

December 2022

# Building Strong Families in Scott County



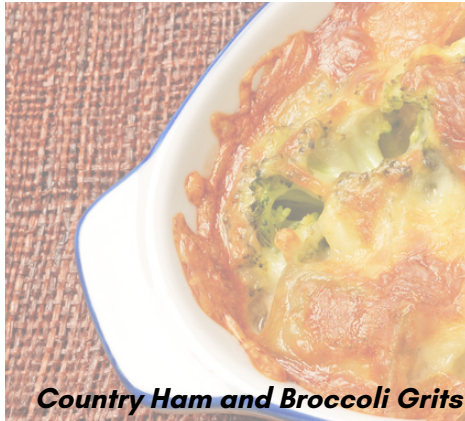
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This month...



**Saving Leftovers Safely**



**Country Ham and Broccoli Grits**



**Winter Blues**

## FCS Today

### SAFELY SAVING THOSE HOLIDAY LEFTOVERS

Source: Annhall Norris, food preservation extension specialist

One of the best things about the holidays is all the food. Oftentimes, the abundance of food results in many leftovers. Just like uncooked food, leftovers can cause foodborne illness if you don't properly handle them. Taking food safety precautions will help you get the most from leftovers.

Have a plan for how you are going to use those leftovers and stock up on grocery items like noodles, broth and relishes, which can help you reuse leftovers in new ways. Refrigerate any leftovers within two hours after preparation.

*Continued on Page 2*

Sincerely,

Alivia Faris

Scott County Extension  
Agent for Family and  
Consumer Sciences



### Inside:

Saving Leftovers Safely • P1-2

Monthly Recipe • P3

Things to Know • P4

Homemaker Lessons • P5

Winter Blues • P6

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# PROTECT *your* FAMILY



## ***Continued from Page 1***

Discard any perishable food that has been at room temperature for more than two hours. Although you can safely store hot food in a refrigerator, you can help the food cool quicker by dividing it into small containers. For turkey and other meat leftovers, it is best to remove all the meat from the bone and place it in shallow containers or small plastic bags. You can leave the legs and wings whole. Store the meat in the refrigerator if you plan to eat it within the next three or four days. Freeze the meat if you are unsure about how soon you will eat it. Store leftover stuffing and gravy separately from the meat.

Eat refrigerated leftovers within three or four days. Consume frozen leftovers within four months.

When you are ready to eat the leftovers, use a food thermometer to make sure you reheat the

food to an internal temperature of 165 degrees Fahrenheit. Use a food thermometer to ensure the food reaches this temperature. When reheating sauces, soups and gravies, make sure they come to a full rolling boil. If you are reheating your leftovers with a microwave, check to make sure there are no cold spots in the food where bacteria could have survived. Cover, stir and rotate the food for even heating in the microwave.

For more food safety information, contact your Scott Extension office.

If Scott County Schools are **closed** due to inclement weather, Scott County FCS Extension programs are **cancelled**.

*Reminder*



# Upcoming Dates to Remember

December  
2022

8th: FCS Book Club @ 1:00 PM

10th: Elkhorn Creek Quilt Guild  
Sewing and Meeting @ 9:00 AM

15th: Needlework Club @ 10:00 AM

15th: Holiday Open House @ 5:00 PM

**26th through January 2nd: OFFICE  
CLOSED - Happy Holidays**



If you would like your Homemaker Club featured in the monthly newsletter please send the information to Alivia Faris at [alivia.faris@uky.edu](mailto:alivia.faris@uky.edu)



## Country Ham and Broccoli Grits

<b>1 tablespoon</b> olive oil	<b>2 cloves</b> minced garlic	<b>6 ounces</b> country ham, cut into ½ inch pieces
<b>1 pound</b> fresh broccoli florets	<b>4 cups</b> 1% milk	<b>1 large</b> egg, beaten
<b>½ cup</b> minced onion	<b>1 cup</b> uncooked quick grits	Salt and pepper to taste
<b>¾ teaspoon</b> crushed red pepper flakes	<b>1 cup</b> 2%, shredded cheddar cheese	

**1. Preheat oven** to 375°F. **Coat** 13x9x2 inch baking dish with cooking spray. **Heat** olive oil in a frying pan. **Sauté** broccoli, onion, garlic and red pepper flakes until vegetables are tender. About 5 minutes. **Set aside.**

**2. Heat** milk to a boil in a large saucepan. Slowly, **whisk** in grits. **Reduce heat** and stir continuously until thickened. **Reserve** 2 tablespoons of the cheese.

**3. Remove** from heat, stir in

ham, broccoli mixture, cheese, egg, salt and pepper. **Mix** until well blended. **Pour** into prepared baking dish.

**4. Sprinkle** with reserved cheese. **Bake**, uncovered for 30 minutes, or until top is set and lightly puffed.

**Yield:** 16, ½ cup servings.

**Nutritional Analysis:** 120 calories, 3.5 g fat, 1 g saturated fat, 25 mg cholesterol, 370 mg sodium, 13 g carbohydrate, 1 g fiber, 4 g sugar, 9 g protein.

