

FCS NEWS & NOTES

Cooperative Extension Service
Muhlenberg County
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Upcoming Events for December

December 5: Charcuterie 101 Class at 11 AM and 5:30 PM. \$5 fee.

December 9: Gumdrops on Rooftops Gingerbread House Contest and Showcase from 10 AM to 2 PM at the Extension Office. This fun holiday event is sponsored by Muhlenberg County Tourism and open to all ages. Make a gingerbread creation, or just come see the showcase! There will be activities by SOAR and a coloring station for the kids, plus a visit from Mrs. Clause with free cookies and hot chocolate. It's free to participate and attend. But in the spirit of Christmas and giving, cash donations will be accepted at the door for the 4-H Food for Kids Backpack Program.

December 9: Junior Homemaker Club meeting at 10 AM at **Mercer Baptist Church**. This new and exciting club is specifically for youth in grades 7-12. Dues are \$10 per person. Monthly projects will include things like: sewing, clay

projects, baking, and more. The club will also meet **January 13 at 10 AM at the Extension Office.**

December 13: Meeting with Area Extension Director, Matt Fulkerson at 3 PM at the Extension Office to discuss Client Protection/Background Check information.

December 15: Material Girls Club meeting at 5:30 PM at the Extension Office. ***Please note the date change!***

December 25—January 1: Office closed for Christmas and New Year's holidays.

Upcoming Events for January

January 8: Bingocize! Join us for Bingo mixed with low impact exercise movement to promote health and wellness. We'll meet from 9:30 to 10:30 AM at the Greenville Library and from 1 to 2 PM at the Central City Library. It's free to jump in and prizes will be given!

January 9: The Happy Healthy Club with Miss Alex from 3 to 4 PM at the Central City Library.

Muhlenberg County youth in Kindergarten through Second Grade are welcome to join in every Tuesday through the end of the school year for a story, snacks, nutrition knowledge, and fun sensory activities.

January 10: *Date change!* In January the Block of the Month Quilting Group will meet on Wednesday, January 10 at 9 AM rather than their usual meeting date. If you have thought of joining the group, January is the perfect time to jump in. They will be starting a new quilt together. Stop by the Extension Office or contact us if you would like the supply list needed for the January quilt project.

January 15: Office closed for Martin Luther King, Jr. Day.

January 18: Homemaker Council meeting at 9:30 AM at the Extension Office.

January 23: Book Club at 10 AM and 5 PM at the Extension Office. Do you love to read? Join us in January as we start our new Book Club. We'll meet once per month to discuss our thoughts on each month's book;

while we enjoy snacks and tea. Stay tuned for January's book title.

January 25: Time Well Spent: Organizing Tips for Increased Productivity Homemaker Lesson at 10 AM at the Extension Office or at 5 PM via Zoom. Contact

the Extension Office if you would like the Zoom link emailed to you.

January 30: Quick Bread Class from 10 AM to 12 PM and 5 to 7 PM at the Extension Office. Contact us to sign up for the time that works best for you.

February 27: Slow Cooker Class from 10:30 AM to 12 PM and 5:30 to 7 PM at the Extension Office. Contact us to sign up for the time that works best for you.

How can we serve you, Kentucky?

Take a **ten-minute survey** to help us develop programs addressing needs in your community.

go.uky.edu/serveKY



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Getting Enough Sleep

Going out more and staying out later often means losing out on sleep. Sleep loss can make it harder to manage your blood sugar. When you don't get enough sleep, you tend to eat more and want high-fat, high-sugar food. Aim for 7 to 8 hours of sleep per night to guard against mindless eating.

Most of all, think about what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, you focus less on the food.

It's Not Too Late to Develop a Holiday Budget

The holidays are quickly approaching. While holidays give people time to spend with loved ones, all the extra purchases for gifts, food and decorations can quickly escalate. If you have not been saving all year, you might be starting to feel the financial pinch that can come with the season.

Developing a budget can help start your financial preparation for the holidays. Budgets give you a great idea of the amount of money you will need to get through the holidays and will help avoid impulse buying. It is important to include all holiday purchases when developing a budget. Think of any events, travel, charitable donations and gifts that you have planned for the season. Remember to list food and other entertainment costs if you plan on hosting holiday celebrations. Be sure to list each person you plan to give a gift and the amount you plan to spend—no matter

how small.

Once you have established a budget, review it. If you are not comfortable with the amount of money the season's festivities are going to cost, a budget can help you find areas where you can make cuts. For example, you can make decorations instead of buying them or use your own utensils, plates and glasses instead of purchasing paper or plastic. You may also have some people on your gift list that might enjoy a nonmonetary gift, (like assistance completing a project or just your time). If you still need to tighten your belt further, prioritize your purchases. Your family may rather have a big meal together than lots of presents.

Remember your budget as you head to the stores. Consider keeping a copy of the budget to keep you on track and to avoid impulse purchases. Try to use cash or your debit card whenever possible to avoid paying interest on credit card purchases well after the season has ended.

BINGO O O I Z E!



Join us for Bingo mixed with low impact exercise movement to promote health and wellness!

GREENVILLE LIBRARY

MONDAYS

9:30-10:30 AM

WEDNESDAYS

2-3 PM

Starting January 8,
2024 - April 10,
2024

CENTRAL CITY LIBRARY

MONDAYS

1-2 PM

FRIDAYS

10:30-11:30 AM

Starting January 8,
2024 - April 12,
2024

BINGO

15	20	1	10	19
25	44	40	18	63
37	60	★	13	30
33	5	27	48	53
21	70	57	68	56

GO

**PRIZES
AWARDED**

FREE TO THE PUBLIC

Questions? Contact the
Muhlenberg County Extension
Office at (270) 338-3124.

Thought for the Day

“Small cheer and great welcome make a merry feast.”

-William Shakespeare

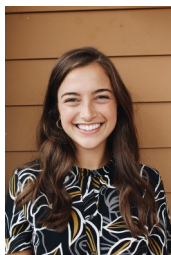


**Sign up is important!
Don't forget to contact the Extension Office to let us know if you plan to attend upcoming events!**

A Note from your Family & Consumer Sciences Agent

Happy Holidays! I hope everyone enjoyed a wonderful time with family and friends over the Thanksgiving holiday. It is hard to believe that this is the last month in 2023, but exciting with the winter holidays around the corner! We have some fun events to end this year, then get right into our 2024 year full of new programs and events to look forward to!

Best holiday wishes,



Alex Kelly
Muhlenberg County Extension Agent for Family & Consumer Sciences Education



Green Bean and Ham Soup Recipe

Ingredients:

- 4 cups fresh green beans, trimmed and cut into 1-inch pieces
- 3 cups russet potatoes, unpeeled and cubed
- 2 small onions, thinly sliced
- 1 pound fully cooked ham, cut into bite-sized pieces
- 9 cups water
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 cup half and half
- 2 tablespoons corn starch
- 1/4 cup cold water

Directions:

Place green beans, potatoes, onions, carrots, ham and the nine cups water into a large soup pot; cover and bring to a boil. Reduce heat to medium and simmer, uncovered, about 45 minutes or until the vegetables are tender. Remove the pot from the heat and add the salt, black pepper, garlic powder, and half and half. Return to heat and bring to a simmer again. Combine corn starch and the 1/4 cup cold water in a small bowl. When simmer begins, combine the corn starch mixture into the soup and stir well. Allow the soup to remain on the heat for 5 to 7 more minutes while it thickens.

Yields 12, 1 cup servings. Source: Plate it Up! Kentucky Proud

Contact Us

(270) 338-3124

Facebook Pages:

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Lexington, KY 40506



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