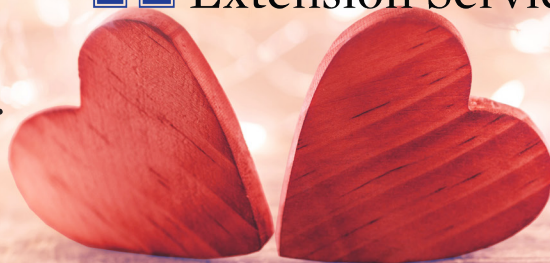


Family & Consumer Sciences February Newsletter

 Cooperative
Extension Service



Ohio County Cooperative Extension Office, 1337 Clay St., Hartford, KY 42347 - 270-298-7441

February, 2024

Homemaker Council Meeting

The Homemaker Council meeting will be held at 9:30 a.m. Feb. 7. Please make sure that one member from your club is able to attend. Homemaker presidents will be given a voting ballot to take to the clubs for the 2024-2025 Homemaker leader lessons. We have a lot to discuss!

Upcoming Classes

- "Putting Your Crockpot to Work" will be held at 10:00 a.m. and 5:00 p.m. on Feb. 12.
- "Fad Diets: Fact or Fiction" will be held at 5:00 p.m. Feb. 27.

They will all be held at Ohio County Extension Office. For more information or to RSVP, call the office at 270-298-7441. See attached fliers.

"Thank you to the Liberty Belles Homemaker club for inviting us to your January meeting! We had a great time!" - Nan & Brandy



Nan Montgomery

Nan Montgomery

Extension Agent, Family & Consumer Sciences

Brandy Garcia

Program Assistant, Family & Consumer Sciences

Follow us online!

Classes are listed on our county website and our Facebook page!

<https://ohio.ca.uky.edu/>

<https://www.facebook.com/OCEExtensionService>

Listen to the UK Family & Consumer Sciences podcast at <https://ukfcsext.podbean.com/>

In the event of inclement weather - if school is cancelled, it is the policy of the Cooperative Extension Office to cancel any Extension sponsored activities. Watch our Facebook page for updates!

**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.



Homemaker Happenings

Thought for the Month: "If the winter is too cold and summer is too hot, you are not a hiker." - Unknown

Roll Call: Which is your favorite season and why?

Leader Lessons: "Handy to Have: Emergency Health Information Cards" and "Understanding and Preventing Suicide" will be held at 10 a.m. March 19 at the Daviess County Extension Office.



In case you are interested in attending -

Ohio County Health Coalition will meet at 11:30 a.m. Feb. 8 at the Extension Office. The topic will be "Sexual Abuse/Child Abuse Awareness Resources". To attend, register at least two days in advance at <https://forms.office.com/r/CJGP9vj3B2>.



Beda

President Regina Hudson
270-298-3680

Meets second Thursday, 9:30 a.m.

Fordsville

President Cathy Green
270-256-4082

Meets second Tuesday, 10 a.m.,
Jack & Joan Edge's Community Room

Liberty Belles

President Norma Barrett
270-256-8044

Meets second Tuesday, 10 a.m.,
Liberty Church in Beaver Dam

Taylortown

President Marsha Young
270-274-2633

Meets third Thursday, 10 a.m.

Specialty Club: Roadrunners

President Brenda Renfrow
270-298-4460



Cultural Arts

KEHA Cultural Arts entries are due to the Ohio County Extension Office by noon on Friday, **March 15!** Entries will be judged and the top entry from each category will advance to the Green River Area Cultural Arts competition in April. Approximately 700 cultural arts entries were on display during the 2023 KEHA Annual Meeting!

For more information on the items that can be entered, please contact Nan or Brandy at the Ohio County Extension Office at 270-298-7441.

* Creative Writing entries are due March 1 to KEHA Cultural Arts Chairman, Barbara Seiter, 8669 Valley Circle Dr., Florence, KY 41042.



Plan Ahead. Eat Well. Get Moving.

The Kentucky Nutrition Education Program (KYNEP) encompasses two USDA programs: The Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program (SNAP-Ed). Both programs are administered by the UK Cooperative Extension Service in order to show limited resource families with young children and SNAP eligible individuals how to 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.

