
HENRY COUNTY FAMILY & CONSUMER SCIENCES

Quarterly Newsletter

Krista Perry, Henry County Extension Agent
2151 Campbellsburg Rd, New Castle, KY 40050
(502)-845-2811



Agent Notes

KRISTA PERRY

Happy Fall! From programs and annual Homemaker meetings to the county fair, harvest showcase, and the state fair, what a busy and exciting Summer it has been! This month, I will be celebrating my one year transfer anniversary to Henry County and I cannot be more thrilled! With the KEHA Homemakers Week coming up, cooler days approaching and events and programs planned, be sure you to stay tuned to all things coming up by visiting our county website, following the Henry County Family and Consumer Sciences Facebook page, or get included in my mailing list by calling the Extension Office.



PASTA

Parenting a Second Time Around!

Have you taken the role of a relative caregiver (grandparents and relatives providing primary care for related children)? This program is for you; it is designed in workshops to meet goals to help those who have moved into a parenting role feel more confident, comfortable, and informed about community resources available to them; this program is hands on, with activities, handouts and open discussion. It has been developed for each workshop to be one hour to one hour and 30 minutes.

If you are interested in participating, complete the registration survey at link below or by scanning the QR code. If you have questions about the program, contact the Extension Office at (502) 845-2811.

https://uky.az1.qualtrics.com/jfe/form/SV_bw8YUIS4MJJZafA



Big Blue Goals

The Big Blue Goals Challenge has returned and this time it is going to be HOT as the challenge is between Henry, Oldham and Trimble Counties! Choose between three challenges:



- Increasing your physical activity
- Increasing preparing meals at home
- Increasing your Living well

Join one or all three challenges to participate in to earn prizes for each challenge!! You will record your hours using the Goalify app or the paper challenge grid sheet. You will receive weekly emails and/or postage mail with recipes and information on the challenge you choose to participate in. Don't wait, Register today!



- What:** A healthy goal challenge
When: October 1 - November 30
Why: Develop new habits for a happier, healthier you!

Join us to reach your wellness goals!

1. Download the Goalify App  from the app provider on your device. (You will be asked to provide your name and email address.)
2. Complete the registration form at ukfcs.net/HOTBigBlueGoals
3. Enroll in UK FCS  in the App to learn new skills and develop healthy habits.
4. Win prizes and bragging rights for our county!

 College of Agriculture,
Food and Environment
*Family and Consumer
Sciences Extension*

If you are interested in completing this challenge on paper, please contact the Henry County Extension office.



Savor *the* Flavor



COOKING WITH OILS AND VINEGARS

Many of us know there are a variety of cooking oils and flavored vinegars out there, but may not be sure how and when to use them. Join us for this class in which you will learn about adding flavor to foods and dishes with cooking oils and vinegars. We will learn about some of the most common types of cooking oils and flavored vinegars found in your grocery store — or they may be already in your cupboard!

We look forward to seeing you!

OCTOBER 24, 2022

5:30-7:00PM

**HENRY COUNTY EXTENSION OFFICE
2151 CAMPBELLSBURG ROAD NEW CASTLE**

JOIN US FOR A FUN, INTERACTIVE PROGRAM!

REGISTRATION IS A MUST AS WE WILL BE TASTING;
THEREFORE, PLEASE CALL TO REGISTER TODAY
(502) 845-2811.





29th Annual
Henry County Extension
Holiday Bazaar

SATURDAY, NOVEMBER 12TH

9:00-3:00PM

4-H/FAIRGROUNDS BUILDING-

1106 CASTLE HWY, EMINENCE, KY 40019

Spend a delightful day shopping for those unique, handcrafted gifts and holiday goodies right here in Henry County



QUILTING GROUP

OUR QUILTING GROUP IS CONTINUING TO GROW AND LEARN FROM EACH OTHER! WHETHER YOU WANT TO LEARN HOW TO QUILT OR HAVE BEEN QUILTING FOR YEARS, JOIN THE GROUP ON THE 2ND & 4TH MONDAYS, ANYTIME FROM 10AM-4PM TO SEW WITH A GROUP. THEN JOIN THE GROUP ON THE 3RD THURSDAY OF EACH MONTH AT 10:00AM FOR A SHOW AND TELL! IF YOU WOULD LIKE MORE INFORMATION, CONTACT THE EXTENSION OFFICE!

