

Homemaker Newsletter

August 2023

UPDATES FROM THE RUSSELL COUNTY FCS AGENT

Homemaker Council Meeting Scheduled!

The next Homemaker Council meeting will be held on August 28th at 5:00 PM at the Extension Office.

Prior to the HM Council meeting, Megan will present the HM Leader Lesson on Types of Scams. This lesson will be at 4 PM. Please call 270-866-4477 to RSVP.

Directly following the Council meeting, we will be hosting the HM Officer training. Council and club officers are encouraged to participate.

Homemakers Due Are Now Being Accepted!

The new fiscal year has started, which means annual Homemaker dues are due. Annual homemaker dues are \$12/year and registers you as a homemaker at the county, area, and state level. The enrollment form is attached to this newsletter.

Thought of the Month:

“Outside of a dog, a book is a man's best friend. Inside of a dog it's too dark to read.” – Groucho Marx

Roll Call:

Celebrate the “dog days of August” by naming your favorite book – or dog!



FCS Agent's Summer Recap

It was wonderful meeting those who came to June's annual meeting. I wanted to take the time to share a few photos from some of my events this summer!

I hope I am able to see you in August for the council meeting and some of my upcoming workshops! Feel free to call me at 270-866-4477 if you have any questions!



Give Away from the Russell County Farmer's Market for their Grand Opening on June 23rd.



Easy Summer Sides Sampling of Apple Coleslaw



MEGAN GULLETT DEMONSTRATING THE TUSCAN CHICKEN & PASTA RECIPE



JULY'S LAUGH & LEARN GROUP AT THE RCPL. READING THE LITTLE RAINDROP



4-HER'S SALSA MAKING CLASS

Ways to Keep your Picnic Perfectly Safe this Summer

SOURCE: ANNHALL NORRIS, FOOD PRESERVATION AND FOOD SAFETY EXTENSION SPECIALIST

Summer has often been called picnic season. It is the perfect time to dine outside and enjoy all that nature has to offer – the sun, the trees, the breeze, even the bugs. It's also an opportunity for foodborne bacteria to grow. To protect yourself and your family from foodborne illness and reduce your chances of getting sick, plan ahead and follow these food safety picnic tips.

Planning

- Take only the amount of food you'll use.
- Clean and sanitize your cooler before you pack it.
- Wash produce before packing.

Take disinfecting wipes for your hands or hand sanitizer in case you can't wash your hands.

- Take a food thermometer and use it to check cooking temperatures.

Packing

- Pack food in tightly sealed containers to avoid cross-contamination.
- Pack cold food first.
- Use ice, frozen gel packs, or frozen water bottles to keep food cold.
- Pack a separate cooler for drinks because people will open it more frequently.

Cooking

- Keep food cold until you are ready to cook.
- Cook meat and poultry to their safe internal temperatures.
- Beef, pork, lamb and veal (steaks, roasts, chops) – 145 degrees F with a three-minute rest.
- Ground meats – 160 degrees F
- Chicken (whole, pieces, ground) – 165 degrees F
- Use a clean plate for serving cooked food.
- Don't let raw meat juices touch other food or reuse the marinade.

Eating

- Wash your hands or use hand sanitizer or wipes before eating.
- Place leftovers in the cooler. Throw out any perishable food left out for more than two hours.
- In temperatures above 90 degrees F, food should not sit out for more than one hour.

For more information on food safety, contact your local Extension office.

Apple Coleslaw

SERVINGS:12 **SERVING SIZE:**1/2 CUP

Source: Debra Cotterill, Director, Nutrition Education Program University of Kentucky, Cooperative Extension Service

Ingredients:

- 2 apples (red and green), cored and chopped
- ½ head of green cabbage, shredded (3 cups)
- 1 cup shredded carrots
- 1 tablespoon honey
- ¾ cup low-fat vanilla yogurt



Directions:

1. Mix yogurt and honey in a large bowl.
2. Add other ingredients and mix together lightly.

OPTION: Add raisins or grapes, if you choose.