Stop by the office & pick up a free 2024 Nutrition Education calendar! Looking for new recipe ideas? Check out <https://www.planeatmove.com/>



Apple Sage Pork Chops

- **1 tablespoon** flour
- **1 teaspoon** dried sage
- **2 tablespoons** garlic powder
- **1/2 teaspoon** ground thyme
- **1 teaspoon** salt
- **4** boneless center cut pork chops
- **2 tablespoons** oil
- **1/2** large onion, thinly sliced
- **2** thinly sliced red apples
- **1 cup** unsweetened apple juice
- **2 tablespoons** brown sugar (optional)

Wash hands with soap and warm water, **scrubbing** for at least 20 seconds. **Gently clean** all produce under cool running water. **Mix** flour, sage, garlic, thyme, and salt together in a small bowl. **Sprinkle** 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to **wash** hands after handling raw meat. **Heat** oil in a large skillet over medium-high heat. **Sear** pork chops for 2 to 3 minutes on each side. Pan will smoke a little. **Remove** pork chops from the pan and set aside. **Reduce** heat to medium. To the same skillet, **add** onion and **cook** for 2 minutes, or until soft. **Add** apples, and **continue cooking** until tender, about 2 minutes. **Add** apple juice, brown sugar, and remaining spice mixture and stir to dissolve. **Return** pork chops to the skillet by nestling them in the pan. **Bring** the liquid to a boil, **reduce** heat to low, and **simmer** for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. **Refrigerate** leftovers within 2 hours.

Yield: 4 servings. **Nutrition Analysis:** 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.



Petit Snow!



A snowman painting class was held on January 8 and as you can see it was a great success! Everyone had fun and did a great job! It's always interesting to see how different they will all turn out when they're done!

The Martin-Gatton 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 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. 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, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, KY 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.

Putting your
CROCKPOT
to work
FREE recipe tasting

2 Class options:

February 12, 2024

Class #1: 10:00 am


Class #2: 5:00 pm

Spots are limited!

Call to register

Contact Us

**Ohio County Cooperative
Extension Office**

 270-298-7441

 1337 Clay Street Hartford, KY 42347

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.



FAD DIETS FACT OR FICTION

This program will help make
informed decisions about their diet
based upon FACTS



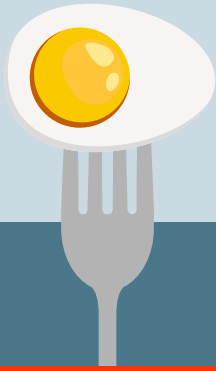
Class is FREE



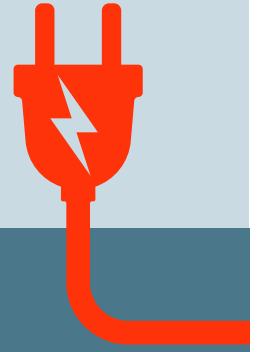
February 27, 2024 at 5:00 pm



Call the Extension Office to
register at 270-298-7441



Eat Safe Food after a Power Outage



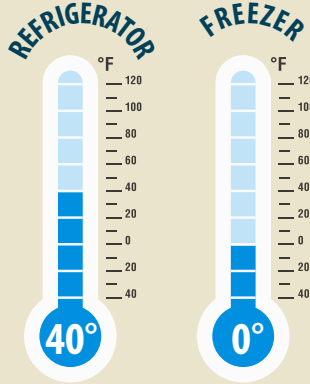
Refrigerated or frozen foods may not be safe to eat after the loss of power. Find out what you can do to keep food safe during a power outage, and when you need to throw away food that could make you sick.

Before

Keep appliance thermometers in your refrigerator and freezer.

The refrigerator should be at 40°F or below.

The freezer should be at 0°F or below.

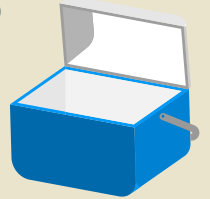


Prepare for emergencies or natural disasters



Freeze containers of water and gel packs to help keep your food at 40°F or below.

Have a cooler handy.



Buy dry ice or block ice to keep food cold in the refrigerator if the power might be out for a long time.

During

KEEP
Refrigerator
& Freezer Doors
CLOSED



4
Hours
in a
Refrigerator



48
Hours
in a
FULL
Freezer



24
Hours
in a
HALF-FULL
Freezer

After 4 hours without power, put refrigerated perishable foods in a cooler. Add ice or another cold source to keep them at 40°F or below.