FARMERS MARKET

THE FARMERS MARKET RETURNING TO THE COURTHOUSE HAS BEEN GREAT AND WILL CONTINUE THROUGH OCTOBER 29 ON WEDNESDAYS & SATURDAY 8AM-12PM.



UPCOMING MEETINGS:

OCT. 10, 2022: OPEN SEW DAY, 10AM-4PM

OCT. 20, 2022: QUILTING GROUP MEETING, SHOW & TELL, 10AM-12PM

OCT. 24, 2022: OPEN SEW DAY, 10AM-4PM

NOV. 14, 2022: OPEN SEW DAY, 10AM-4PM

NOV. 17, 2022: QUILTING GROUP MEETING, SHOW & TELL, 10AM-12PM

NOV. 28, 2022: OPEN SEW DAY, 10AM-4PM



HENRY COUNTY PRESENTS

TRAIL OF TREATS



Hosted by:

Henry County Parks & Rec

21
Oct
2022

COME FIND HENRY
COUNTY EXTENSION
ALONG THE TRAIL

5 PM
7 PM

Henry County Recreational Park

DATES TO REMEMBER

**Trail Of Treats
October 21st
5-7pm**

**Savor the Flavor
October 24th
5:30-7pm**

**Holiday Bazaar
November 12th
9-3pm**



**Want less paper mail?
Sign up to receive the
FCS Newsletter
digitally! Scan the QR
code below to get
signed up or contact the
Extension Office at
(502) 845-2811.**



Recipe of the Month

COOKING WITH KIDS

Roasted Pumpkin Seed Snack Mix

A quick and tasty snack mix you can toss together and enjoy instantly while you are on the go, no cooking required.

- 2 cups *crispy rice or wheat cereal squares*
- 1/2 cup *roasted whole pumpkin seeds*
- 1/3 cup *slivered almonds*
- 1/2 cup *dried cranberries*
- 1/2 cup *raisins*

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Mix all ingredients together and serve.

**Serving size: 1/2 cup
Makes 8 servings**

Nutrition facts per serving: 199 calories; 11g total fat; 2g saturated fat; 0g trans fat; 0mg cholesterol; 121mg sodium; 23g total carbohydrate; 2g dietary fiber; 11g sugars; 4g added sugars; 6g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

Source: USDA MyPlate.
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/roasted-pumpkin-seed-snack-mix>



RECIPE

Sorghum Gingerbread Pear Muffins

- 1 cup *whole-wheat flour*
- 1/2 teaspoon *baking powder*
- 1/2 teaspoon *baking soda*
- 1/2 teaspoon *ground cinnamon*
- 1/2 teaspoon *ground ginger*
- 1/4 teaspoon *salt*
- 1 *egg*
- 1/2 cup *buttermilk*
- 1/2 cup *sorghum syrup*
- 1/2 cup *unsweetened applesauce*
- 1 *pear, peeled, cored, and diced*

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 375 degrees F.
3. Grease 12 muffin cups or line with paper liners.
4. In a mixing bowl, combine the flour, baking powder, baking soda, cinnamon, ginger, and salt.
5. In a separate bowl, mix together the egg, buttermilk, sorghum syrup,

and applesauce until smooth.

6. Add the egg mixture to the flour mixture and combine until the batter is just moistened.
7. Gently fold in the diced pears.
8. Fill the muffin cups with the mixture. They will be full.
9. Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, about 20 minutes.

**Serving size: 1 muffin
Makes: 12 muffins**

Nutrition facts per serving: 90 calories; 1g total fat; 0g saturated fat; 0g trans fat; 15mg cholesterol; 140mg sodium; 20g total carbohydrate; 2g dietary fiber; 13g sugars; 10g added sugars; 2g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

Source: Plate it Up! Kentucky Proud Project

HEALTHY CHOICES FOR HEALTHY FAMILIES



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



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



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Healthier baked goods

This month we start to think about cooler weather and coming holidays. Maybe we think about getting together with family and friends. We think about the sweet treats and baked goods we will soon enjoy. Many baked goods are high in saturated fats (butter and oil). They are also high in sugar and calories. Does this mean we should skip our favorite dessert when we meet? The answer is no! The key to proper eating habits is not eating too much at one time. Learn how to prepare your family's favorite baked goods with healthy ingredients. Your family will thank you.