Make it a Meal

- Grilled hamburgers
- Apple Coleslaw
- Fresh melon
- Frozen yogurt
- Iced tea

Nutrition Information

45 calories; 0 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 25 mg sodium; 10 g total carbohydrate; 2 g dietary fiber; 7 g sugars; 1 g protein; 30% Daily Value of vitamin A; 40% Daily Value of vitamin C; 4 % Daily Value of calcium; 2% Daily Value of iron



MEGAN GULLETT
CEA FOR FAMILY & CONSUMER SCIENCES

2023 AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
	BINGOCIZE @ 10 A	1	2 BINGOCIZE @ 10 A	3	4	5
6	7 BINGOCIZE @ 10 A	8 LAUGH & LEARN @ 6 P	9 BINGOCIZE @ 10 A	10	11 BACK TO SCHOOL BASH 5-7 @ FAIR GROUNDS	12
13	14 BINGOCIZE @ 10 A	15	16 BINGOCIZE @ 10 A	17	18	19
20	21 BINGOCIZE @ 10 A CANNING APPLE PIE @ 5 P	22	23 BINGOCIZE @ 10 A	24	25	26 CANNING APPLE BUTTER @ 10 A
27	28 BINGOCIZE @ 10 A KNOWING YOUR SCAMS @ 4 P HM COUNCIL MTG @ 5	29	30 BINGOCIZE @ 10 A	31		

THE RUSSELL COUNTY FARMER'S
MARKET WILL BE HELD EACH WEEK AT
THE BELOW DATES:
TUESDAYS, 1-6 PM
FRIDAYS, 7:30-12P
SATURDAYS, 9-12 P

BINGOCIZE IS A TWICE-A-WEEK PROGRAM THAT
COMBINES EXERCISE AND BINGO. SPONSORED BY
WKU, WE REQUEST THAT IF POSSIBLE, YOU ATTEND
ALL MEETINGS FOR RESEARCH PURPOSES.

NO COOKING THROUGH THE
CALENDAR THIS MONTH, I'LL SEE YOU
IN SEPTEMBER!

A BAD DEAL IN DISGUISE: TYPES OF SCAMS



Can you recognize common scams?

Join us to learn about scammers and how to avoid their tricks!

August 28th | 4 PM

Russell County Extension
Office 2688 S. HWY 127, Russell
Springs, KY

Call to RSVP!
270-866-4477



Competitive Extension Service
This program is funded by the University of Kentucky and the U.S. Department of Agriculture. It is designed to provide educational and extension services to the people of the Commonwealth of Kentucky. For more information, contact your local Extension Office. www.ky1690.com



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

Russell.ca.uky.edu

LAUGH & LEARN

Presented by The Russell County Extension Office &
The Russell County Public Library

**Tuesday, August
8th**
6-7 PM

Event will be at the Russell County Public
Library

Call 270-866-4477 To RSVP



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Looking for a fun, new way to be more active?



A 6-week health promotion program that combines the game of bingo with inclusive exercises for everyone! Come play and meet new people while learning about how to protect yourself.

COME JOIN THE FUN!

WHERE: 2688 S. HWY 127, Russell
Springs, KY 42642

WHEN: Mondays & Wednesdays,
starting July 31st
TIME: 10:00 - 11:00 AM

Interest Meeting July 31st @ 10:00 AM



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

**CANNING SERIES: HOT WATER BATH
CANNING**

APPLE PIE

In a jar

Come learn how to hot water bath can with the Russell County Extension Office. We will be making Apple Pie in a Jar.
Space is limited, RSVP by August 14th.

AUGUST 21ST

@ 5 PM



270-866-4477

Russell.ca.uky.edu

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CANNING SERIES: HOT WATER BATH

APPLE BUTTER

WE WILL START AT 10 AM AT THE
EXTENSION OFFICE

**COME LEARN HOW TO
PRESERVE YOUR APPLES BY
MAKING APPLE BUTTER!**

**SPACE IS LIMITED, CALL 270-866-4477
TO RSVP!**



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**Cooperative
Extension Service**

Kickstart THE HOLIDAYS

Friday, October 27th
Adair County Extension Office
409 Fairground Street, Columbia
Registration begins at 9:00 am CST
Program begins at 9:30 am CST

- Join Us to Learn About:
- Creating & Maintaining Family Traditions
 - Managing Holiday Finances
 - Holiday Floral Arrangements
 - Tasty Holiday Treats
 - Family Fun for the Holidays
 - And more along with Great Fellowship & Sharing!

Registration and \$10 fee due to
YOUR County Extension Office
by October 11th

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**26
AUGUST**