

Leslie County Informer

December 2023 - January 2024



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

Cooperative Extension Service
Leslie County
22045 Main Street #514
Hyden, KY 41749-8568
606-672-2154
Fax: 606-672-4385
extension.ca.uky.edu



Happy Holidays

This holiday season our thoughts turn gratefully to those who have made our progress possible. The entire staff of the Leslie County Cooperative Extension Service would like to extend our warmest wishes for a joyous holiday and a prosperous New Year!

Vicki R. Boggs

Vicki R. Boggs
County Extension Agent for
Family and Consumer
Sciences Education
vicki.boggs@uky.edu

Dawna Jace Peters

Dawna Jace Peters
County Extension Agent for
4-H Youth Development Education
jace.peters@uky.edu

Michelle Brock

Michelle Brock
County Extension Agent for
Agriculture & Natural
Resources Education
michelle.brock@uky.edu

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.

Dawna Jace Peters, Leslie County Extension Agent for 4-H Youth Development Education Email: jace.peters@uky.edu

STAY FIRE SAFE

When it gets cold in the winter, many people turn to fire to stay warm and have light. From candles to fireplaces and heaters, fires can help people be comfortable. However, fire is very serious, is never a toy, and is never OK to touch.

Every year, kids of all ages start fires that hurt people and damage things. You can do your part to prevent fires by never playing with matches, lighters, and other fire sources. Also stay away from all open flames, including fireplaces, candles, and stoves. If you are worried about one of these items, always talk to a grown up in your home. Do not investigate for yourself.

Even when people try to be safe, accidents can still happen. Some people don't want to talk about fire safety because no one likes to think about people getting hurt or their things getting burned. But you can feel less worried about a fire if you are ready just in case.

All homes should have a fire escape plan. They should include how to get out of your home in case of a fire and where to meet outside. Smoke from a fire can make it hard to see where things are, so it's important to learn and remember the different ways out of your home. Talk to your family about the different ways to get out of the rooms in your home. The most important thing in a fire is to get out safely. Never try to hide.

If you can see smoke in the house, stay low to the ground as you go to the exit. In a fire, smoke and poisonous air hurt more people than the actual flames do. You'll breathe less smoke if you stay close to the ground. Bend down low or crawl to avoid the smoke and keep going quickly to the outside.

Besides planning how to get out, you also need to know where to meet your family outside. This is helpful because then everyone shows up in one place and you'll know that everyone is safe. It is normal to worry about your pets or a favorite toy, but if there is a fire, you have to leave them behind. The most important thing is that you get out safely. Once you are out, STAY OUT. Do not go back in for anything — even pets. You can tell the fire rescue

people about any pets that were left behind and they may be able to help.

You can do your part to prevent fires by never playing with matches, lighters, and other fire sources.



If you are stuck in a room with a hot door or on an upper floor, keep the door closed and get to a window. Open it if you can and make a lot of noise and move around. Firefighters will be able to see you and help you get down.

If your clothes ever catch fire, do not run away! Instead, cut off air to the fire by remembering to STOP, DROP to the ground, cover your face with your hands, and ROLL to put out the flames.

You do not need to be afraid of fire. You can make good choices to keep your distance and stay safe.

For more information contact Jace Peters 4-H Youth Development Agent at (606) 672-2154.

Resource: <http://fcs-hes.ca.uky.edu/content/health-bulletins>.



WHAT'S COMING UP IN 4-H



**4-H Youth Bee Club Meeting will be January 29th – 4:00 p.m.
at the Leslie County Extension Office.**



2024 Kentucky Volunteer Forum

Thursday, February 22 – Saturday, February 24, 2024

The Kentucky Volunteer Forum will be held at the Hyatt Regency Lexington and the Central Bank Convention Center.

Registration opened October 1, 2023

The Kentucky Volunteer Forum is a developmental and educational conference geared towards 4-H and Extension volunteers from all program areas. The forum offers 220 workshops in 25 content tracks, professional development sessions, seminars on wheels, networking opportunities, a trade show, and three recognition events. Volunteers work to complete requirements necessary for accreditation in Agriculture, Camping, Cloverbuds, Communications & Expressive Arts, Family & Consumer Sciences, Health, Leadership, Natural Resources, and Science, Engineering, & Technology. Additionally, volunteers, community partners, and 10-year 4-H members are recognized for their contributions to the Kentucky 4-H Program, and their impact on the lives of Kentucky youth.



