

June 2023

Building Strong Families in Scott County



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

Scott County
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Georgetown, KY 40324-8931
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scott.ext@uky.edu

This month...



Meal Preparation



Melon Berry Smoothie



Volunteers Needed

FCS Today

MEAL PREPPING SAVES TIME AND FRUSTRATION

Source: Heather Norman-Burgdolf, assistant extension professor

Deciding what to have for dinner each night can be a daily conundrum for many of us. Barriers often include deciding what to prepare and needing more time to prepare a full meal. By preparing at least portions of our meals in advance, we can regularly have home-cooked, nutritious meals.

Research shows that people who regularly do advanced meal preparation tend to consume more fruits and vegetables and eat a more balanced diet. Meal prepping allows us to live our hectic lives while still providing our families and ourselves with nutritious foods.

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Sincerely,

Alivia Faris

Scott County Extension
Agent for Family and
Consumer Sciences



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SAVING TIME *with* MEAL PREP

Continued from Page 1

Pre-completing certain cooking steps saves time. The process may include simply prepping ingredients you will use later and completely preparing dishes to store for later use. Meal prepping also takes some of the stress and frustration out of deciding what to eat each night.

If you have never tried meal prepping, start small and don't invest much money. First, aim to prepare two to three meals per week in advance. Find nutritious recipes your family will enjoy and make a grocery list of the needed ingredients. Allow your family to chime in on the process or ask them if there is a new food or recipe they would like to try.

It is easier to set aside one day for grocery shopping and meal prepping as it cuts down on the number of times you must handle the food and gives you a set time to work meal prepping into your busy schedule. Include your family in the food preparation. Not only will it help spread the cooking responsibilities, but it will also teach your family basic cooking skills and balanced eating habits.

Remember food safety when preparing food. For example, when using a cutting board, slice vegetables before cutting meat. Store produce and meat separately to avoid contamination. While most people associate meal prepping with dinnertime, you can prepare quick breakfasts or use leftovers for lunches. When cooking dinner, make the most of your time in the kitchen. Clean the kitchen as you prepare food, chop veggies for a salad the next day, or slice some fruit for a quick grab-and-go snack for the family.

After preparing the food, store it in an airtight container and place it in the refrigerator or freezer, depending on how soon you plan to eat it. Consume refrigerated meals within five days. Freezing will allow you to store meals for a longer time.

As you become a meal-prepping pro, you can watch for sales to stock up on food staples and increase the number of meals you prepare at home.

For more information on meal prepping, food safety, and balanced eating, contact the Scott County office of the University of Kentucky Cooperative Extension Service.



Upcoming Dates to Remember

June 2023

1st: Rug Hookers @ 10:00 AM

1st: Adult Advanced Quilt Class @ 6:00 PM

10th: Rug Hookers @ 10:00 AM

10th: FCS Book Club @ 1:00 PM

10th: Beginning Adult Sewing Class @ 5:30 PM

15th: Needlework Club @ 10:00 AM

15th: Beginning Adult Sewing @ 5:30 PM

16th: Fair Take In @ 1:00 PM - 7:00 PM

19th: OFFICE CLOSED

20th: Fair Take In @ 8:30 AM - 11:00 AM

20th: Elkhorn Creek Quilt Guild Monthly Meeting @ 5:00 PM

24th: Fair Pick Up @ 9:00 AM - 11:00 AM

26th: Beginning Adult Sewing @ 5:30 PM

29th: Rug Hookers @ 10:00 AM

Melon Berry Smoothie

¼ cup skim milk

1 cup low fat vanilla
Greek yogurt

2 cups chopped honey
dew melon

1 cup frozen blueberries,
strawberries or mixed
berries

1 tablespoon honey,
optional

Place all ingredients in blender.

Blend together until smooth using
the pulse function, if available.

Pour into serving glasses and serve
immediately.

Yield: 4, 8 ounce servings.

Nutritional Analysis: 130 calories,
1g fat, 0 g saturated fat,
5 mg cholesterol, 55 mg sodium,
28 g carbohydrate, 2 g fiber,
24 g sugars, 3 g protein.



Buying Kentucky Proud is easy. Look for the label
at your grocery store, farmers' market, or roadside stand.

THIS
MONTH'S
Recipe

THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -



Barnyard Applique Class

July 24th at 6:00 PM
at the Scott County
Extension Office

You **MUST** sign up to
participate. To sign up call
(502)863-0984

Things to know:

- When you sign up let us know if you want to make a pig, dog, horse, goat, cow, sheep, rooster, or chicken tea towel or flour sack.
- You will need to supply your own flour sack or tea towel.
- You are welcome to bring your own sewing machine but you will need the manual with it, if not you are welcome to use one of our office machines.

Did you know?