After

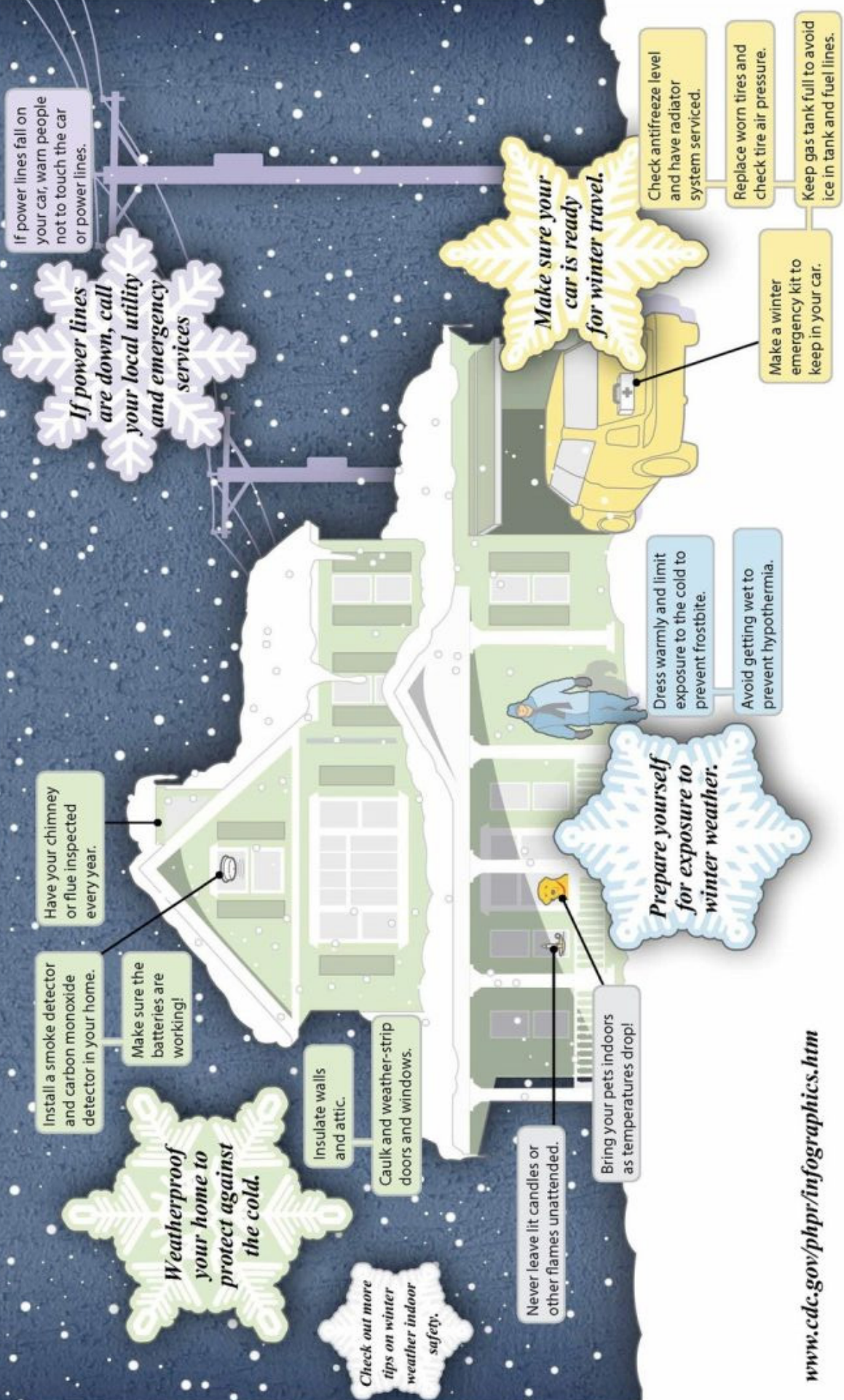
Never taste food to determine if it is safe to eat. **When in doubt, throw it out.**

- **Throw out perishable food** in your refrigerator (meat, fish, cut fruits and vegetables, eggs, milk, and leftovers) **after 4 hours without power** or a cold source.
- Throw out any food with an **unusual odor, color, or texture.**
- **Check temperatures of food** kept in coolers or your refrigerator with a cold source. Throw out food above 40°F.
- If you have an appliance thermometer in your freezer, check to see if it is still at 40 °F or below.
- You can **safely refreeze or cook** thawed frozen food **that still contains ice crystals** or is at 40 °F or below.



www.cdc.gov/foodsafety

Be Ready! Winter Weather



If power lines fall on your car, warn people not to touch the car or power lines.

If power lines are down, call your local utility and emergency services

Have your chimney or flue inspected every year.

Install a smoke detector and carbon monoxide detector in your home.

Make sure the batteries are working!

Weatherproof your home to protect against the cold.

Insulate walls and attic.

Caulk and weather-strip doors and windows.

Check out more tips on winter weather indoor safety.

Never leave lit candles or other flames unattended.

Bring your pets indoors as temperatures drop!

Prepare yourself for exposure to winter weather.

Dress warmly and limit exposure to the cold to prevent frostbite.

Avoid getting wet to prevent hypothermia.

Make sure your car is ready for winter travel.

Check antifreeze level and have radiator system serviced.

Replace worn tires and check tire air pressure.

Keep gas tank full to avoid ice in tank and fuel lines.

Make a winter emergency kit to keep in your car.