



LaRue County  
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*Marla Stillwell*

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[FamilyConsumerSciences](http://FamilyConsumerSciences)



## Making a new holiday tradition

When it comes to the holidays, it is often our traditions that we think of first. Spending time with loved ones, making meals together, sharing meals together, and even exchanging gifts or sentiments of love with one another. Sometimes over the years, traditions may end for any number of reasons, providing the opportunity to create new traditions. Here are some ideas of traditions you may want to start this holiday season:

- ***Volunteer as a family at a retirement home, share time with the guests, sing a song as a family, or put on a play.***
- ***Write a letter to someone serving our country.***
- ***Serve food at a local shelter or soup kitchen.***
- ***Donate clothes or toys or create hygiene kits for a holiday drive.***
- ***Host a potluck and invite three families.***
- ***Plan a seasonal treasure hunt (see treasure hunt information releases for Christmas and Halloween).***
- ***Have a circle of thanks in which you each share what you are most thankful for this year, or who and why.***
- ***Put on a talent show.***
- ***Give massages or foot rubs.***
- ***Put together an adult's night out.***

There are many ways to make the holidays special, so start a new tradition in your family this year.

Source: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development







# Make & Mingle



Lincoln Trail Area Extension Homemakers



# MAKE & Mingle



holiday craft opportunities  
at PG Studio Arts in Brandenburg, KY!



**DECEMBER 12 FROM 10:30-12 ET**

**FUSED GLASS SUNCATCHER**

PRICE: \$42 PER PERSON - INCLUDES ONE  
SNOWMAN, TREE, AND LIGHTS WITH OPTIONS  
TO ADD MORE!

REGISTER THROUGH THE HARDIN COUNTY OFFICE  
BY CALLING 270-765-4121

**DETAILS YOU NEED TO KNOW:**  
PAY PER PERSON ON SITE  
TRANSPORTATION IS ON YOUR OWN

## Christmas on College St.

HEARTLAND ECC PRESENTS:  
**CHRISTMAS ON COLLEGE STREET**

DECEMBER 14, 2023  
4:00 PM - 6:00 PM  
(COME AND GO)  
@ PRESCHOOL ON COLLEGE STREET

Children ages 3-5  
Come join us for Christmas activities  
and Christmas goodies to take home!

## AARP Driver Safety Course

**AARP** January 11

**Driver Safety**

9:45am - 3:30pm

RSVP Required  
270-358-3401

\$20 Members  
\$25 Non-member

CHECKS ONLY - MADE PAYABLE TO AARP

LaRue County Extension Service  
807 Old Elizabethtown Rd.  
Hodgenville, KY 42748



# Family Gingerbread House Contest



**UK** Cooperative  
Extension Service

## RULES AND GUIDELINES

- 🏠 Structure must be made with 100% edible ingredients (exceptions can include the base for support purposes only)
- 🏠 Majority of entry must be comprised of a significant amount of gingerbread (kits allowed but BE CREATIVE and add your own touch!)
- 🏠 Project must be completed as a family unit, no individual entries allowed
- 🏠 Photos of entries should be submitted via email to **marla.stillwell@uky.edu**; include names of family members and no more than TWO photos per entry will be accepted (finished Gingerbread House AND a fun photo of the family working on the project!)
- 🏠 NO physical gingerbread houses will be accepted nor will drop-offs be accepted (only PHOTOS)
- 🏠 Deadline: **December 19** (members of the County Extension Council will vote on the winning entry); winners announced on December 20 (University of KY swag bag awarded to winning family)

For more information,  
contact Marla at the LaRue  
County Extension Office.  
270-358-3401



Building strong families.  
Building Kentucky.  
It starts with us.  
#UKFCSExt





## Healthy Holiday Sides

Come join us at the LaRue County Public Library on Friday, December 15 at 3:30pm for a demonstration and sampling of recipes that will make your holidays healthier! Call the Public Library for more information, 270-358-3851.

