

Cooperative Extension Service
Davies County
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DATES

December 2
"Christmas in the American Colonies"
with Eddie Price
December 19
Holiday Program
December 25-29
Office Closed
January 1
Office closed
January 15
Office closed
January 16
Homemaker Lesson Training - Owensboro
January 16
Homemaker Council
January 17
Homemaker Lesson Training - Henderson
January 31
Ag Expo

The Davies County Extension Office will be
closed December 25-29 and January 1

in observance of the holidays so our staff can spend
time with family and friends.

We hope you have a Happy Holiday Season and
Happy New Year.

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Kate Alexander

**Daviess County Extension Agent
for Family & Consumer Sciences Education**



DECEMBER RECIPE: LOADED BEEF STROGANOFF



Tune into WBKR 92.5 every 3rd Monday around 8:10am to hear our SNAP assistant, Catherine Dowdy, talk about the monthly recipe.



Keep an eye out for updates on the 2024 SNAP calendar. Food + Nutrition Calendars should be available soon at the Daviess County Extension Office!

Christmas in the American Colonies

Saturday, December 2, 2023
at 2:30 p.m.

Daviess County Extension Office
**Featuring Award-Winning
Kentucky Author Eddie Price**

Fee: \$10

Stop by the Extension Office to
purchase tickets



Sponsored by Daviess
County Extension
Homemakers

Holiday Program

Holiday-themed Crafts and Recipes

Come learn some neat gift and snack ideas for the holidays.
Participants will get to make some creative gifts and enjoy holiday snacks.



Tuesday, December 19, 10:00 am—noon
Daviess County Cooperative Extension Office

Class number is limited.

Call to sign-up starting December 1st. 270-685-8480

Save the date and watch for more information on

Soups and Stews Class

February 6, 2023



Insulating to Save Money and Energy

Source: Hardin Stevens, senior Extension associate,
University of Kentucky, College of Agriculture, Food and Environment, October 2023

During the cold winter months, we all want to keep our homes nice and warm. At the same time, we do not want to break our budgets doing it. Properly insulating your home can save money on heating and cooling costs. It will also be energy efficient and conserve resources.

The basic purpose of insulation is to keep the hot air in during cold months and cool air in during hot months.

According to the Department of Energy, insulation is all about heat flow. Heat will seek out cooler places to flow into until there is no longer a temperature difference. Since warm air is lighter than cold air, it will rise until it finds areas of the home that are unheated such as an attic, basement, garage, or the great outdoors. Therefore, experts recommend you properly caulk and seal your windows and doors.

“To maintain comfort, the heat lost in the winter must be replaced by your heating system and the heat gained in the summer must be removed by your cooling system,” according to Energy Saver a division of the Department of Energy. “Properly insulating your home will decrease this heat flow by providing an effective resistance to the flow of heat.”

There are many types of insulation on the market and many factors to consider when you are thinking of installing some in your home. R-value refers to a material’s insulation resistance rating to heat flow. The higher the material’s thermal resistance, the higher the R-value which means the better the material’s insulating effectiveness. You should also think about how insulation affects your indoor air quality, its costs and ease of installation. To determine the right amount of insulation for your home and the climate in your area, talk to an insulation contractor.

Insulation can be made of different materials such as fiberglass, cellulose, foam boards, foils, and even used blue jeans (see the Recycled Insulation program links below).

By properly insulating your home, you can save money and conserve utility resources year-round and for many years in the future.

References:

<https://www.energy.gov/energysaver/insulation>

Recycled Insulation program of blue jeans

<https://news.ca.uky.edu/article/uk-denim-drive-helps-recycle-more-900-blue-jeans-0>



HOMEMAKER HAPPENINGS

Lesson for the Month

Clubs plan their own holiday celebrations

Roll Call

December is the holiday season. What is your favorite holiday tradition?

