

November/December 2022

Fall or Autumn, whichever you choose to call it, is one of my favorite times of year. Yes I put up with my allergies and all the various parts of life that come with that, but it's just so beautiful in our neck of the woods! As the year wraps up be sure to keep those you are thankful for close in your heart. But also be sure to get up and enjoy those beautiful sights we have. Even as it starts to get darker, colder, and wetter (finally some rain!) it is still important to get up and get moving. Staying cooped up when it gets brisk out might sound nice but it prevents you from getting the exercise and movement you need. Try to find ways to get up and moving indoors, or outdoors if you properly prepare, and if you need suggestions, your local Extension Office is an easy call for all the resources you could want!



Upcoming Dates

- 11/05 - Open House at the Hickman County Track
- 11/10 - Clinton Crafters Kickoff
- 11/17 - Chili Day Fundraiser at Hickman County Senior Center
- 11/19 - Hickman County Arts and Crafts Fair
- 11/24 & 11/25 - Office Closed for Thanksgiving
- 11/28 - The Art of Mindful Eating & Managing Stress Eating
- 12/10 - Clinton Christmas Parade

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I'm Issuing Everyone A Challenge!!!

This is a year long challenge I want as many people to try as possible. All year long track these 3 parts and at the end of the 2023, go back through them and see where you are from where you started!! Be sure to track your progress in a journal.

Challenge 1: Do Nice Things

Each day, try to do something nice for someone else. That's it, easy peasy. One nice thing a day the first week, even if it is as small as a friendly word to a stranger. The next week, its two things a day. And so on and so on. Eventually you may start losing count but that's not the point. Sometimes a small random act of kindness is all a person needs to make their day better. Be the reason someone's day is better, not worse.

Challenge 2: Be Active

Try to get up and be active a little more than your previous year. This one is a standard challenge to try and be active for 30 minutes each day. This can be as simple as getting up and going for a walk in the morning or evening, splitting it up if need be. The goal is 30 minutes average a day.

Challenge 3: Learn Something

I was told once that if you are not learning something, you're staying stagnant AT BEST. Seek to learn a new thing each week. You don't have to have that new thing mastered in a week, you don't even have to like it. The goal is to learn, experience something different. It can be something as small as you new neighbor's name or a simple greeting in a different language, or something big like how to cook a brand new dish or various kinds of Renaissance Painting styles!

Upcoming Lessons!!



Jan - Mindful Eating While Managing Stress

With Denise Wooley - Graves County FCS Agent

It is easy to finish a meal and not remember what or how much was eaten. Taking care to focus on our senses as we eat can lead to a more satisfying experience. This lesson covers differences in mindless and mindful eating and tips for being more present when you eat. It will also cover reasons stress makes it harder to make healthy choices, whether comfort foods are comforting, and strategies to manage stress eating.

Hickman County - 11/28 McCracken County - 11/30

Marshall County - 11/29 Graves County - 12/1

Feb - Heart Health

This month's lesson will be a mail out copy. If you do not receive it please reach out to us at the Hickman County Extension Office at 270-653-2231

Mar - Transferring Cherished Possessions

With Vicki Wynn - Marshall County FCS Agent

Distributing cherished possessions and other non-titled property is often overlooked when estate planning. Over the course of two lessons, learn ways to create a plan for distributing household items - from treasured heirloom to closets full of clutter. **Lesson one: Who Gets What?** covers how to determine goals and establish a fair distribution process between heirs. **Lesson two: Effective Planning and Communication** covers methods of distribution and strategies for communicating with loved ones about your decisions while minimizing potential conflicts.

Graves County - 2/27 McCracken County - 3/1

Hickman County - 2/28 Marshall County - 3/2

Apr - Entertaining Little Ones

With Kelly Alsip - McCracken County FCS Agent

Keeping little ones entertained can be rather difficult at times. Learn three simple steps used to identify activities children enjoy. Then use that information to create a 5-day activity routine to keep little ones engaged active.

Graves County - 3/28 Marshall County - 3/30

Hickman County - 3/29 McCracken County - 3/31

A full list of this year's classes, dates, and locations are listed on the next page. Please be sure to contact the Hickman County Cooperative Extension at 270-653-2231 if you would like to attend any of these lessons so we can have your paperwork prepared for you. If you plan to attend at a different county location, please be sure to stop by the Hickman County office to pick up your paperwork.