Here are a few easy swaps you can use when making most baked goods. These changes will lower added sugars and saturated fats and result in moist treats. Keep portion sizes small when you enjoy the baked goods.



Prepare your family's favorite baked goods with healthy ingredients.

CONTINUED ON PAGE 2



PARENT CORNER

Visit your local pumpkin patch

Are you looking for an outing with the kiddos this fall? Visit a local pumpkin patch or orchard. This is a great way to get outdoors and enjoy the cooler weather. Teach your kids about Kentucky fruits and vegetables grown in the fall. Let the kids pick a pumpkin to prepare and taste at

home. Pumpkin is a great source of fiber. It is high in vitamin A, and it can be used in many ways.

For tips on pumpkins, visit <https://fcs-hes.ca.uky.edu/commodity/pumpkin>.



BASIC BUDGET BITES

Cook once, eat twice

Looking to stretch your food budget a little more? Make weekly or monthly menus based on sale items at your local store. Once the meals are planned, think about doubling the recipe. "Cook once, eat twice" can help you save time and money on future meals. Most recipes can be made, then frozen. Use freezer bags or an aluminum pan wrapped and sealed with plastic wrap and foil.

CONTINUED FROM PAGE 1

- **Add fruits or veggies:**
Test the recipe by adding pureed or shredded fruits or veggies.
Try apples, carrots, banana, avocado, pumpkin, or shredded zucchini.
- **Use healthy dairy foods:**
Use nonfat Greek yogurt instead of sour cream. Use low-fat milk instead of full-fat milk.
- **Add whole grains:**
Replace half of the all-purpose flour with unbleached whole-wheat flour.
- **Choose heart healthy:**
Use heart healthy oil such as olive, avocado, or canola oil instead of butter. You can also use unsweetened apple sauce.
- **Try natural sweeteners:**
Use honey, maple syrup, or sorghum in place of white sugar.
- **Spices and extracts:**
Try flavors such as vanilla, mint, or lemon extract. Cinnamon, nutmeg, and other spices can also add flavor and sweetness.

KENTUCKY SAVES

2023 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



WHAT: The 2023 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on: **DATE September 1, 2022**
and ends on: **DATE November 1, 2022**

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during February 2023. Winners also will receive a certificate.

Kentucky Saves Week:
February 27-March 3, 2023

Kentucky Saves:
www.kentuckysaves.org

MoneyWi\$e:
fcs-hes.ca.uky.edu/moneywise

Henry County
Cooperative Extension Office
2151 Campbellsburg Road
New Caste, Kentucky
40050
502-845-2811

KENTUCKY SAVES

2023 PIGGY BANK DESIGN CONTEST

MONEY SAVED IS A FUTURE EARNED



MONEYWi\$E
VALUING PEOPLE. VALUING MONEY.



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

2023 Piggy Bank Design Contest Official Rules

ADMINISTRATOR: University of Kentucky, Family and Consumer Sciences Extension, c/o Kelly May, 112 Erikson Hall, Lexington, KY 40506. Email: k.may@uky.edu

CONTEST DESCRIPTION: Kentucky youth are asked to celebrate Kentucky Saves Week by using their creativity to make a piggy bank.

ELIGIBILITY: Contest is open only to school students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

HOW TO ENTER: To enter the Contest, eligible youth ("Entrants") must:

1. Create an original piggy bank design as described under Contest Timing and Entry Requirements.
2. Submit Entry and Official Entry Form to Your Local County Cooperative Extension Office. Your County Extension Office Contact Information may be obtained at <http://extension.ca.uky.edu/county>. Entries must be delivered to the Cooperative Extension Office by: **November 1, 2022.**
3. Winning Entries at the area level must be selected by January 15, 2023.