## Quilted Star No Sew Ornaments

 Cooperative  
Extension Service

# QUILTED STAR No Sew Ornaments



Class offered at  
1PM - & - 6PM

-Free-  
ALL SUPPLIES PROVIDED

Call to register  
270-358-3401

LaRue County Extension Service  
807 Old ELIZABETHTOWN RD., HODGENVILLE


December  
18th

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# Extension Open House and Welcome Reception

Please join us for an Open House & Welcome Reception on Wednesday, December 20 from 2-4pm.

 Cooperative  
Extension Service

## Open HOUSE-&- WELCOME Reception

December 20, 2023  
2-4 PM

LARUE  
COUNTY  
EXTENSION  
SERVICE

*-light refreshments will be served*

807 Old Elizabethtown Road, Hodgenville

### 2024 Bobby McDowell Award of Excellence

If you would like to nominate an individual or group for the annual Bobby McDowell Award of Excellence for leadership or community service, nominations are due by **January 8, 2024**. Nomination forms are available at the Extension Office or on our website at <https://larue.ca.uky.edu/events/2024-bobby-mcdowell-award-excellence>.



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## THIS MONTH'S TOPIC: BECOMING A SMART SAVER AT MEALTIME

As the cost of food continues to rise, you might find yourself surprised by the grocery bill. According to the U.S. Department of Agriculture, from 2018 to 2022, food price inflation (20.4%) was the second-highest category increase, rising faster than other expenditure categories like medical care and housing. If rising costs are surprising, look for ways to squeeze your food budget. Avoid unhealthy ways to cut costs, such as foregoing healthy choices or reducing the size and frequency of meals. Instead, use the following strategies to stretch your food budget and reinforce healthy eating habits.

### THRIFTY FOOD HACKS

**Use what you have.** Tightening your grocery budget should start before you head to the store. Be intentional in using your existing food stock before buying new. Inventory your freezer, fridge, and pantry at least twice a month to keep track of the items nearing their expiration dates. Then, create meal plans centered around these ingredients.

**Browse a cookbook.** Planning your recipes is an excellent way to ensure an affordable and healthy diet that meets your nutritional goals. Find multiple recipes that use similar ingredients you can mix and match to save time in the grocery and kitchen.



Also, when selecting recipes, prepare enough to have leftovers. This can save time and help you cut costs by reducing food waste. Invent new recipes with past meals or ingredients.

**Meatless Mondays.** The USDA reports nine food categories whose prices rose more than 10% in 2022, which include eggs (32%), poultry (14.6%), and other meat (14.2%). Fresh vegetables and fruits were reported to have the lowest increase in prices. Plant-based proteins may offer more nutrients for your money over meats. Items such as beans, legumes, potatoes, and protein-rich vegetables like broccoli or kale, are often more affordable options. You can increase meal size, enhance nutritional values, and squeeze your budget with a meatless meal plan.

## Cooperative Extension Service

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

## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

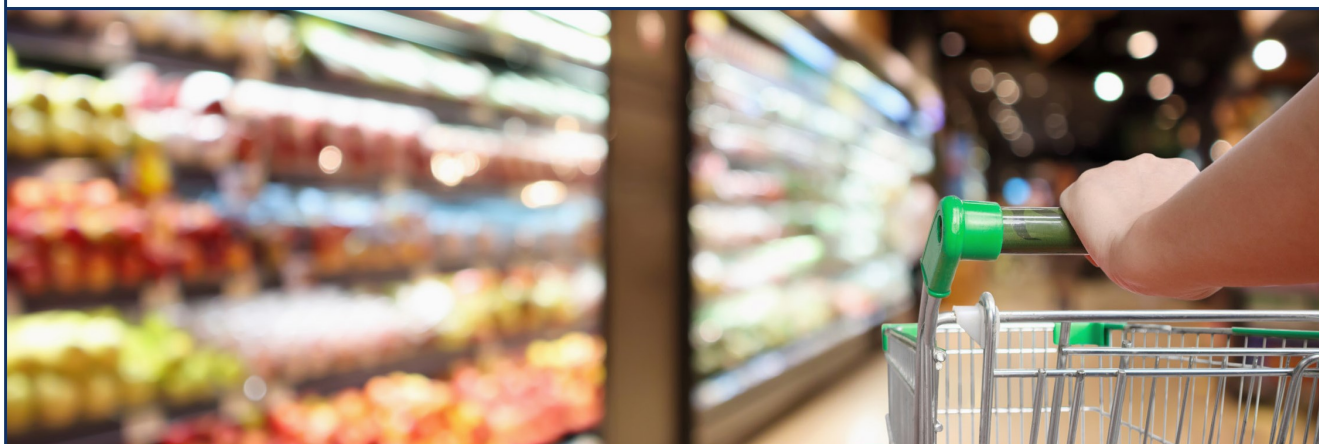
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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

