

LIVINGSTON COUNTY EXTENSION Home & Family Newsletter

January 2023



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

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Joni K. Phelps



Livingston County Family & Consumer Science Agent

UPCOMING EVENTS:

**January 5, 2023 - 2:00 PM Homemaker
Leader Lesson Ready, Set, & Bake!**

**January 10, 2023 - 9:00am - 2:00 pm
Block of the Month Homemakers Club**

**January 10, 2023 - 10:00 am Food for
Thought Livingston County Senior Center**

January 12, 2023 - 5:30 pm Pinterest Club

**January 13, 2023 - 10:00 am Cooking with
Diabetes**

**January 17, 2023 - 9:00 am to 2:00 pm
Pins & Needs Homemakers Club**

**January 23, 2023 - 10:00 am Laugh &
Learn**

**January 24, 2023 - 9:00 am to 2:00 pm
Unfinished Objects**

**January 26, 2023 - 5:30 pm Kitchen
Rookie**

**Cook Wild Calendars & NEP 2023 Calendar
The calendars are FREE!**

If you or someone you know is an hunter or just likes wild
game meat, then be sure to stop by and grab one!

NEP Food & Nutrition Calendar is back with Yummy recipe for
low coast meals. Stop by today and pick your calendars up
today at the Livingston County Extension Office.

Happy New Year

Agent Note!

We wish you a happy new year and look forward to new experiences in 2023. The launch of a podcast by some Pennyrile Family and Consumer Sciences Extension Agents is one adventure I am eager to share. The podcast is called Life Simplified. The launch will take place in January. In order to help you balance out the daily stressors that come with life, we want to provide you with research-based knowledge as well as useful advice for applying that research to your life. We'll concentrate on relationships, resource management, mental health, and physical health. I hope you will take the time to listen since we are excited to begin this new endeavor.

Joni K. Phelps

To Stay Connected:

"Like" the Livingston County Family & Consumer Science Facebook Group (<https://www.facebook.com/livingstoncountyfcs>.)

"Like" the Livingston County Extension Office Facebook Page (<https://www.facebook.com/LivingstonCountyExtension>)

Visit the Livingston County Extension Office webpage (<http://livingston.ca.uky.edu/>)





HOMEMAKERS NEWS

The January Leader Lesson - Ready, Set, & Bake!

Ready, Set, Bake! (Cecelia Hostilo). Become a better baker by getting back to the basics. This lesson is designed to give you a better understanding of ingredients and their role in the baking process, as well as demonstrate basic baking techniques. This class will be a hands-on class! Call (270) 928-2168 today to register for this class or email jkbarr3@uky.edu. Location: Lyon County Extension Office, January 5, 2023, 02:00 PM OR Zoom on January 5, 2023 at 10:00 AM, if you would like the zoom like please reach out to Joni K. Phelps.

Block of the Month Homemakers Club

The club will meet on Tuesday, January 10, 2023 from 9:00 am to 2:00 pm at the Livingston County Extension Office. This group has been working on a SEW BY THE ROW Quilt 2023. If you interested in learn more about the SEW BY THE ROW Quilt please contact Joni K. Phelps at jkbarr3@uky.edu or (270) 928-2168.

Pins & Needles Homemaker Club

The club will meet on Tuesday, January 17, 2022 from 9:00 am to 2:00 pm. This months project is a LITTLE WALLET! Please call or come by the Livingston County Extension Office for the Material List for this project. If you have any questions please call Joni K. Phelps at (270) 928-2168 or email her at jkbarr3@uky.edu.

UFO "Unfinished Projects"

Do you have a lot of Unfished projects you just can't find the time to finish them, you start one project and then move on to another one before finishing the one you started on 1st! Here is your chance to step away from the other project at home and bring a project you can finish without starting another project. Livingston County Extension office will be opened up on Tuesday, January 24, 2022 from 9:00 am to 2:00 pm so you can finish that project! If you would like more information about UFO please reach out to Joni K. Phelps at (270) 928-2168 or jkbarr3@uky.edu.

SAVE THE DATES:

It's Sew Fine: Sewing Expo

April 13 & 14, 2023

Boyle County Extension Office, Danville, KY

&

2023 Kentucky Extension Homemakers Assistant "KEHA"

State Meeting, May 9-11, 2023 Crowne Plaza Louisville, KY

UPCOMING FCS PROGRAMS

Food for Thought program is on January 10, 2023 at 10:00 am at the Smithland Senior Center. Come learn about different types of Kentucky foods while tasting a delicious Plate it up! KY Proud recipe,

Pinterest Club program is on January 12, 2023 at 5:30 pm at the Livingston County Cooperative Extension Office. Bring a friend and enjoy making Valentines Day Decoration "Be mine, Hugs XOXOXO". Cost is \$5.00 per person. Register by January 09, 2023, to reserve your spot, contact the Livingston County Extension Office at (270) 928-2168.

This program is for Adults only child care is not available.

Cooking with Diabetes is on January 13, 2023 at 10:00 am at the Livingston County Extension Office, Do you or someone you know been diagnosed with Diabetes? This program helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control, and label reading. Participants have the opportunity to sample healthy foods made utilizing concepts taught. Register by January 11, 2023, to reserve your spot, contact the Livingston County Extension Office at (270) 928-2168.