CONTEST TIMING:

Submit Entry by deadline. Must be submitted by: **November 1, 2022** to your local county extension office. Each Entry must be accompanied by an official Entry Form.

One (1) Entry per person during the Contest period. In the event more than one (1) Entry is received from any one person, the first Entry processed will be considered the only valid Entry and subsequent Entries from the same person will be disqualified.

ENTRY REQUIREMENTS: Entries must meet the following requirements to be eligible for judging:

- a. The bank cannot exceed 12 inches X 12 inches X 12 inches (1 square foot).
- b. Piggy banks must be able to hold coins (i.e., include a slot that has been cut to insert coins).
- c. Piggy banks must be created or decorated by the youth contestant.
- d. Plastic or ceramic banks piggy banks may be used, but must be personally decorated.

e. Piggy banks DO NOT have to be in the shape of a pig.
f. You MAY use or repurpose other containers.

g. Piggy banks must be submitted and judged through the local Cooperative Extension Office.
In addition, an Entry shall be void if it contains any material that sponsors or judges in their sole discretion deem patently offensive or inappropriate, such as, but not limited to, profanity. By submitting an Entry, the parent/legal guardian of the Entrant represents and warrants that the entire Entry is the original work of the Entrant, not previously submitted or distributed elsewhere for any other purpose. The parent/legal guardian of the Entrant further warrants that he/she has obtained the consent of any persons/parties portrayed in the Entry. Sponsors shall have the right to use/showcase the Entry in any manner, in any and all media, worldwide in perpetuity without further compensation or consent. Upon request of Sponsors, the parent/legal guardian of Entrant will provide a copy of any written consent as required above.

JUDGING CRITERIA/WINNER SELECTION

AND VERIFICATION: Entries will be judged within Extension Areas by a panel of judges coordinated by the Area piggy bank delegate. Each panel of judges will select one (1) winning Entry for a possible total of 12 winners statewide — 4 per Extension Region. The Judges will review all Entries and select the winners based on the following criteria: originality, creativity, artistic design, and attractiveness. Judging of Entries and the determination of the winners will be completed by:

December 1, 2022.

The winner's name, grade, county, and winning Entry may be displayed at the State Capitol in Frankfort.

Any Entry, or portion of any Entry, which in the sole discretion of the judges (a) defames or infringes the right of privacy or publicity or other proprietary right of any person, living or deceased, or entity; and/or (b) is offensive, profane, obscene or not in keeping with the image of the Sponsors will be disqualified.

KENTUCKY SAVES



2023 Piggy Bank Design Contest Entry Form

Directions: Please complete entry form and submit with piggy bank entry. See Official Contest Rules for complete entry instructions.

Participant's Name: _____

County: _____

Gender: _____

Grade: _____

School: _____

Piggy Bank Name/Description: _____

Print Parent/Legal Guardian Name: _____

Signature: _____

Date: _____

Home Address: _____

City: _____

County: _____

Zip: _____

Email: _____

Parent Phone: _____

To be filled out by the Extension Agent accepting the entry:

County: _____ Extension Area: _____
Agent Name: _____ Circle One: FCS 4-H Other

HOMEMAKER HUB

HENRY COUNTY HOMAMAKER OFFICERS:
PRESIDENT- TERRY HEFFLEY
VICE PRESIDENT- KATHY SCHWANDNER
SECRETARY- CYNTHIA DARE
TREASURER- IRENE SMITH
CULTURAL ARTS CHAIR-CINDY MOORE

COMMUNITY PROJECTS

October

Bar soap, shampoo, deodorant, toothbrushes, toothpaste, hand sanitizer, bay wet wipes, diapers, feminine hygiene products, toilet paper, facial tissues, paper towels and laundry soap for the Family Resource Center

November

CNCDHD- Cribs for Kids- Collect money and the health department will match to purchase cribs for participants. They are promoting infant safe sleep practices for expectant moms and families who sign up in the program.

December

- **THIS IS A CHANGE FROM THE BOOKLET**

KY MOMS Blessing Box- Collecting baby food, diapers, wipes, and other childcare needs.

Let's Celebrate Our Homemakers!