## DO NOT LET FOOD INFLATION BE A REASON TO FOREGO HEALTHY EATING HABITS



### THRIFTY SHOPPING HACKS

**Make a list.** A shopping list makes your shopping trip quicker, helping you avoid buying things on a whim. It also keeps your pantry well-supplied. Stick to the list, but allow some flexibility to take advantage of sales. Estimate needed food quantities and be careful when buying large quantities of perishable items you cannot use within a week. Shop for the freshest produce, noting that, usually, groceries stack new inventory toward the back of the shelves.

**Clip coupons.** Look for digital coupons that match the items on your list. Even coupons with small discounts can accumulate savings. Check in-store sales including customer loyalty savings and discounted produce carts or other deals. These might contain fruits and vegetables that are slightly older but still delicious if you eat them within a day or two. Also, selecting frozen and canned foods may be less costly and last longer.

**Buy in bulk.** Bulk purchases may lead to larger savings in your food budget if your household will eat through an item in larger quantities. However, buying bulk treats (such as soda, cookies, and candies) may save you money but move you away

from your dietary goals. When buying in bulk, consider also if you have room to store the items in your fridge, freezer, or pantry, and if you can use them before their expiration date.

Remember, eating healthy is not “too expensive.” Do not let food inflation be a reason to forego healthy eating habits. Instead, consider it an opportunity to refresh your shopping hacks and cooking skills. A well-balanced diet is a wise investment in your health that can create value in both your physical and financial well-being.

### REFERENCES:

Centers for Disease Control and Prevention. *6 Tips for Eating Healthy on a Budget*. <https://www.cdc.gov/diabetes/healthy-eating-budget.html>

The Nutrition Source. *Strategies for Eating Well on a Budget*. <https://www.hsph.harvard.edu/nutritionsource/strategies-nutrition-budget/>

Economic Research Service, U.S. Department of Agriculture. *Food Prices and Spending*. <https://www.ers.usda.gov/data-products/ag-and-food-statistics-charting-the-essentials/food-prices-and-spending/>

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# ADULT

# HEALTH BULLETIN



DECEMBER 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

LaRue County Extension Office  
807 Old Elizabethtown Road  
Hodgenville, KY 42748

(270) 358-3401

## THIS MONTH'S TOPIC: THE GIFT OF HEALTH



Perhaps you are familiar with the holiday tune that describes 12 Christmas gifts, but a gift worth giving that is not included in the song is good health!

As you prepare to host or attend holiday functions this season, here are 12 tips to staying safe and healthy yourself, and not passing along germs for family and friends:

- 1. Wash your hands:** Use soap and warm water when possible and alcohol-based hand sanitizer when out and about.
- 2. Eat well-balanced meals:** Making healthy food choices most of the time helps to offset occasional treats that may be less nutritious.

Continued on the next page 



Cooperative Extension Service

Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.

