or alivia.faris@uky.edu with your club meeting date and location that you would like for me to attend.

Hope to see you soon!

Alivia



SAVE THE DATE

MAINSTRASSE VILLAGE FOOD TOUR

*Experience the Best Food in
Covington, KY's German Village*

JUNE 10, 2023

More information coming soon, registration is not open at this time.



THANK YOU!

THANK YOU to everyone who donated items and/or their time to the new member auction. Without you this event would not have been possible!

Leader lessons will be prerecorded this year. Join us at the Scott County Extension Office for lesson lunch n' learns. We will watch the videos, present demos, and enjoy refreshments.



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SCOTT COUNTY HOMEMAKER LEADER LESSON SCHEDULE 2022-2023

All Lessons will be hosted at the Scott County Extension Office

FEBRUARY

*Feb. 9th
at Noon*

MARCH

*March 9th
at Noon*

*February
Lesson:*

Transferring Cherished Possessions



2023 KEHA State Meeting

May 9-11, 2023

Crowne Plaza

Louisville, KY

<https://keha.ca.uky.edu/content/state-meeting-information>



We are planning an exciting state meeting with all the features you know and love! Because of rising prices, we have had to change the pricing structure. We are keeping prices as low as we can to make sure you get the most bang for your buck! Below is a sneak peek at the new pricing structure and all the features it will include. Look for full details and registration information coming this February in your state newsletter!

| | Early-Bird Rate (By 4/10/22) | Late Registration (By 4/24/22) |
|-------------------------------|------------------------------|--------------------------------|
| Full Conference Registration | \$140 | \$175 |
| 2-Day Conference Registration | \$120 | \$140 |

Full Conference Registration Includes:

- Everything!
- Two meals – Tuesday opening luncheon banquet (New!) and Thursday awards luncheon
- All three days of conference activities*
- Opportunities to register for learning seminars covering a wide variety of interesting topics
- Opportunities to register for hands-on creative classes
- Cultural Arts viewing
- Quilt square viewing and auction
- Trade show vendors and KEHA merchandise store
- Basket raffle and silent auction
- Homemaker showcase
- Business meeting
- Wednesday night choir performance
- Thursday officer trainings and educational chairman workshops – all are welcome to attend. Learn what it means to lead!

2-Day Conference Registration Includes:

- Tuesday/Wednesday registration OR Wednesday/Thursday registration
- One meal (either opening luncheon banquet (New!) or closing awards lunch
- 2 days of conference activities*
- Opportunities to register for learning sessions and hands-on creative classes as available on the days you select

* NOTE: All sessions and classes require advanced registration and are subject to availability.

Registration is first-come, first-served with payment. Hands-On Creative Classes and paid sessions *may* include an additional charge.



Lodging Information

The lodging room blocks are now open for reservations!

Crowne Plaza Louisville Airport Expo Ctr.
830 Phillips Lane, Louisville, Kentucky 40209
866-888-0620 (group code PZ5 for conference rate)
Standard Room \$124 + Tax (1-4 people)

Make your reservations by **April 10, 2023**, to secure the conference rate. Individual reservations can be cancelled up to 48 hours prior to arrival date. No-shows and late cancellations will be charged one night's room and tax.



SCAN ME



To complete the survey electronically, use your smart phone to scan the left QR code.

2023 - 2024 Bluegrass Area Homemakers Leader Lesson Ballot



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Please choose the top 8 lessons you would like taught in the 2023-2024 homemaker lesson year.
Return to the Scott County Extension Office no later than Friday, April 7th.

Understanding Your Credit Score

Does one number define you? What is "good credit?" Find out more about the meaning behind credit scores, what are some factors that go into calculating a credit score, and tips on how you can potentially improve yours.

KEHA Plays Pickleball

It the fastest growing sport that all ages and skill levels can play and are talking about. That's right ... PICKLEBALL. It is a cross between ping-pong, badminton, and tennis. Come learn as well as teach other KEHA members to play a format with several health benefits associated to it and allows for both social and physical activity.

A Guide to Beginner Meal Planning and Meal Prepping

Planning meals is one of the best ways to save money and eat healthy meals. Learn some tips and tricks that will help to remove the stress of putting healthy meals on the table every night.

Recognizing and Coping with Trauma after a Natural Disaster

This lesson will focus on coping with trauma that may occur after a natural disaster, or other events that disrupt your ability to cope due to significant loss. Participants will learn tips and skills to aid in recognizing trauma, how to help others in the community who might have experienced trauma and learn strategies that may be helpful for families to build a toolkit in order to prepare for the future.

Self-Care and Self-Pampering

Self-care is about realizing and prioritizing one's own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. This KEHA lesson will help you take control of your own well-being beyond the basic self-care recommendations.

Planning Thrifty and Healthy Holiday Meals

Lesson focuses on healthy meal planning, staying within budget, kitchen time management strategies, preparing low-cost and delicious recipes, food safety tips, and maximize your leftovers to avoid waste.

(OVER)

Mentoring and Empowering Youth

Mentoring is very important to our youth today. It is versatile and can be done in many ways. This lesson will help to identify needs in your community and provide ideas for creating and accessing opportunities to mentor.

Savor the Flavor: Seasoning with Spices

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use spices to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

Savor the Flavor: Building Flavor with Herbs

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use herbs to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

Personality Assessment

That's not the way I would have done it! Do you ever find yourself scratching your head at another person's reaction? The way one person processes, interprets, and reacts are often not the same responses of others in the same household, family, workplace, or surroundings. This workshop will shed light on different personality traits, help you learn more about yourself, and allow you to see other perspectives.

Radon: A Silent Killer

Kentucky leads the nation in the number of new cancer cases and lung cancer deaths. Not only is this because of Kentucky's high smoking rates, but also due to Kentucky's high radon levels. Radon is more than an element on a chemical chart. This lesson will provide information and resources about radon and how to make sure your home is safe for you and your family.

Lead Your Team: Health Literacy for the Win!

Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take a prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. It is estimated that 9 out of 10 adults have difficulty understanding and using health information, also known as health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals.