The Proclamation has been signed, October 9-15, 2022 is proclaimed as the Kentucky Extension Homemakers Association Week! Our Judge Executive, John Logan Brent; Extension Agent for FCS, Krista Perry and Homemakers: Irene Smith, Kathy Schwandner, Cindy Moore, and Cynthia Dare participated in the signing of the proclamation.

Join us during KEHA week for our open house on Tuesday, October 11, 2022 and for a plant dedication on Thursday, October 13, 2022 for Mrs. Juanita Pyles who was a Jericho Homemaker for 70 years before passing last year. We will have a dedication and play bingo in her honor from 1:30-3PM.





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



COME JOIN US AS WE CELEBRATE

KENTUCKY EXTENSION HOMEMAKER ASSOCIATION WEEK

**Tuesday, October 11 from 5-7pm
at the Extension Office**

There will be...

**DOOR PRIZES, LIGHT REFRESHMENTS, NEW
MEMBER GIFTS AND MORE!**

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

Highlights

Homemakers Visit the KY State Fair

In August, a group of Homemakers spent the day at the Kentucky State Fair! They visited the livestock barn, the Henry county booth, the open quilt exhibits and enjoyed some good food from the Kentucky Proud tent! Stay tuned as more day trips are planned!



JOIN US AT THE KENTUCKY CASTLE

WHEN? TUESDAY, OCT. 18, 2022

TIME: 10:00AM AT THE EXTENSION OFFICE

COST: THE PRICE OF YOUR LUNCH!

SPACE IS LIMITED! CALL THE OFFICE TODAY TO RESERVE YOUR SPOT!



**HOMEMAKER
CLUBS**

**COUNTRY LADIES:
TERRY HEFFLEY**

**JERICHO:
CYNTHIA DARE**

**MAKE & MEND:
DARLENE BATES**

**TOWN & COUNTRY:
NANCY
HEIGHTCHEW**

**HOMEMAKERS IN
PROGRESS:
FRAN MCCALL**



KEHA
RECOMMENDED
BOOK LIST

Arts

50 WOMEN IN THEATER BY
CHERYL ROBSON (2021)

CHASING ME TO MY GRAVE:
AN ARTIST'S MEMOIR OF
THE JIM CROW SOUTH BY
WINFRED REMBERT WITH
ERIN I. KELLY (2021)

THE PIANIST FROM SYRIA
BY AEHEM AHMAD TRANS.
EMMANUEL BERGMANN
(2019).

Biography

BLACK, WHITE, AND THE
GREY: THE STORY OF AN
UNEXPECTED FRIENDSHIP
AND A BELOVED
RESTAURANT BY MASHMA
BAILEY AND JOHN O.
MORISANO (2021).

ELEANOR IN THE VILLAGE:
ELEANOR ROOSEVELT'S
SEARCH FOR FREEDOM AND
IDENTITY IN NEW YORK'S
GREENWICH VILLAGE BY
JAN JARBOE RUSSEL (2021).

NEVER SIMPLE: A MEMOIR
BY LIZ SCHEIER (2022)

SENTENCE: TEN YEARS AND
A THOUSAND BOOKS IN
PRISON BY DANIEL GENIS
(2022)

October Inspirational

*...being knit together in love...
-Colossians 2:2*

Thousands of young couples go through with a loveless marriage because no one ever told them what genuine love is. I believe we need to read the 13th chapter of First Corinthians, in which the Apostle Paul gives us a definition of love. He says, "Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things. Love never ends." If people today knew that kind of love, the divorce rate would be sharply reduced.



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

NONPROFIT ORG
 US POSTAGE PAID
 NEW CASTLE, KY
 PERMIT #19

HENRY COUNTY
PO BOX 246
NEW CASTLE, KY 40050

RETURN SERVICE REQUESTED

Complaint Procedure: Any person who believes that he/she has been discriminated against in any Research or Cooperative Extension sponsored program or activity may contact: USDA, Director, Office of Civil Rights, Room 326-W, Whitten Bldg., 14th & Independence Ave. SW, Washington, D.C. 202-9410. 202-720-5964, or Rosemary Veach, UK College of Ag or Terry Allen, UK Affirmative Action Director. Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability, or national origin.

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.