4-H TEEN COUNCIL SERVICE PROJECT
WREATHS ACROSS AMERICA

4-H Teen Council will be volunteering their service for the National Wreaths Across America Day. We will be helping Hurricane Cemetery to remember and honor veterans by laying remembrance wreaths on their graves. This event will be held on December 16th in Leslie County. It starts in front of the courthouse at 9:00 am.





WHAT'S BEEN HAPPENING IN 4-H



4-H Science Club

Mr. Garry made his way into the schools throughout November with a special owl lesson that allows students to work in groups to dissect owl pellets. Each group was amazed by the findings in the pellets. Mr. Garry said the lesson had overwhelming success. He discussed different characteristics, sounds, habitat, benefits from having owls and specifically the 8 different owl breeds that can be found in Kentucky.

His next Science lesson will have a focus on alternative power methods such as solar, wind and water.

January 16, 2024 / Stinnett Elementary

January 17, 2024 / Mountain View

January 18, 2024 / Hayes Lewis

January 19, 2024/ WB Muncy



Save the Date

LESLIE COUNTY 4-H

**CHOCOLATE COVERED
STRAWBERRIES**

\$10 per half-dozen or \$15 per dozen

February 13th & 14th

*Free local delivery to schools and businesses. Order by
February 9th. Will be delivered February 14th.*



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

2024 4-H State Teen Conference
June 11th-14th

During this four-day conference, teens develop valuable life skills, leadership competencies and communication abilities. They experience college life by living on the University of Kentucky campus, attend educational majors based on your interests, complete a leadership minor, community service project, attend Cloverfest, Fashion Revue, Performing Arts Showcase, State 4-H Officer elections, and make new friends across Kentucky.

#illuminateky4h



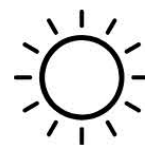
Mushroom Cultivation

In the **Spring 2024**, learn how to cultivate edible mushrooms in this fun class. At the end of class you can leave with a mushroom inoculated log so you can grow your own mushrooms at home.



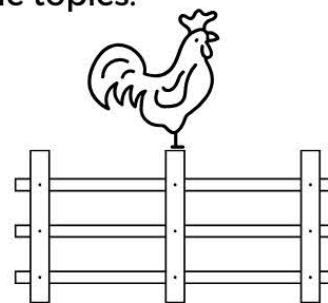
Self-Reliance Series

If you're thinking of Homesteading or simply wish to be more self-sustainable, then this is the program for you. Listed below are possible basic topics.



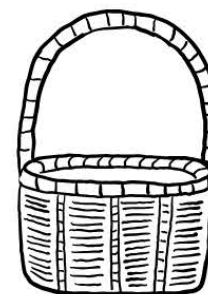
Learn about:

- Food preservation
- Gardening
- Beekeeping
- Animal care
- Hunting
- Butchering and processing
- Carpentry
- Alternative energy sources
- and more



Foraging

Coming in 2024. People have always been foragers. When you forage you search for food. Have you ever picked a wild raspberry or cracked open and eaten a walnut? Learn from experts where to find Kentucky's vast edible wild plants and mushrooms and learn what should be left alone.

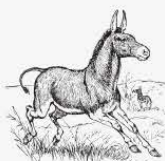


I would love to hear what you're interested in learning.
Please contact me with your ideas.



If you are interested in attending any of these programs please call the Leslie County Cooperative Extension Office at 606-672-2154 to register.

Please watch our newsletter, Facebook page, and the Leslie County Extension office webpage for updates, times and dates.



Leslie County Agriculture and Natural Resources

Horses and Hay



Growing and harvesting good-quality hay isn't easy, and depends heavily on good weather for success. This is where we get the old saying, "Make hay while the sun shines." Hay farmers have to keep a close eye on plant growth, the weather and the moisture content of the hay to produce top quality hay.

Unfortunately molds form on hay due to excessive moisture, this is why it is so important to harvest hay under the right conditions and then store it properly once baled. Moisture content is a crucial measurement when it comes to hay production. Once hay is cut in the field, it needs to dry, or cure before it can be baled or rolled. The length of drying time depends a lot on location and weather. High humidity or rain will slow this process, leaving the crop vulnerable to mold and fungus causing nutrient loss. In addition, mold growth can produce heat and when stored in tight stacks or in areas of poor ventilation, there is a risk for spontaneous combustion. For this reason, all hay should be

stacked in well-ventilated areas, and in an alternating pattern which allows airflow between bales.