- Did you know your Scott County Family and Consumer Sciences Agent does programs throughout the community, not just at the Scott County Extension Office? You can find her doing programs at:
- The Scott County Public Library
 - Scott County Senior Citizens Center
 - Scott County Schools
 - Local Churches
 - Local government offices
 - At community events
 - and more!

Scott County Extension will see you
around town soon!

**Our Office will be
CLOSED on
Monday, June 19th
in recognition of
Juneteenth.**

Learn more about the
Elkhorn Creek Quilt
Guild here!





CALLING

ALL

VOLUNTEERS

FAMILY &
CONSUMER
SCIENCES



VOLUNTEERS NEEDED FOR:

June 16th Fair Take In

1:00 PM - 3:00 PM or 3:00 PM - 7:00 PM

June 20th Fair Take In Day Two

8:30 AM - 11:00 AM

June 23rd Exhibit Hall Watch

5:00 PM - 7:30 PM or 7:30 PM - 9:00 PM

June 24th Fair Exhibit Pick Up

9:00 AM - 11:00 AM

To sign up
call

(502)863-0984





HOOK and COOK

HARVEST YOUR OWN LOCAL MEAT

HOOK AND COOK

This course will teach you the basics of catching and cleaning fish. Whether you are an experienced angler or a first-time fisherman, this course will teach you the skills and knowledge you need to get started in fishing.

Georgetown, KY

July 31 & Aug 1, 2023

Event Details

Scott Co. Coop Extension Office
1130 Cincinnati Road
Georgetown, Ky 40324

Time: 6:00 p.m.—8:30 p.m.

*Participants must be 16+ years old or accompanied by an adult

To sign up for this event scan this QR code with the camera on your smart device.



More info: Easton.Copley@ky.gov or 502-330-1411

<http://app.fw.ky.gov/eventregistration/startpage.aspx?REGID=361>



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

A donation of \$100 was made to the Jenks/Robey/Minch scholarship fund in loving memory of

Jean Gilvin

a member of the Jolly Jenks Homemaker Club for many decades.

Thank You!

UK Cooperative Extension Service

SCOTT COUNTY EXTENSION PRESENTS A TWO DAY WORKSHOP

Meat of the Season

THIS SEASON FEATURES

BEEF



To register call the Scott County Extension Office at (502)863-0984

July 10th

July 11th

5:00 PM Meet at the Scott County Extension Office
5:15 PM Depart for University of Kentucky Meats Lab for a program on beef processing.

5:00 PM Meet at the Scott County Extension Office
5:15 PM Program on beef safety, preparation, and preservation.

Cooperative Extension Service
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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.

Scott County Fair Exhibit Hall Book and Show Guide

Pick up your copy at the Scott County Extension office today or scan here to download the book.



June Health Bulletins

The June 2023 health bulletins are now available!
Scan here to read full issues!



Congratulations to all of our Scott County Cultural Arts Winners!

Scott County Homemaker's Annual Meeting 2023

Name	Category	Subcategory	Description
 Collene Coyle	1. Apparel	a. Accessory	Pink/Multicolored Purse
 Marjorie Baker	1. Apparel	c. Basic Sewing	Denim Jacket
 Marjorie Baker	1. Apparel	d. Quilted	Flying Geese Zip Pouch, Multicolored
 Collene Coyle	1. Apparel	e. Specialty	Toiletry Kit
 Pamala Murphy	1. Apparel	e. Specialty	Communion Gown, Baby Dress
 Marjorie Baker	4. Art, Recycled	a. Clothing	Blue striped top
 Paula Offutt	4. Art, Recycled	c. Other	Belt purse
 Marjorie Baker	5. Basketry	d. Novelty	Cord basket with blue thread
 Sue Wash	5. Basketry	e. Plain	Orange laundry basket
 Sue Wash	12. Embroidery	a. Basic	Bees and hives patchwork
 Marjorie Baker	12. Embroidery	d. Machine	Purple, Peacock, and Paisley
 Sue Wash	14. Holiday Decoration	a. Autumn	Halloween Quilt
 Sue Wash	14. Holiday Decoration	a. Autumn	Pumkin Table Runner
 Marjorie Baker	14. Holiday Decoration	b. Spring	St. Patty's Day Pillow
 Paula Offutt	14. Holiday Decoration	c. Summer	Hen Table Runner
 Mary Ann Gaeddert	14. Holiday Decoration	d. Winter	Partridge in a Pear Tree Wall Hang
 Sue Wash	22. Quilts	b. Baby-sized or Lap-size (Machine Quilted)	Cow Baby Quilt
 Sue Wash	22. Quilts	e. Machine Applique (Machine Quilted)	Pumpkin Quilt
 Paula Offutt	22. Quilts	e. Machine Applique (Machine Quilted)	Sunflower Rag Quilt
 Mary Ann Gaeddert	22. Quilts	g. Machine Pieced (Machine Quilted)	Blue Mariners Star Quilt
 Paula Offutt	22. Quilts	g. Machine Pieced (Machine Quilted)	Brown and Floral Star
 Marjorie Baker	22. Quilts	g. Machine Pieced (Machine Quilted)	Fanfare rainbow Star
 Collene Coyle	22. Quilts	g. Machine Pieced (Machine Quilted)	Emily's Wedding multicolored
 Sue Wash	22. Quilts	i. Novelty (stenciled, embroidered, miniature, etc.) (Machine Quilted)	Miniature Pumpkins
 Paula Offutt	22. Quilts	i. Novelty (stenciled, embroidered, miniature, etc.) (Machine Quilted)	Blue and White Hexagon Stars
 Marjorie Baker	22. Quilts	j. Technology Based (hand or machine quilted)	Technology/Digital designed quilt pattern. Pattern was designed on the computer by quilter.
 Judy Taylor	22. Quilts	k. Miscellaneous	Hand pieced, Machine quilted. Grandmother's flower garden.
 Marjorie Baker	23. Paper Crafting	b. Origami	Transforming Pinwheel
 Earleen Arnett	25. Wall or Door Hanging	a. Fabric	2020 Temperature/Weather Wall Hanger
 Marjorie Baker	27. Miscellaneous	N/A	Journal Cover
 Collene Coyle	27. Miscellaneous	N/A	Purple and Blue Table Runner