***Ways to keep moving include taking a family walk, having a dance party, and enjoying an outdoor winter activity like ice skating.***



→ **Continued from the previous page**

- 3. Keep moving:** Find creative ways to incorporate movement into your daily routine, take a family walk, have a dance party, or enjoy an outdoor winter activity like ice skating.
- 4. Stay warm:** Dress for outdoor weather in layers, with an outer layer to keep you dry.
- 5. Practice food safety:** Wash hands and cooking surfaces, cook foods to proper temperatures, avoid cross-contaminating cooked and uncooked foods, serve foods hot or cold, and refrigerate uneaten food promptly.
- 6. Prevent house fires:** Never leave an open flame (candle, fireplace, stove, or heater) unattended, install smoke detectors, and replace their batteries twice a year.
- 7. Manage stress:** Holiday events and spending can cause stress. Make a plan that keeps your finances and calendar from becoming overburdened.
- 8. Limit alcohol** consumption, and do not drink and drive.
- 9. Get routine health screenings:** Holiday breaks from work may be a good time to schedule annual exams that can get put off throughout the year.

**10. Sleep:** Adults need between seven to nine hours of sleep per night. Lack of sleep can compromise your immune function and decrease your mental clarity.

**11. Stay up to date on vaccines:** You can prevent many serious diseases by getting routine vaccines. Ask your health-care provider what vaccines you should get.

**12. Avoid smoking and tobacco products:** Secondhand smoke and vaping products also have negative health outcomes.

Being mindful of healthy habits will help keep you and your loved ones feeling good throughout the season, which is always a reason to celebrate.

**REFERENCE:**

<https://tools.cdc.gov/medialibrary/index.aspx#/media/id/303214>

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**ADULT  
HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock







# KIDS KÖRNER

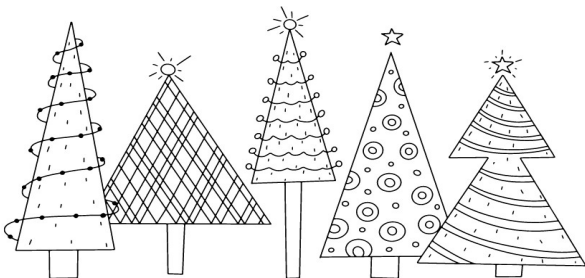
If the cold winter weather is keeping you from going outside, this is a fun activity you can do inside your home. Race to see who can find the most items on the list! Let's go on an Indoor Scavenger Hunt!



Building strong families. Building Kentucky. It starts with us. #UKFCSExt

Can you find something...

- Blue
- That makes a noise
- To eat with
- That closes
- With buttons
- Shiny
- Squishy
- To read
- Alive
- Made of metal
- With a pattern
- That holds things
- With wheels
- Made of plastic
- With paws
- That lights up
- You can wear
- That opens
- To color with
- Round
- Fuzzy
- Beautiful
- Yummy
- old



The Extension Office  
will be closed  
December 25th-January 1st  
and January 15th.

 Cooperative  
Extension Service

HAPPY  
*Holidays*

LaRue County  
PO Box 210, 807 Old Elizabethtown Road  
Hodgenville, KY 42748-0210

RETURN SERVICE REQUESTED

## COUNTRY MORNING CASSEROLE

### INGREDIENTS:

- 2 cups whole-wheat bread, cut into cubes
- 1 cup shredded low-fat cheddar cheese
- 6 eggs
- 1 cup skim milk
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon pepper
- 1 cup frozen broccoli florets
- ½ bell pepper, roughly chopped
- ½ onion, chopped

### DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. In a 7-by-11-inch or 9-by-9-inch pan, layer bread cubes and shredded cheddar.
3. In a medium bowl, mix eggs, milk, salt, garlic powder, pepper and vegetables. Pour over bread.
4. Bake for approximately one hour (check periodically) or until eggs have set.



120 calories; 5g total fat; 2g saturated fat; 0g trans fat; 170mg cholesterol; 400mg sodium; 9g carbohydrate; 1g fiber; 3g sugar; 0g added sugar; 12g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

**Source:** Brooke Jenkins-Howard, Extension Specialist, University of Kentucky Cooperative Extension Service