Molds reproduce by releasing spores, that can irritate airways, which can cause *Recurrent Airway Obstruction* (RAO), also known as heaves. RAO can lead to difficulty breathing. Special attention must be given to the hay being fed to a horse who already suffers from RAO to avoid more complications.

Proper storage is a critical component of hay-feeding. "Hay should be stored in a dry, well-ventilated area off of the ground," advised Kathleen Crandell, Ph.D., a nutritionist with Kentucky Equine Research. "Avoid placing tarps tightly around hay, which will prevent moisture from escaping. Don't stack hay too high, and be sure to leave some space between each bale to allow for airflow." These techniques will help minimize the risk of mold growth in hay.

Always take the time to inspect your hay prior to feeding. Hay may look perfectly fine on the outside, but may have mold growing on the inside, according to Crandell.

While mold may be difficult to see, you can usually smell it. If hay is dusty or smells musty, do not feed it. Any black or gray spots are a sure sign of spoiled hay and should not be fed to your horse. If you have any concerns about the hay you are feeding or considering feeding to your horses please feel free to contact me at the Bell County Extension office.

You can read more about hay on the *Kentucky Equine Research* web page at: KER.com



The Gift Of Health

Coming Up

Dec. 7 th 1:00 p.m.	Service Project Goodies for Relay
Dec. 11 th 5:00 p.m.	Hyden Homemakers Club Meeting
Dec. 14 th 1:00 p.m.	Cooking Through the Calendar
Dec. 14 th 12:00 p.m.	DROP IT LIKE IT'S HOT!
Dec. 21 st 1:00 p.m.	Beech Fork Homemakers
Jan. 8 th 5:00 p.m.	Hyden Homemakers Club Meeting
Jan. 18 th 1:00 p.m.	Beech Fork Homemakers
Jan. 25 th 10:00 a.m.	Diabetes Support Group Meeting
Jan. 25 th 11:30 a.m.	Cooking Through the Calendar
Jan. 25 th 1:00 p.m.	DROP IT LIKE IT'S HOT!

Perhaps you are familiar with the holiday tune that describes 12 Christmas gifts, but a gift worth giving that is not included in the song is good health!

As you prepare to host or attend holiday functions this season, here are 12 tips to staying safe and healthy yourself, and not passing along germs for family and friends:



1. Wash your hands: Use soap and warm water when possible and alcohol-based hand sanitizer when out and about.
2. Eat well-balanced meals: Making healthy food choices most of the time helps to offset occasional treats that may be less nutritious.
3. Keep moving: Find creative ways to incorporate movement into your daily routine, take a family walk, have a dance party, or enjoy an outdoor winter activity like ice skating.
4. Stay warm: Dress for outdoor weather in layers, with an outer layer to keep you dry.

5. Practice food safety: Wash hands and cooking surfaces, cook foods to proper temperatures, avoid cross-contaminating cooked and uncooked foods, serve foods hot or cold, and refrigerate uneaten food promptly.

6. Prevent house fires: Never leave an open flame (candle, fireplace, stove, or heater) unattended, install smoke detectors, and replace their batteries twice a year.
7. Manage stress: Holiday events and spending can cause stress. Make a plan that keeps your finances and calendar from becoming overburdened.
8. Limit alcohol consumption, and do not drink and drive.
9. Get routine health screenings: Holiday breaks from work may be a good time to schedule annual exams that can get put off throughout the year.
10. Sleep: Adults need between seven to nine hours of sleep per night. Lack of sleep can compromise your immune function and decrease your mental clarity.
11. Stay up to date on vaccines: You can prevent many serious diseases by getting routine vaccines. Ask your health-care provider what vaccines you should get.
12. nAvoid smoking and tobacco products: Secondhand smoke and vaping products also have negative health outcomes.

Being mindful of healthy habits will help keep you and your loved ones feeling good throughout the season, which is always a reason to celebrate.

Resource: <http://fcshe.ca.uky.edu/content/health-bulletins>

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



Check out our Facebook Page: <https://www.facebook.com/lesliecoextension>

What's Coming up in Extension?

