

October, 2024

 Cooperative
Extension Service

Family & Consumer Science October Newsletter

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

Hello, Ohio County!

My name is Kelly Bland, your new Family and Consumer Science (FCS) Agent, and I couldn't be more excited to be part of this wonderful community. With five years of experience in Extension, including the last two years as a Family and Consumer Science/4-H Youth Development agent, I've had the privilege of working with families and youth to promote wellness, nutrition, and life skills.

A bit about me: I'm passionate about addressing food security, nutrition education, and health disparities, particularly in rural and underserved communities. I'm dedicated to helping individuals and families lead healthier, more balanced lives by fostering practical life skills that make a difference. Whether it's through programs on meal planning, financial literacy, or youth development, my goal is to empower you to thrive.

I'm looking forward to getting to know each of you and working together to create a healthier, happier community. Feel free to reach out, attend one of our upcoming workshops, or stop by and say hello at my Welcome Reception on Wednesday, October 16th from Noon to 3:00 pm—I'm here to help in any way I can.

I look forward to working with you!

Warm regards,



Kelly Bland, Family and Consumer Science Extension Agent for Ohio County



**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



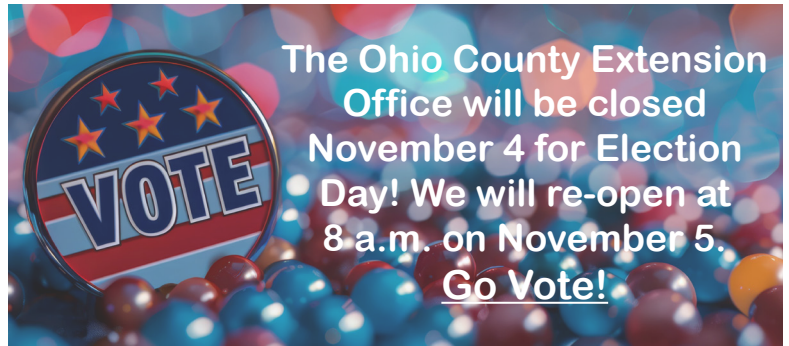
Disabilities
accommodated
with prior notification.

Homemaker Happenings



Upcoming Events/Meetings to Remember!

- **KEHA Week** will be observed Oct. 13-19! Watch Facebook for fun activities during the week!
- A **welcome reception** for our new FCS agent, Kelly Bland, will be held from 12-3 p.m. Oct. 16 at the Ohio County Extension Office. Everyone is welcome to stop by and say hello!
- **Pumpkin Spice & Screening is Nice - 3rd Annual Womens Health Day** will be held from 11 a.m. to 3 p.m. on Oct. 23 at the Ohio County Hospital. If any Homemakers would like to help, we will be in charge of a trail mix bar. Contact Brandy for more info.
- **Homemaker dues** are \$15 and should be paid by Nov. 1! See more on the last page of this newsletter!
- **Homemaker Council** will meet at 9:30 a.m. Nov. 6 at the Ohio County Extension Office. Please make sure one representative from your club can attend.
- **Big Blue Book Club Watch Party** - 6 p.m. Nov. 7 at the Ohio County Extension Office. See attached flier!
- **Crafters Clan** will meet at 5 p.m. Nov. 19 at the Ohio County Extension Office. Call to hold your spot! See flyer in this newsletter!
- The **45th Annual Homemaker Christmas Bazaar** will be held from 8 a.m. to 2 p.m. on Nov. 23 at the Ohio County Extension Office! Mark your calendars and make plans to attend and help as needed!



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

Specialty Club: Roadrunners

President Brenda Renfrow
270-298-4460

Taylorstown

President Marsha Young
270-274-2633

Meets third Thursday, 10 a.m.

Specialty Club: Beda

President Regina Hudson
270-298-3680

Meets second Thursday, 9:30 a.m.

Specialty Club: Crafters Clan

Meets third Tuesday, 5 p.m.
Ohio County Extension Office



KEHA Week 2024

October 13-19



BECOME AN OLYMPIC EXTENSION HOMEMAKER

Sweet Potato Hash



Looking for new recipe ideas? Check out <https://www.planeatmove.com>



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

- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 teaspoon salt
- 1 1/2 teaspoons dried oregano
- 3/4 teaspoon black pepper
- 4 cloves garlic, minced, or 1/2 teaspoon garlic powder
- 2 pounds sweet potatoes, peeled and diced (1-inch cubes)
- 2 pounds boneless, skinless chicken breasts, fat trimmed and diced (1-inch cubes)
- 4 ounces baby spinach (about 4 cups)
- 2 tablespoons apple cider vinegar

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. Heat olive oil in a large sauté pan or pot (3 quarts or larger) over medium heat.
4. Add onion, salt, oregano, black pepper, and garlic. Sauté until onion and garlic begin to lose color, about 5 minutes.
5. Add sweet potatoes and chicken and cook, uncovered. Stir occasionally to prevent sticking and assure all ingredients are well mixed. Wash hands after handling raw poultry.
6. Cook until chicken reaches 165 degrees F using a meat thermometer, about 15 minutes.
7. Add spinach and vinegar and mix until spinach is thoroughly wilted and mixed with other ingredients. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1/8th of recipe
Cost per recipe: \$14.17
Cost per serving: \$1.77

Nutrition facts per serving:
270 calories; 6g total fat; 1g saturated fat; 0g trans fat; 85mg cholesterol; 420mg sodium; 25g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

Source:
Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior, University of Kentucky Cooperative Extension Service

GREEN RIVER AREA ANNUAL DAY



Hosted by the Ohio County Homemakers, Green River Area Annual Day was held Sept. 24 at the Ohio County Extension Office. With a "Family, Farming & Food" theme, it was a very enjoyable day with great speakers, delicious food, good fellowship and 107 in attendance!