PURCHASE LESSON SCHEDULE 2022-2023

	Lesson Hubs 10:00am	Graves	Hickman	Marshall	McCracken
Lesson	Making the Most of Meals While Traveling- Brooke Hogancamp				
SEPT		8/24	8/23	8/26	8/25
Lesson	Accessories- The Finishing Touch- Sarah Drysdale				
OCT		9/27	9/26	9/29	9/28
Lesson	Charcuterie Boards- Anna McCoy				
NOV		10/27	10/25	10/26	11/1
Lesson	The Art of Mindful Eating and Managing Stress Eating -Denise Wooley				
JAN		12/1	11/28	11/29	11/30
Lesson	Heart Health- Mail out				
FEB		1/26	1/25	1/27	1/23
Lesson	Transferring Cherished Possessions- Vicki Wynn				
MAR		2/27	2/28	3/2	3/1
Lesson	Entertaining Little Ones - Kelly Alsip				
APR		3/28	3/29	3/30	3/31
Lesson	Learn with a Purpose: Understanding Learning Styles-Mike Keller				
MAY		4/25	4/26	4/24	4/27
Lesson	Reducing the Risk of Identity Theft- Mail out				
JUNE					



CHEESE AND CORN CHOWDER

- 2 medium potatoes, diced
 - 1 small onion, diced
 - 1 medium celery stalk, diced
 - 1 (15.25-ounce) can no-salt-added whole kernel corn, drained
 - 1 teaspoon garlic powder
 - 1/4 teaspoon ground thyme
 - 1/2 teaspoon salt
 - 1/4 teaspoon black pepper
 - 2 cups low-sodium chicken broth
 - 1 cup skim milk
 - 2 tablespoons all-purpose flour
 - 1/2 cup shredded cheddar cheese
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Gently scrub potatoes and celery using a clean vegetable brush under cool running water before preparing. Gently rub onion under cool running water before preparing.
 3. Put all ingredients except milk, flour, and cheese into a 2-quart slow cooker.
 4. Stir to combine.
 5. Cover and cook on high for three hours or until vegetables are tender.
 6. Whisk milk and flour together. Make sure no lumps remain and the flour has fully dissolved. Add to slow cooker. Mix well.
 7. Cover and cook on high 30 minutes longer.
 8. Stir. Ladle into bowls, and sprinkle cheese evenly on each bowl.
 9. Store leftovers in the refrigerator within 2 hours.

Makes 5 servings
Serving size: 1 cup
Cost per recipe: \$3.88
Cost per serving: \$0.78

Nutrition facts per serving:
260 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 380mg sodium; 45g total carbohydrate; 4g dietary fiber; 8g total sugars; 0g added sugars; 1g protein; 6% Daily Value of vitamin D; 15% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source: Brad Stone, former Lewis County SNAP-Ed Program Assistant



RECIPES

PLAN.
EAT.
MOVE.

UK College of Agriculture,
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SHEET PAN DINNER

- 1 package of fully cooked turkey sausage, sliced
 - 3 cups chopped vegetables such as onion, bell pepper, sweet potatoes, zucchini, carrots, and broccoli
 - 2 tablespoons olive oil
 - 2 teaspoons garlic powder
 - Black pepper to taste
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Gently scrub all vegetables under cool running water before preparing them.
 3. Preheat oven to 400 degrees F.
 4. Place sliced sausage and vegetables on a baking sheet and drizzle with olive oil, garlic powder, and black pepper. Bake for 30 minutes or until veggies are fork tender.
 5. Store leftovers in the refrigerator within 2 hours.

Vegetarian option:
Omit the turkey sausage, and use one cup of chickpeas. This reduces sodium by 500 mg.

Makes 4 servings.
Serving size: 3 ounces sausage plus 3/4 cup vegetables
Cost per recipe: \$6.65
Cost per serving: \$1.66

Nutrition facts per serving:
260 calories; 15g total fat; 4g saturated fat; 0g trans fat; 65mg cholesterol; 720mg sodium; 17g total carbohydrate; 2g dietary fiber; 8g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium.

Source: Central District (1-4) Nutrition Education Program



HICKMAN COUNTY

WALK CLUB

THERES STILL TIME!!!



Days are growing short and winter will soon be upon us! Come join us for a mini “get up and move” session or two so we can enjoy the sunshine and fresh air while spending time with your fellow walkers. We look forward to seeing you there!

Tuesdays
&
Thursdays

Track behind
ball fields
*weather
permitting*

9 AM-10 AM

September 27th-November 22nd

Contact the Hickman County Extension office at
270-653-2231
for more information.



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2022

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THIS MONTH'S TOPIC: HOSTING HOLIDAY MEALS ON A BUDGET

If you've ever hosted a holiday gathering, you know there is a lot to consider: Who will be invited? When will they arrive? What will be cooked? and How much will it cost? With inflation driving up the costs of goods and services, the rising prices of groceries might be on the minds of many Kentuckians who plan to host an event this holiday season. Holiday meals can get pricey, especially when serving a large crowd. As you prepare for this year's festivities, there are several strategies you can use to lower costs while maintaining holiday cheer.

Plan ahead. First, gather your recipes and make a list of the ingredients you will need. Then shop your pantry and freezer, noting what you already have. Identify only the items you need to buy. When you shop, buy store-brand items when possible. These usually come with a lower price tag. Planning early also allows you to take advantage of sales and comparison shop.