Laugh & Learn, Preschool Playdate, January 23, 2023 at 10:00 am. Designed for children 18 months of age to 5 years old. This event allows them to practice kindergarten readiness skills through play. Our theme this month is SNOW/WINTER Register by January 20, 2023, to reserve your spot, contact the Livingston County Extension Office at (270) 928-2168.

The Kitchen Rookie January 26th, 2023 at 5:30 pm. One recipes that will be prepared in the workshop by participants and samples of two additional recipes prepared by the instructor. Participants will prepare recipes in groups of 2-4. Register by January 23, 2023, to reserve your spot, contact the Livingston County Extension Office at (270) 928-2168.

Note: A minimum of 5 participants must be registered to host the session

Life Simplified Podcast

Sometimes life is messy. Have you ever wished you could refocus your mind, home, relationships, and work life? Join Family & Consumer Sciences Agents in Caldwell, Christian, Hopkins, and Livingston on our new podcast airing each Tuesday **starting January 3, 2023** as we use research-based information to make practical changes and simplify life. You can find the podcast, Life Simplified, on your favorite podcast app.

RECIPE CORNER

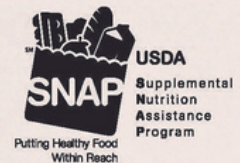


Recipes from the
2022 Food And Nutrition
Recipe Calendar



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

ONE POT ITALIAN TORTELLINI DINNER



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

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 medium carrot, chopped
- 3 tablespoons minced garlic
- 1 teaspoon dried oregano
- 1 teaspoon Italian seasoning
- 2 (15-ounce) cans no-salt-added tomato sauce
- 1 (8-ounce) package fresh sliced mushrooms
- 4 cups fresh prewashed spinach (remove stems and tear large leaves into pieces)
- 1 (19-ounce) package frozen cheese tortellini
- 1 cup low-moisture, part-skim shredded mozzarella cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently scrub the onion and carrot with a clean vegetable brush under cool running water before preparing them. Rinse the mushrooms under cold running water, being sure to remove any dirt; pat dry.

3. Heat a large nonstick pot or skillet over medium heat and add ground beef, onions, and carrots. Cook until ground beef is browned and has reached an internal temperature of 160 degrees F, using a food thermometer.
4. Drain fat from ground beef mixture. Add garlic, oregano, and Italian seasoning; stir until combined.
5. Add the tomato sauce, mushrooms, and spinach. Stir until mixture comes to a boil.
6. Cover with lid and simmer on low for 10 minutes. Remove lid and gently stir in frozen tortellini. Cover and cook tortellini following package directions (usually 2 to 5 minutes).
7. Top with mozzarella cheese and allow to melt before serving.
8. Store leftovers in the refrigerator within 2 hours.

Makes 8 servings

Serving size: 1 cup

Cost per recipe: \$15.81

Cost per serving: \$1.98

Nutrition facts per serving:

340 calories;
10g total fat; 5g saturated fat; 0g trans fat; 65mg cholesterol; 400mg sodium; 36g total carbohydrate; 3g dietary fiber; 8g total sugars; 0g added sugars; 25g protein; 0% Daily Value of vitamin D; 20% Daily Value of calcium; 30% Daily Value of iron; 6% Daily Value of potassium.

Source: East Region (4, 6) Nutrition Education Program

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.

LOVE TRYING NEW RECIPES, JOIN RECIPE CLUB!

RECIPE CLUB



**ONCE A MONTH YOU WILL GET RECIPES
DELIVERED TO YOUR MAILBOX!**

SIGN UP FOR RECIPE CLUB TODAY!

Scan the QR code

or

**Call the Livingston County Extension Office
at 270-928-2168**



NEW YEAR, NEW HABITS

EAT HEALTHIER IN THE NEW YEAR

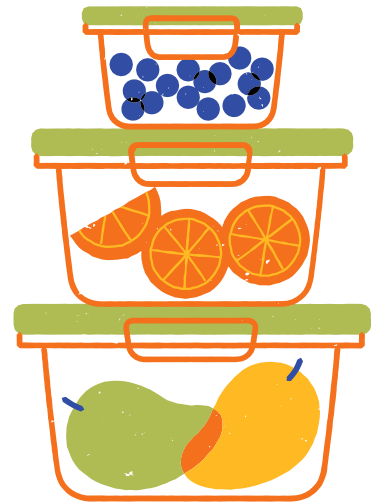
JANUARY 23, 30

FEBRUARY 6, 13, & 20

5:00 P.M.

LIVINGSTON COUNTY EXTENSION OFFICE

803 U.S. 60 EAST, SMITHLAND



LIVE COOKING DEMONSTRATION
AT EACH CLASS!

BINDER FULL OF HEALTHY
RECIPES AND HANDOUTS

COOLER FULL OF
HOUSEHOLD GADGETS!

MUST RSVP BY JANUARY 20TH
BY CALLING 270-928-2168.

AGES 18 & UP! MUST BE ABLE TO ATTEND ALL FIVE
CLASSES TO RECEIVE COOLER, KITCHEN GADGETS AND
CERTIFICATE OF COMPLETION FOR THE PROGRAM