

LIVINGSTON COUNTY EXTENSION

Home & Family Newsletter

January 2025

New Year, New Beginnings: Embrace 2025 with Wellness in Mind!

As we step into 2025 it's the perfect time to reflect on our health and overall well-being. This year, let's focus on cultivating a balanced lifestyle that nourishes both our body and mind. Whether it's incorporating more movement into your daily routine, exploring new healthy recipes, or dedicating moments for mindfulness and relaxation, every small change counts.

Join us this January as we kickstart a series of tips, challenges, and resources to help you prioritize your health goals and well-being. Together we can make this year a transformative journey towards a happier and healthier you.

Cheers to new beginnings and a vibrant 2025!

The Livingston County Extension Home & Family Newsletter will now be quarterly. But don't worry! We will be sure to let you know about upcoming events!

Winter Weather Policy

Reminder!

If Livingston County Schools are canceled due to weather, all classes/programs at the Livingston County Extension Office are canceled as well!

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Livingston County Family & Consumer Science Agent



Cooperative Extension Service

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Slow Cooker Tips for Warm Winter Soups & Stews



Slow cookers are electric appliances that are easy and convenient. You can use them to make soups and stews which are budget-friendly dishes you can stretch over several meals or feed a larger crowd. Use smaller slow cookers, in the range of 2 to 4 quarts, to feed one or two people. Larger slow cookers, 5 to 6 quarts, can feed larger families or gatherings. When preparing a soup or stew, make sure to fill the slow cooker at least halfway but no more than three-fourths full. This helps food cook evenly and reduces food safety concerns. Use the following tips and tricks to build a soup or stew with common items you might already have in your home.

- Chop vegetables into similarly sized pieces to ensure even cooking. Vegetables that cook well within the slow cooker are onions, carrots, potatoes, parsnips, celery and green beans.
- Add vegetables to the slow cooker first. They cook slowly and need direct contact with the heat.
- If adding animal protein, trim the fat from the meat and cut into smaller, evenly sized pieces. Consider tougher cuts of meat that may be on sale such as chuck roast, stew meat, brisket, shoulder or ribs. The ideal cut of poultry for a slow cooker soup or stew is chicken thighs. Place the meat or poultry on top of the vegetables.
- When adding liquid, make sure to cover all the vegetables. The fluid level should almost cover the meat entirely to ensure heat transfer and thorough cooking. Common liquids used in soups and stews are water, chicken broth, beef broth and vegetable stock.

- For soups and stews that have pasta in them, add the dry pasta about 30 minutes before serving time. This will cook the pasta without making it too mushy.
- Rinsed, canned beans, lentils, and chickpeas (garbanzo beans) are a budget-friendly and a nutritious protein source that you can add to a soup or stew at the beginning of the cooking time.
- Don't forget to add flavor and depth using dried herbs and spices. Bay leaves, parsley, and oregano are common in slow cooker meals. Dried herbs will handle the heat of the slow cooker better over a longer period of time compared to fresh herbs. If you're making a soup or stew with no recipe, it may take trial and error to find the level of flavor that you enjoy.
- If you are adding cream or a dairy product to the soup or stew, add it within the last hour of the cooking time. This will preserve the texture and creaminess of the soup or stew.

Serve your soup or stew with whole-grain crackers or toast and a side of fruit for a well-balanced and nutritious meal. With a little information, you can take several items you have on hand and pull together a hearty, nutritious winter meal that requires little time and attention. For more information about slow cookers, recipes, and food safety call our office at 270-928-2168.

Reference: FN-SSB.003 Putting Your Slow Cooker to Work.
Source: Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition.



Livingston County Homemaker News

Open Sewing Day : The first Tuesday of each month - 9:00 am until 2:00 pm

Open sewing day is held at the Livingston County Extension Office, 803 US Hwy 60 East, Smithland, KY. Open Sewing is for anyone who wants to utilize our meeting room to continue sewing projects you have started but have not finished yet.

Block of the Month Homemakers Club: The Second Tuesday of each month - 9:00 am until 2:00 pm

Block of the Month is held at the Livingston County Extension Office, 803 US Hwy 60 East, Smithland, KY. For more information please contact Joni Phelps at (270) 928-2168 or email jkbarr3@uky.edu.

Pins & Needles Homemaker Club: The Third Tuesday of each month - 9:00 am until 2:00 pm

This is a great way to learn all different types of sewing projects outside of quilting. If you have any questions about this project please call Joni K. Phelps at (270) 928-2168 or email her at jkbarr3@uky.edu.