REMINDER! Please call (606) 672-2154 to reserve your spot for all programs.

Leslie County Extension Hyden Homemakers

Plan to meet at Leslie County Extension at **5:00 p.m. on Monday, December 11, (Christmas Meeting) and January 8th** for their regular monthly meeting. Please contact **Faye Couch at (606) 672-3231 or Vicki Boggs @ 672-2154 for more information.**

Leslie County Extension Beech Fork Homemakers

Plan to meet at Lower Beech Fork United Methodist Church on **December 21st and January 18th at 1:00 p.m.** For more information concerning homemaker meetings contact **Vicki Boggs at 672-2154 or Donna Nantz at 374-5251**

Homemaker Leader Lesson Mail-Out: Emergency Health Information Cards: is available upon request. You may stop by and pick these up or contact us @ 672-2154 to request a copy to be mailed.

Leslie County Extension 2023 Homemaker membership continues! December 15, 2023 Deadline for FREE T-Shirts.

Membership dues are \$10.00 a year for clubs. To become a member, please complete your membership form and return it to Leslie County Extension Office, 22045 Main Street # 514, Hyden, KY 41749. You may stop by for a paper form or log onto our Leslie County Extension Facebook page or website @ leslie.ca.uky.edu for a link to our form. If you would like to receive a paper copy in your mailbox, please contact our office @ 672-2154 and make your request between 8:00-4:30. Thank you for your support of Leslie County Extension Homemakers! If you have questions, please always feel free to contact me by phone, messenger or email at vicki.boggs@uky.edu



Attention: Homemaker Service Project Opportunity:

Goodies for Relay for Life: December 7th - 1:00 p.m.

Join us here at Leslie County Extension as we prepare goodies for Leslie County Relay



for Life Santa Candy Shoppe, on December 8th here at Leslie County Extension. Funds raised are used for local cancer patients. Call to sign up for this service project.

today at 672-2154

Diabetes Support Group Meeting –(No December Meeting) January 25th at 10:00 a.m.
Please call 672-2154 to sign up for this monthly program! (See flyer for more details)

Cooking Through the Calendar



December 14th @ 1:00 p.m.
Loaded Beef Stroganoff

January 25th @ 11:30 a.m. -
Savory Winter Pork Stew



We all love the free recipe calendars the Extension Office provides each year! Cooking through the Calendar is supported by the Kentucky Nutrition Education Program (KYNEP), which is administered by the University of Kentucky Cooperative Extension Service. The goals of both organizations are to educate families and individuals and to help them plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle. ARH continues to partner with us and plans to provide incentives and education for this health and wellness program. **Sign up soon**, spaces are limited. For more information and to sign up for this class please contact Leslie County Extension at 672-2154. It starts with us. #UKFCSExt.



DROP IT LIKE IT'S HOT!; Health and Wellness Program: December 14th @ 12:00 p.m. & January 25th @ 1:00 p.m.

Join us for a fun health and wellness challenge that will keep you motivated and the best part, you make your own goals. Each month will include new challenges and activities to help keep you on track to meet your wellness goals! **Please call 672-2154 today to sign up.** It starts with us. #UKFCSExt



Hand Crocheted Dish Cloth – Thursday, January 4, 2024 - 12:00 Noon

Join us to learn a NEW SKILL for the NEW YEAR! Extension Homemaker, Rosetta Pennington will be teaching this cultural arts class. We will learn together how to crochet a cotton dishcloth. Contact us at 672-2154 **by December 20, 2023**, to sign up for this cultural arts class so supplies may be ordered.

Wood Project scheduled at RCARS Wood Utilization Center – January 30, 2024

Join us at Robinson Wood Utilization Center at Jackson Ky to construct a wooden cutting board. We plan to leave Leslie County Extension by 8:30 a.m. on January 30, 2024. Registration is \$10.00 and the **deadline to sign up is January 12, 2024**, to reserve your spot. For more information and to sign-up for this class please contact Leslie County Extension at 672-2154.



What's Been Happening in Extension



Lunch and Learn - Homemaker Leader Lesson: Pickleball Was held, October 24th at 12:00 noon

Homemaker participants enjoyed Pickleball at The Riverfront Park. It is a cross between ping-pong, badminton, and tennis. It was easy to learn and fun to play. Using paddles and lightweight balls, the open play format encouraged us to be active. Thank you to Garry Ostrander for marking the Pickleball court to allow us to experience the official size court. Thanks also to Stacey Trent, Breathitt County FCS Agent who taught this class here at **Leslie County Extension**. Building strong, healthy families. Building Kentucky. It starts with us. #UKFCSExt. Contact us at 672-2154 or vicki.boggs@uky.edu for more information.