Shop intentionally. Store mailers, websites, mobile apps, and social media pages can help you shop wisely. Use these tools to compare deals and prices between brands and stores. If the stores you choose provide online ordering, consider buying groceries through pickup. Ordering online can help you avoid impulse buys. It also helps you easily compare prices



and nutritional information and keep an eye on your overall total. Whether you shop online or in-store, use coupons and customer loyalty programs to maximize deals. If you're shopping in the store, keep a running tally of your total as you add items to the cart. Prioritizing purchases helps us stick to a budget.

Delegate dishes. If you're hosting a holiday gathering, suggest an organized "potluck" instead of trying to do everything yourself. Ask everyone to sign up to bring something. Assigning side dishes, desserts, and drinks, for example, is one way to split the costs and stress of hosting a holiday meal. It gives others a chance to purchase or share special recipes while distributing the responsibility.



THINK ABOUT CREATIVE ALTERNATIVES THAT COULD BECOME NEW TRADITIONS



Simplify sides. Vegetable-based dishes, such as sweet potato or green bean casseroles, are common around the holidays. While these dishes are tasty, they require several ingredients that can increase meal prices. Consider simplifying side dishes by serving vegetables “on their own” rather than in a fancy recipe. This cuts both costs and calories.

Traditional twists. There is no rule that you must serve turkey on Thanksgiving, for example. Instead, think about creative alternatives that could become new traditions. Choose meals that best fit your budget and the needs of your guests. For instance, pasta dishes can feed a crowd. You can prepare them ahead of time, they require few side dishes (just a big healthy salad), and you can change them to fit dietary needs. Ask your guests for creative suggestions (such as baked potato bars, themed dinners, etc.) and recruit their help when it's time to cook.

Gather early. Suggest hosting your holiday meal earlier in the day. Breakfast, brunch, and lunch options often come with fewer expectations for side dishes, drinks, and desserts. In addition to lowering costs, an earlier meal may free up time later in the day to attend multiple gatherings or add in a fun, low-cost activity like a friendly game of football, a board game, movie, or craft.

As you consider budgeting for your holiday festivities, remember that changes don't have to be permanent. Budgets, needs, and wants change from year to year — your holiday plans can too. To explore healthy, budget-friendly recipe ideas, visit the University of Kentucky Family and Consumer Sciences Extension **Plate it up! Kentucky Proud** series at <https://fcs-hes.ca.uky.edu/piukp-recipes>

Nichole Huff and Miranda Bejda | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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Come Join Us!

The Clifton Craft Club meets for the first time on
Thursday, November 10 at 6:30 PM!



Come make wooden Christmas tag decorations and enjoy
an apple cider bar and snacks!

All ages welcome (under 15 with an adult), class limited to
10 participants. Price for the class is \$10. To register
please call the Extension Office at 270-653-2231

Mental Exercises!!!

Keeping you mind active is another very important thing. One thing i like to do to keep my mind active is to do Sudoku puzzles. If you have never done one, the goal is to fill in each box with a number 1-9, without repeating the same number is any of the smaller boxes, or the row/column as well.

They can be difficult but rewarding.

			8	5		1		
2		3			7			
6		8		2	4		5	
	8			6	3	2	9	
1		2				7		6
	9	6	2	7			1	
	2		6	8		3		5
			5			6		1
		5		4	1			

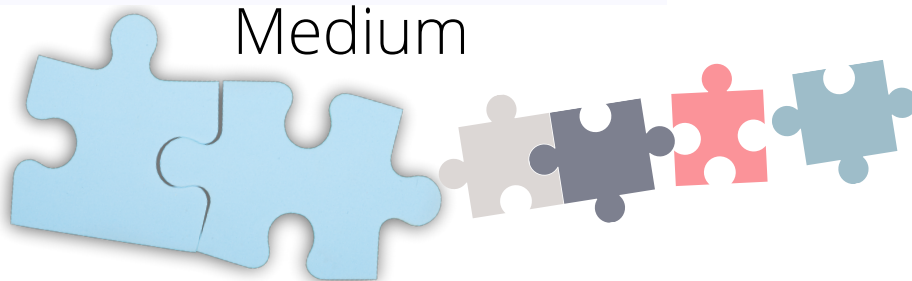
Easy

			8	7				4
	9	3				2		8
					5			3
	1	9				5		
	8		5	2	6			1
		4				3	6	
9			7					
1		2				7	3	
4				6	1			

Medium

	6	9				7		
		5	2		8			1
			1	5				8
		5			3	6	7	
	6	4	2				5	
	8				4	1		
	3			2		9	6	
				3				2
								5

Hard



Stay Connected

Homemakers Association

State Website: <http://keha.ca.uky.edu/>

Local Facebook Groups: Purchase Area at Home

Hickman County Extension Homemakers

Follow us on Facebook

Hickman County Cooperative Extension Service

Hickman County Cooperative Extension Family and Consumer Sciences

Contact Us

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If there is anything else you would like to see in these newsletters, or if you ever have any questions, please feel free to reach out to Mike Keller at 270-653-2231 or via email at mike.keller@uky.edu. Your input is very important.



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Healthy Families.
Healthy Communities.**



It starts with us