Unfinished Projects Day “UFO”: The Fourth Tuesday of each month - 9:00 am until 2:00 pm

Do you have a lot of Unfinished projects and you just can't find the time to finish them? Do 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 meeting room will be open for your use on the 4th Tuesday of each month. If you would like more information about “UFO” day please reach out to Joni K. Phelps at (270) 928-2168 or jkbarr3@uky.edu.



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 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.

lifesimplifiedpodcast.com

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Upcoming Programs

For more information on upcoming classes please contact Joni Phelps at 270-928-2168 or jkbarr3@uky.edu

The Chapter Chasers

January Books:
Starter Villian by John Scalzi
&
The Husbands by Chandler Baker

BOOK CLUB

January 28, 2025
6:00 p.m.
Livingston County Public Library
321 Court Street, Smithland

FOR MORE INFORMATION PLEASE CONTACT
JONI PHELPS AT 270-928-2168 OR jkbarr3@uky.edu

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LIVINGSTON COUNTY
A fun & Creative
Playdate for Pre-Schoolers

Laugh & Learn
"OVER THE JUNGLE"

Children Ages 5 and under accompanied by an adult

Monday
January 13, 2025
11:00 a.m.
Livingston County Library
321 Court Street, Smithland

Register before January 9, 2025 by calling the
Livingston County Extension Office at 270-928-2168
or by email to jkbarr3@uky.edu

Activities include:
Story-time, Sensory & Development Activities,
Games and Snacks

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Valentine Adventures

Friday
February 7, 2025
5:30 p.m.
Livingston County Extension Office
803 U.S. 60 East, Smithland

Meet Bluey!

Join us for food, fun, crafts
& story time. There will be prize
drawings & every family takes
home a book.

RSVP by February 5, 2025
by calling 270-928-2168.

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

Cooking Through the Calendar

Wednesday, January 22, 2025
10:00 a.m.
Livingston County Extension Office
803 U.S. 60 East, Smithland

Join us as we cook
through the "2025 NEP
Food and Nutrition
Calendar" month by
month starting in January.

To Register call
270-928-2168, or email
jkbarr3@uky.edu, by
January 20, 2025.

*January's recipe:
Split Pea Soup*

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Upcoming Events in February & March

- Pinterest Club- February 6, 2025 @ 5:30 p.m.
- Laugh & Learn - Theme: "Mama, do you love me?", February 10, 2025 @ 11:00 a.m.- Livingston County Public Library
- Chapter Chasers Book Club - February 25, 2025 @ 6:00 p.m. - Livingston County Public Library.
- Leader Lesson- Composition in Photography, February 25, 2025, @10:00 a.m.
- Cooking Through the Calendar, February- February 26, 2025 @ 10:00 a.m.
- Spring Seminar/Cultural Arts - March 14, 2025 - SAVE THE DATE, email jkbarr3@uky.edu for more information.

Inspiring Grandchildren to become "Grand" Cooks

This lesson will give ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

Monday, January 27, 2025, 10 a.m. on Zoom

OR

Thursday, January 30, 2025, 10 am. at the

Livingston County Extension Office,

803 U.S. 60 East, Smithland



To register, or get the
Zoom link, call the office
at 270-928-2168 or email
jkbarr3@uky.edu



RECIPE CORNER

January 2025

Pork with Greens and Beans

Servings: Makes 6 servings Serving Size: 1 cup Recipe Cost: \$9.46 Cost per Serving: \$1.58

 Cooperative
Extension Service

 PLAN.
EAT.
MOVE.



Ingredients:

- 1 tablespoon olive oil
- 1 pound boneless pork butt
- 3 cups low-sodium chicken broth
- 1 sliced onion
- 2 tablespoons garlic powder
- 1 (14 ounce) can diced no-salt-added tomatoes
- 2 cups chopped kale
- 2 tablespoons Dijon mustard
- $\frac{3}{4}$ teaspoon salt
- 1 teaspoon black pepper
- 2 (14 ounce) cans low-sodium cannellini beans

Directions:

1. Heat oil over medium heat in a medium skillet.
2. Brown pork on all sides and transfer to a slow cooker. Add chicken broth and onion slices to the slow cooker and cook on low for 5 hours.
3. Shred or cut pork into bite-sized pieces. Add garlic powder, tomatoes, kale mustard, salt, pepper, and beans to the slow cooker.
4. Cook for an additional hour.

Notes

Great northern beans or white navy beans can be used instead of cannellini beans.