Leslie County Extension Homemakers present flood relief funds to Leslie County law enforcement officer, Bill Baker. Leslie County Homemakers unanimously voted to sponsor relief funds for a local resident who suffered during the July 2022 flood as a small service project to help a community member. Building strong, healthy families. Building Kentucky. It starts with us. #UKFCSExt. Contact us at 672-2154 or vicki.boggs@uky.edu for more information!



Diabetes Support Group Meeting #5 was held on Thursday, October 26, 2023. Our 5th support group meeting was well attended, having a total of 7 participants. **ARH** provided a great educational lesson on Managing Mental Health and Diabetes. Participants enjoyed the tasty Plate-It Up Chicken and Brussels casserole, Plate it Up recipe.. We appreciate our local partnership with ARH Healthcare providing many beneficial resources for our community meetings. Plan to join us each month for our Diabetes Support Group here at Leslie County Extension, the last Thursday of each month at 10:00 a.m. It starts with us. #UKFCSExt. Contact us at 672-2154 or vicki.boggs@uky.edu for more information.

Annual Holiday Traveling Road Show



Held November 3, 2023, at Leslie County Extension @ 1:00 p.m. Hosted by The Quicksand Area FCS Extension Agents November 1st-7th including all 8 of the Quicksand Area Counties. Leslie County Extension had 32 in attendance. Holiday lesson materials covering Planning Holiday Meals on a Thrifty Budget were shared. Holiday arts and crafts were displayed and presented by each FCS Agent. Recipes along with samples were enjoyed by everyone. Each participant received a copy of our 2023 Holiday Road Show book filled with all the decorative holiday ideas, recipes, and Budget lesson. Special thanks to our Leslie County Extension Staff and Quicksand Area Agents who made our Annual Holiday Traveling Road Show program a great success! Building strong families. Building Kentucky. It starts with us. #ukFCSext



Leslie County Extension Beech Fork Homemakers met at Lower Beech Fork United Methodist Church on November 16 for their regular monthly meeting. There were 6 participants who enjoyed the snowman painting class. Special thanks to Michelle Brock, ANR Agent for Leslie County Extension for teaching this fun and informative art class. For more information contact **Donna Nantz @ 374-5251** or **Vicki Boggs @ 672-2154**. It starts with us. #UKFCS Extension.



Leslie County Extension Hyden Homemakers met at Leslie County Extension at 5:00 p.m. on November 20th for their regular monthly meeting. There were 9 participants who enjoyed this cultural arts class. Special thanks to Lorene Coats for teaching this Recyclable Santa/Snowman class. For more information contact **Faye Couch at (606) 672-3231** or **Vicki Boggs at (606) 672-2154**. It starts with us. #UKFCS Extension

**** Please call (606) 672-2154 to reserve your spot for all programs. Remember, all programs, VSU and community service qualify for funny money for our Annual Meeting!***

Raising kids, Eating right, Spending smart



DIABETES SUPPORT GROUP

2024

Join with us
to discuss:

- JAN 25** Carb Counting
- FEB 29** Disaster Preparedness
- MAR 28** Neuropathy - Coping with the Pain
- APR 25** Medications - What's New
- MAY 30** Why Protect Our Kidneys
- JUN 27** Eye Disease
- JUL 25** How to Handle Diabetic Emergencies

**Last Thursday
of each month**



10AM: JOIN VIA ZOOM
zoom.us/my/arhdiabetes

- AUG 29** Staying Hydrated
- SEP 26** Diabetes Prevention - Prevention for Families
- OCT 31** Holiday Eating
- NOV 21** Trivia
**This meeting is off our regular schedule*