Thought of the Month

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

—William Shakespeare

Foyer Decorations

Thanks to Maceo for helping us celebrate November.



South Hampton, you are up for December.

Lesson Leader Training

The February and March Homemaker Lesson leader training will be **Tuesday, January 16** at the **Daviess County** Extension Office and **Wednesday, January 17** at the **Henderson County** Extension Office.

February Lesson at 10:00am: *Self-Care and Self-Pampering*

March Lesson at 11:00am: *Healthy Eating Around the World*

The Daviess County Extension Homemaker Council will meet following the lesson trainings at 12:15pm on January 16.

Thank you!!

A big thanks to all Homemakers and friends who helped out with the Harvest Festival and Goodfellow Soup Day. Your time and effort were greatly appreciated!



We had a great time showing “What is an Extension Homemaker!”

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>

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.

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



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- 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>

**ADULT
HEALTH BULLETIN**

Written by:
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Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



PARENT 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>

THIS MONTH'S TOPIC: KEEP FIRE SAFETY IN MIND



The U.S. Fire Administration estimates that 300 people die and \$280 million in property is destroyed each year as the result of children playing with fire. Parents and caregivers can take steps to prevent children from making the costly mistake of handling fire before a tragedy occurs. Talk to your children about fire safety, and keep dangerous items out of the reach of children.

The most common way children gain access to fire starters is through handheld lighters and matches. Keep matches, lighters, and other ignitable substances in a secured location out of your child's reach.

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Once a month, check whether smoke alarms are working properly by pushing the test button. Replace the batteries in alarms at least once a year.

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Only use lighters with child-resistant features.

Reduce the need for routine use of lighters and matches by buying flameless candles. These candles contain a lightbulb instead of a wick and take the danger out of your child accidentally knocking over a burning candle and being exposed to an open flame. Never leave an open flame, such as a candle, fireplace, stove, or heater, unattended by an adult.

In the winter months, consider holiday-specific fire concerns as well. Make sure that smoke alarms are working before decorating for the holidays. Turn off holiday lights before leaving the house or going to bed. If you buy an artificial tree for decorating, be sure it's labeled "fire-retardant." If you use a natural tree, keep it watered, as a dry tree can more easily catch fire. Keep all decorations away from all heat sources, such as electrical outlets, radiators, and portable space heaters. Don't overload indoor or outdoor electrical outlets. Check light strands and other decoration wires for fraying or damage.

Have your fireplace inspected before you light your first fire of the season. A chimney professional can clean your fireplace and ensure that it is safe to use. Use a sturdy fireplace screen when burning fires. Never burn paper or pine boughs because they can float out of the chimney and ignite a nearby home or your own roof.

Even if no one is at fault, house fires can still happen. Help your child survive a fire by installing smoke alarms on every level of your home, inside bedrooms, and outside sleeping areas. Once a month, check whether each alarm in the home is working properly by pushing the test button. Replace the batteries in smoke alarms at least once a year. Immediately install a new battery if an alarm chirps, warning the battery is low. Teach your children what smoke alarms sound like and what to do when they hear one.

Have a family fire escape plan that everyone in the household knows. Teach your children two ways to escape from every room of your home, and where



to meet up outside. Practice your fire escape plan at least twice a year. Teach children to stay low to avoid smoke, test doors for heat before opening, and not to take anything with them when they evacuate. Emphasize "get out, stay out." Only professional firefighters should enter a building that is on fire — even if other family members, pets, or prized possessions are inside. Consider getting escape ladders for sleeping areas on the second or third floors. Learn how to use them and store them near the windows. Teach household members to STOP, DROP and ROLL if their clothes should catch on fire.

Preparation, education, and practice can help keep your family safe from fires.

REFERENCES:

- <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/fire/fire-safety-for-kids.html>
- <https://kidshealth.org/en/parents/holiday-dangers.html>

ADULT
HEALTH BULLETIN

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Stock images:

Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2023

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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.

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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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