Follow us online!

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

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



facebook

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

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

CRAFTERS CLAN

All Ohio County Homemakers are welcome to attend! We are going to make ornaments to sell at the Christmas Bazaar! Call the office at 270-298-7441 to hold your spot!



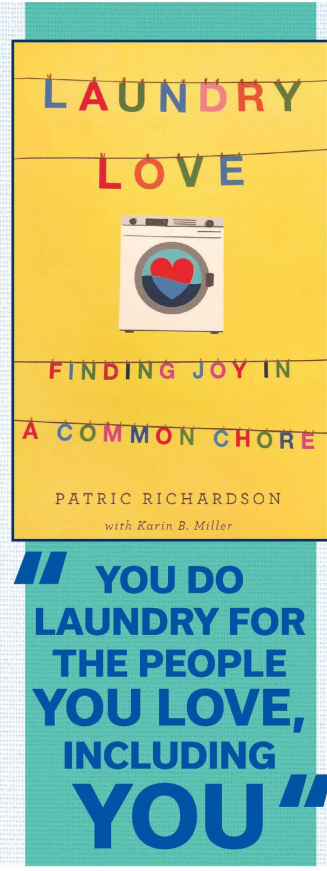
5:00 PM - November 19

Ohio County Extension Office - 1337 Clay St., Hartford
(Building on the Hill)

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BIG BLUE BOOK CLUB

"You do laundry for the people you love, including you," says Patric Richardson, the Laundry Evangelist. The tv host and author of Laundry Love: *Finding Joy in a Common Chore* will join us direct from his laundry room for an engaging one-time event for the next session of Big Blue Book Club!

DATE:
November 7, 2024

TIME:
7:00 pm Eastern/6:00 pm Central

REGISTRATION LINK:
<https://ukfcs.net/BBBClaundry>

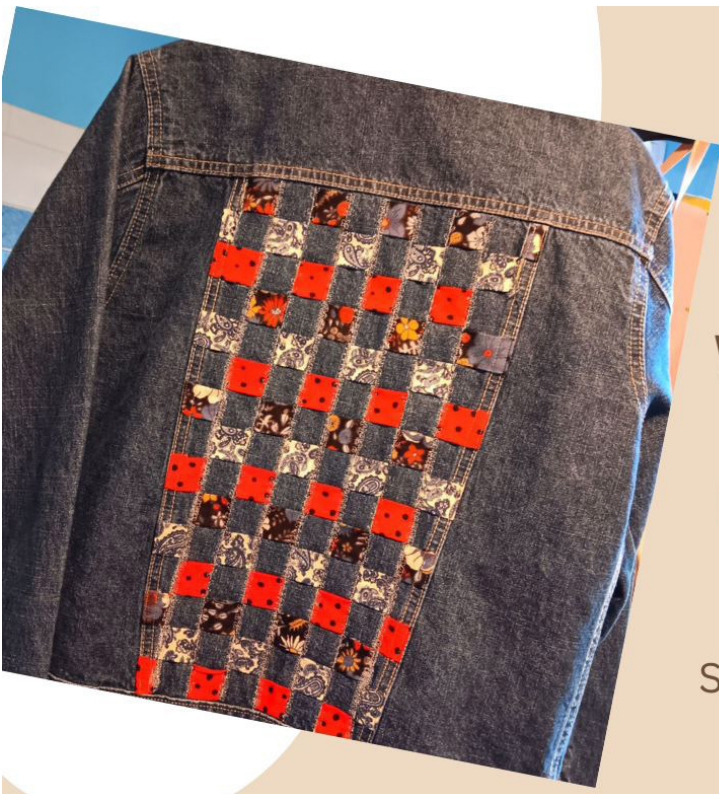
The first 200 registered participants will receive a free copy of the book.

" YOU DO LAUNDRY FOR THE PEOPLE YOU LOVE, INCLUDING YOU "

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Woven Jacket Sewing Class

Wednesday, November 6th
9:00 a.m.

Daviess County Extension Office
4800A New Hartford Rd
Owensboro

Spaces are limited. To register, please call:
(270) 685-8480

(This class is not for beginners)

Homemaker dues are \$15 and should be paid by November 1. Please detach the form below (or fill one out at the office) and return it with your \$15 payment either by mail (PO Box 66, Hartford, KY 42347) or by dropping it off at the Ohio County Extension Office, 1337 Clay St. in Hartford. Checks should be made payable to: Ohio County Homemakers. For more information, call the office at 270-298-7441.

Name _____

Complete Mailing Address: _____

Phone or Cell Phone: _____

Please list your age (required for our report we send to state) _____

“Discover KEHA – A Hidden Treasure”
2025 KEHA State Meeting

May 6-8, 2025



More information soon! If you have questions, call the Extension Office at 270-298-7441!

Hyatt Regency Lexington