Thank you to everyone who made this event possible!



August: Personality Assessment

That's not the way I would have done it! Do you ever find yourself scratching your head at another person's reaction? The way one person processes, interprets, and reacts are often not the same responses of others in the same household, family, workplace, or surroundings. This workshop will shed light on different personality traits, help you learn more about yourself, and allow you to see other perspectives.

September: Lead Your Team: Health Literacy for the Win!

Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. It is estimated that 9 out of 10 adults have difficulty understanding and using health information, also known as health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals.

October: Healthy Holiday Meals

Planning meals is one of the best ways to save money and eat healthy meals. Learn some tips and tricks that will help to remove the stress of putting healthy meals on the table every night.

November: Savor the Flavor: Seasoning with Spices

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use spices to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

January: Self-Care and Self-Pampering

Self-care is about realizing and prioritizing one's own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. This KEHA lesson will help you take control of your own well-being beyond the basic self-care recommendations.

February: Recognizing and Coping with Trauma after a Natural Disaster

This lesson will focus on coping with trauma that may occur after a natural disaster, or other events that disrupt your ability to cope due to significant loss. Participants will learn tips and skills to aid in recognizing trauma, how to help others in the community who might have experienced trauma and learn strategies that may be helpful for families to build a toolkit to prepare for the future.

March: Planning Thrifty Meals

The lesson focuses on healthy meal planning, staying within budget, kitchen time management strategies, preparing low-cost and delicious recipes, food safety tips, and maximize your leftovers to avoid waste.

April: Savor the Flavor: Building Flavor with Herbs

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use herbs to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

SCOTT COUNTY HOMEMAKERS

Club Name: _____

Leader Lesson Training Sign-up

2023 – 2024

Lessons will be hosted at the Scott County Extension Office

DATE	LESSON	NAME	ADDRESS	PHONE
AUGUST 08/21/23 at 5:00 PM	<i>Personality assessments</i>			
SEPTEMBER 09/18/23 at 10:00 AM	<i>Lead your team</i>			
OCTOBER 10/30/23 at 5:00 PM	<i>Healthy holiday meals</i>			
NOVEMBER 11/20/23 at 10:00 AM	<i>Savor the flavor- Spices</i>			
~ NO DECEMBER LEADER LESSON ~				
JANUARY 01/22/24 at 5:00 PM	<i>Selfcare and pampering</i>			
FEBRUARY 02/26/24 at 10:00 AM	<i>Recognizing and coping with Trauma after a natural disaster</i>			
MARCH 03/18/24 at 5:00 PM	<i>Planning thrifty meals</i>			
APRIL 04/29/24 10:00 AM	<i>Savor the flavor- herbs</i>			





Please fill out all the information requested, even if you have the same officers as last year. If you do not have chairs for any or all subjects write "none" in the appropriate box.

Please return to the Scott County Extension Office, 1130 Cincinnati Rd., Georgetown, KY 40324 by August 1, 2024.

PLEASE KEEP A COPY FOR YOUR FILES!

It is the responsibility of the current President to obtain this information and mail this form.

NAME OF CLUB _____

Club Officers:

	Name	Phone Number	Email Address
President			
Vice-President			
Secretary			
Treasurer			

Club Chairs:

	Name	Phone Number	Email Address
Cultural Arts & Heritage			
Environment, Housing, & Energy			
Family & Individual Development			
Food, Nutrition, & Health			
4-H Youth Development			
International			
Leadership Development			
Management & Safety			

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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