FOR INFO
ABOUT THESE AND
MORE DIABETES
SUPPORT OPTIONS:



arh.org/diabetes



606.789.3511
ext. 1229



arhdiabetes@arh.org





Loaded Beef Stroganoff



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

- 12 ounces egg noodles (choose whole-wheat if available)
 - 1 pound lean ground beef
 - 1 large onion, chopped
 - 2 tablespoons garlic powder
 - 8 ounces sliced white mushrooms
 - 1/4 cup all-purpose flour
 - 32 ounces (or 4 cups) low-sodium beef broth
 - 1 can (14.5 ounces) no-salt-added peas, drained
 - 1 can (14.5 ounces) no-salt-added sliced carrots, drained
 - 1 1/2 cups plain nonfat Greek yogurt or light sour cream
 - 1 1/2 teaspoons salt
 - 1 teaspoon black pepper
 - Parmesan cheese (optional)
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Wash fresh produce under cool running water. Cut to prepare for the recipe.
 3. Cook egg noodles according to package directions while preparing the other steps. Drain.
 4. On the stove, preheat a large pot on medium heat. Add the ground beef, onion, and garlic powder.
 5. Wash hands after handling raw meat.

6. Cook the ground beef mixture, stirring often until the onion is tender and the beef reaches an internal temperature of 165 degrees F as measured by a meat thermometer.
7. Add mushrooms. Cook until mushrooms are tender (about 5 to 8 minutes).
8. Stir in flour and cook for 2 minutes.
9. Stir in beef broth, peas, and carrots. Bring to a simmer and cook about 5 minutes, until the mixture thickens. Remove from heat.
10. Once the mixture stops simmering, stir in the Greek yogurt, salt, and black pepper. Add cooked egg noodles and combine. If mixture is too thick, add milk or beef stock until reaching the desired consistency.
11. Serve immediately. Sprinkle with parmesan cheese when serving, if desired.
12. Refrigerate leftovers within 2 hours.

Note: To reheat leftovers, add a little beef broth or milk before warming.

Makes: 10 servings
Serving size: 2 cups
Cost per recipe: \$13.87
Cost per serving: \$1.39

Nutrition facts per serving:
270 calories;
4.5g total fat; 1.5g saturated fat; 0g trans fat; 30mg cholesterol; 610mg sodium; 38g total carbohydrate; 3g dietary fiber; 6g total sugars; 0g added sugars; 22g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

Source:
Brooke Jenkins,
Extension Specialist,
University of Kentucky
Cooperative
Extension Service





Savory Winter Pork Stew

- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon granulated garlic
- 1/2 cup all-purpose flour
- 2 pounds boneless pork loin chops, 3/4-inch thick
- 2 tablespoons olive oil, divided
- 1 carton (32 ounces) low-sodium chicken broth
- 3 large carrots, sliced in 1/4-inch rounds
- 2 celery stalks, diced
- 1 medium onion, diced
- 3 medium potatoes, diced
- 1 can (10 ounces) diced tomatoes with green chilies



1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. In a plastic gallon bag, add salt, pepper, garlic, and flour. Set aside.
4. On a meat cutting surface, trim fat and cut pork loin chops into cubes using a serrated knife or kitchen shears.
5. Place pork pieces inside a gallon bag with flour and seasonings and seal. Shake bag until all pork pieces are dredged in flour.
6. Wash hands and surfaces after handling uncooked meat.
7. In a large nonstick skillet, heat 1 tablespoon of olive oil over medium heat. Brown half of the pork pieces in the skillet, flip over pieces until all sides are browned. Remove pork and place in a large soup pot. Add

another 1 tablespoon of olive oil to the skillet and brown the remaining pork pieces; then add remaining pork to the soup pot. Note: An extra-large skillet can brown all the pork pieces at one time.

8. Add 3 cups of chicken broth, carrots, celery, and onion to the pork in the soup pot. Bring to a boil over high heat. Reduce heat to medium-low, stir occasionally to avoid ingredients sticking to the bottom of the pot. Cook 20 to 30 minutes, or until vegetables are tender.
9. Add the remaining chicken broth, potatoes, and diced tomatoes with chilies. Bring to a boil. Simmer on low heat for 10 to 15 minutes until potatoes are tender, but not mushy.
10. Refrigerate leftovers within 2 hours.