Source: Katie Shultz, Extension Specialist, University of Kentucky Cooperative Extension Service

400 calories; 16g total fat; 5g saturated fat; 0g trans fat; 75mg cholesterol; 640mg sodium; 30g carbohydrate; 10g fiber; 4g sugar; 0g added sugar; 31g protein; 6% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 20% Daily Value of potassium.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 16 • ISSUE 1

Joni K. Phelps, Family & Consumer Science Agent for Livingston County Extension Office | 803 US 60 East, P.O. Box 189 | Smithland, KY | 42081 | (270) 928-2168

THIS MONTH'S TOPIC: FORMING HEALTHY FINANCIAL HABITS

Have you ever wished you could change the way you handle money? Learn more about the science of forming habits and how you can use these strategies to improve your finances.

HOW HABITS ARE FORMED

James Clear, author of *Atomic Habits*, describes habits as behaviors that we repeat so many times they become automatic. There is a four-step process to creating a habit that forms what he calls the “habit loop.” Those four steps are:

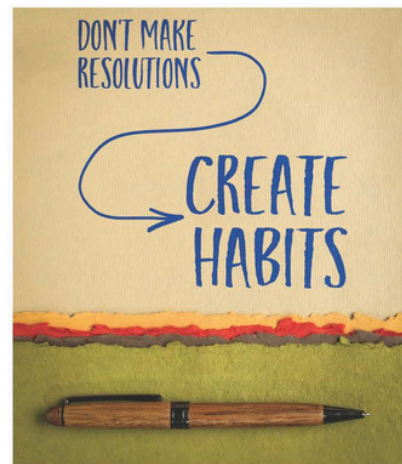
Cue → Craving → Response → Reward

The first two steps involve *responding to a problem*. The last two steps involve *arriving at a solution*. By becoming more aware of our habit loops, we can take actions to create a good habit or break a bad habit.

HABITS AND MONEY

So how do we apply this to personal finance? Think of something you want to change about your money habits. Maybe you want to reduce the number of times you eat out each week. You might accomplish this by going to the grocery store and cooking at home.

First, identify what “cues” you to eat out in the first place. The **cue** may be hunger. For example, you saw a commercial for pizza,



drove past the sign for a delicious sit-down restaurant, or it was 6 p.m. and that is your normal dinner time! The **craving** is for food. The **response** is to buy the food, and the **reward** is that you are no longer hungry.

In order to change this cycle – and the money spent on it – there are things we can do to reinforce a good habit, as well as things we can do to avoid a bad habit. The table below breaks down this dinnertime “habit loop.” Namely, you want to make a new habit obvious, attractive, easy, and satisfying. Similarly, you want to make an old habit invisible, unattractive, difficult, and unsatisfying.

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Disabilities accommodated with prior notification.

Cycle of Habit Loop	Form a Good Habit – <i>Make it ...</i>	Break a Bad Habit – <i>Make it ...</i>
Cue: Hunger	Obvious: Plan ahead. Place the recipe for tonight on the counter or save a picture to your phone.	Invisible: Avoid TV and internet before mealtimes if advertisements trigger you to eat out. Or go home a way that avoids restaurant temptations.
Craving: Food	Attractive: If cooking is a chore, then pair an activity you enjoy with it. Maybe call a friend or listen to music, or an audiobook or podcast.	Unattractive: Give yourself reminders of why you don't want to eat out. Put a picture of what you're saving for in your wallet to remind you not to spend.
Response: Buy food	Easy: Prepare your cooking space the night before, so when you come home from work it's a breeze to get started.	Difficult: Make visiting restaurants more of a chore. Delete apps that allow for restaurant delivery or remove phone numbers for call-ahead orders.
Reward: Full	Satisfying: Reward yourself for sticking to the plan! Prepare a small dessert to complement your meal or plan a fun after-dinner activity.	Unsatisfying: Appoint someone to hold you accountable and remind you of your commitment.

CHANGING YOUR HABIT LOOPS

Use this blank chart to note a financial habit you would like to create or change. First, decide on the habit, then identify the parts of the cycle in the first column. Finally, brainstorm ways to reinforce a good habit in the second column and/or find ways to make a bad habit less appealing in the third column.

New Habit: _____

Cycle of Habit Loop	Form a Good Habit – <i>Make it ...</i>	Break a Bad Habit – <i>Make it ...</i>
Cue:	Obvious:	Invisible:
Craving:	Attractive:	Unattractive:
Response:	Easy:	Difficult:
Reward:	Satisfying:	Unsatisfying:

REFERENCE:

Clear, James. (2018). *Atomic Habits: An Easy and Proven Way to Build Good Habits & Break Bad Ones*. Avery Press.

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