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



# THINGS TO KNOW

-ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES-



## OFFICE CLOSED

Reminder:

The Scott County Extension Office will be CLOSED December 26th through January 2nd



## Holiday Open House

Scott County  
Extension Office  
December 15  
Beginning at 5:00 PM



## HOMEMAKER AUCTION FOR NEW MEMBERS

January 17th  
at the Scott County  
Extension Office

Each club is responsible for supplying 3 items.  
More details to come in January's newsletter.



## ORIGAMI CLASS

January 25th  
at 10:00 AM  
at the Scott County  
Extension Office

You must sign up to participate, to sign up call (502) 863-0984



## ATTENTION HOMEMAKERS

During the Holiday Open House, FCS Extension will be working in partnership with Scott County Extension Homemakers to provide a hot chocolate bar and finger foods.

All of the supplies for the hot chocolate bar are being provided by the Extension Office.

We are asking homemakers to work the booth during the open house and provide finger foods (if they wish).

Please sign up to work the booth and/or provide an horderve by calling (502) 863-0984.



## Discrimination Complaint Procedure

The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability, or national origin. To file a complaint of discrimination, contact Rosemary Veach, UK College of Agriculture, Lexington, KY 40546 or the Secretary of Agriculture, U.S. Department of Agriculture, Washington, DC 20250.

## Public Notification of Procedure for Filing a Complaint

Any person who believes they have been discriminated against in any Cooperative Extension Service sponsored activity or program may file a complaint with the Secretary of Agriculture by writing to: USDA Director, Office of Civil Rights, Room 326-W Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250.

*A note from your Agent*

Hello Homemaker Members!

We are starting a new Homemaker year and I am excited for all of the wonderful things we will do together in the coming months.

I would like to get to know each of you better this year by attending your club meetings.

Please reach out to me at (502)863-0984 or [alivia.faris@uky.edu](mailto:alivia.faris@uky.edu) with your club meeting date and location that you would like for me to attend.

Hope to see you soon!



Leader lessons will be prerecorded this year. Join us at the Scott County Extension Office for lesson lunch n' learns. We will watch the videos, present demos, and enjoy refreshments.



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## SCOTT COUNTY HOMEMAKER LEADER LESSON SCHEDULE 2022-2023

All Lessons will be hosted at the Scott County Extension Office

AUGUST

Aug. 2nd  
at Noon

SEPTEMBER

Sept. 20th  
at Noon

OCTOBER

Oct. 15th  
at Noon

NOVEMBER

Nov. 20th  
at Noon

DECEMBER

No Lesson

JANUARY

Jan. 12th  
at Noon



# ADULT HEALTH BULLETIN

DECEMBER 2022

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 WINTER BLUES



**D**o you find your mood changing with the seasons? Do not brush off that yearly feeling as simply a case of the “winter blues” or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year.

Seasonal affective disorder (SAD) is a type of depression that is related to changes in seasons, beginning and ending at about the same time year after year. Commonly, symptoms start toward the end of fall and continue into the winter months. SAD saps your energy and makes you feel moody. These symptoms often resolve during the spring and summer months. They return as fall begins to turn to winter.

### Symptoms

Signs and symptoms of SAD may include:

- Feeling listless, sad, or down most of the day, nearly every day
- Losing interest in activities you once enjoyed

### Continued from the previous page

- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating, and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless, or guilty
- Having thoughts of not wanting to live

As a result, individuals may find that they are oversleeping, craving foods high in carbohydrates, are gaining weight, and feel tired or have low energy despite getting plenty of sleep.

You may be at an increased likelihood for SAD if you have a family history of depression, if you have major depression or bipolar disorder, if you live far from the equator, or have a low level of vitamin D. SAD appears to be more common among people who live far north or south of the equator because of decreased sunlight during the winter and longer days during the summer months. The skin produces some vitamin D when it's exposed to sunlight. Vitamin D can help to boost serotonin activity. Less sunlight and not getting enough vitamin D from foods and other sources may result in low vitamin D in the body.

It is normal to have some days when you feel down. However, if you feel down for days at a time and you cannot get motivated to do activities you normally enjoy, see your health-care provider. This is especially important if your sleep patterns and appetite have changed, you turn to alcohol for comfort or relaxation, or you feel hopeless or have thoughts about suicide.

### Treatments

There are many treatments for SAD that can help you feel better and enjoy the winter season. Treatment for seasonal affective disorder may include light therapy, psychotherapy, and medications. In addition to your treatment plan for seasonal affective disorder, you can try these four things:



- **Make your environment sunnier and brighter.** Open blinds, trim tree branches that block sunlight or add skylights to your home. Sit closer to bright windows while at home or in the office.
- **Get outside.** Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help — especially if you spend some time outside within two hours of getting up in the morning.
- **Exercise regularly.** Exercise and other types of physical activity help relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood.
- **Normalize sleep patterns.** Schedule reliable times to wake up and go to bed each day. Especially for fall-winter-onset SAD, reduce or eliminate napping and oversleeping.

REFERENCE:  
<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>

ADULT HEALTH BULLETIN

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# NEW YEAR GOALS

CIRCLE THE GOALS YOU WOULD LIKE YOU ACHIEVE AND ADD YOUR OWN

Read a new book

Start Meditating

Begin a gratitude journal

Volunteer

Try a new hobby

Travel somewhere new

Drink more water

Try a new food

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