Makes 12 servings
Serving size: 1 cup
Cost per recipe: \$19.19
Cost per serving: \$1.60



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:
 190 calories; 5g total fat; 1g saturated fat; 0g trans fat; 40mg cholesterol; 380mg sodium; 17g total carbohydrate; 2g dietary fiber; 3g total sugars; 0g added sugars; 21g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

Source:
 Stephanie Derifield, former Area Nutrition Agent; Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior; and Danielle Fairchild, Lawrence County SNAP-Ed Program Assistant Senior, University of Kentucky Cooperative Extension Service



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2023

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

THIS MONTH'S TOPIC: BECOMING A SMART SAVER AT MEALTIME

As the cost of food continues to rise, you might find yourself surprised by the grocery bill. According to the U.S. Department of Agriculture, from 2018 to 2022, food price inflation (20.4%) was the second-highest category increase, rising faster than other expenditure categories like medical care and housing. If rising costs are surprising, look for ways to squeeze your food budget. Avoid unhealthy ways to cut costs, such as foregoing healthy choices or reducing the size and frequency of meals. Instead, use the following strategies to stretch your food budget and reinforce healthy eating habits.

THRIFTY FOOD HACKS

Use what you have. Tightening your grocery budget should start before you head to the store. Be intentional in using your existing food stock before buying new. Inventory your freezer, fridge, and pantry at least twice a month to keep track of the items nearing their expiration dates. Then, create meal plans centered around these ingredients.

Browse a cookbook. Planning your recipes is an excellent way to ensure an affordable and healthy diet that meets your nutritional goals. Find multiple recipes that use similar ingredients you can mix and match to save time in the grocery and kitchen.



Also, when selecting recipes, prepare enough to have leftovers. This can save time and help you cut costs by reducing food waste. Invent new recipes with past meals or ingredients.

Meatless Mondays. The USDA reports nine food categories whose prices rose more than 10% in 2022, which include eggs (32%), poultry (14.6%), and other meat (14.2%). Fresh vegetables and fruits were reported to have the lowest increase in prices. Plant-based proteins may offer more nutrients for your money over meats. Items such as beans, legumes, potatoes, and protein-rich vegetables like broccoli or kale, are often more affordable options. You can increase meal size, enhance nutritional values, and squeeze your budget with a meatless meal plan.

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.

DO NOT LET FOOD INFLATION BE A REASON TO FOREGO HEALTHY EATING HABITS



THRIFTY SHOPPING HACKS

Make a list. A shopping list makes your shopping trip quicker, helping you avoid buying things on a whim. It also keeps your pantry well-supplied. Stick to the list, but allow some flexibility to take advantage of sales. Estimate needed food quantities and be careful when buying large quantities of perishable items you cannot use within a week. Shop for the freshest produce, noting that, usually, groceries stack new inventory toward the back of the shelves.

Clip coupons. Look for digital coupons that match the items on your list. Even coupons with small discounts can accumulate savings. Check in-store sales including customer loyalty savings and discounted produce carts or other deals. These might contain fruits and vegetables that are slightly older but still delicious if you eat them within a day or two. Also, selecting frozen and canned foods may be less costly and last longer.

Buy in bulk. Bulk purchases may lead to larger savings in your food budget if your household will eat through an item in larger quantities. However, buying bulk treats (such as soda, cookies, and candies) may save you money but move you away

from your dietary goals. When buying in bulk, consider also if you have room to store the items in your fridge, freezer, or pantry, and if you can use them before their expiration date.

Remember, eating healthy is not “too expensive.” Do not let food inflation be a reason to forego healthy eating habits. Instead, consider it an opportunity to refresh your shopping hacks and cooking skills. A well-balanced diet is a wise investment in your health that can create value in both your physical and financial well-being.

REFERENCES:

Centers for Disease Control and Prevention. *6 Tips for Eating Healthy on a Budget*. <https://www.cdc.gov/diabetes/healthy-eating-budget.html>

The Nutrition Source. *Strategies for Eating Well on a Budget*. <https://www.hsph.harvard.edu/nutritionsource/strategies-nutrition-budget/>

Economic Research Service, U.S. Department of Agriculture. *Food Prices and Spending*. <https://www.ers.usda.gov/data-products/ag-and-food-statistics-charting-the-essentials/food-prices-and-spending/>

Written by: Samadhi Weeraratne | Edited by: Kelly May and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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)



Leslie County Community Blood Drive



Wednesday, December 20, 2024

1:30—6:30 p.m.

Leslie County Extension Office

22045 Main Street # 514

Hyden, KY 41749

RETURN SERVICE REQUESTED

Leslie County Cooperative Extension
22045 Main Street #514
Hyden, KY 41749-8568

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

