

# FAMILY AND CONSUMER SCIENCES

## FRANKLIN COUNTY COOPERATIVE EXTENSION DECEMBER 2022/JANUARY 2023 NEWSLETTER



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
Franklin County  
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## Healthy Choices for Special Events

Special events can be filled with special foods. Use these tips to make healthy choices as you celebrate.

**Serve up variety:** Create a colorful buffet table. Include veggies, fruits, and whole grains.

**Cheers to good health:** Serve water or unsweetened iced tea with fresh mint leaves. Offer seltzer water with a splash of 100% fruit juice. Or try a wedge of lemon or lime.

**Make activity part of the fun:** Laugh, mingle, dance, and play games. Have fun walking and talking with family and friends after a special meal.

**Rethink dessert:** Offer fresh and dried fruit. Let guests make their own trail mix. Have peanuts, dark chocolate chips, and dried fruits on hand.

**Reduce food waste:** Pack leftovers for guests to take home or keep them yourself. They would be great to add to soups or salads the next day. Or use them in omelets, sandwiches, or stews.

**Try a twist on a dish:** Use unsweetened applesauce for butter when baking. Use low-fat milk when a recipe calls for cream. Try low-salt herbs and spices in a few recipes.

Source: Adapted from <https://www.myplate.gov/tip-sheet/celebrations-and-gatherings>

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## From your FC Homemaker President, Denise Boebinger

Before I began to write this, I had to clean and organize my desk again! Thanks to our lesson on Organizing your Time and Space I was up to this task! So, as I sit here at my organized desk smelling my candle I'm thinking of our next class on Productivity and Procrastination.

Hopefully after these two lessons I'll be organized and productive going into the new year!

Thank you to everyone that participated in our Homemaker Month activities in October. We had fun painting, mixing spices, touring KSU research farm and even getting rained on at Evan's Orchard!

Franklin County was well represented at the Area Meeting in Lincoln County. We brought back the plaque for the largest increase in membership this year! Let's work on keeping the plaque in our county next year!

Talk up your club to your friends, neighbors, and even other patients in the doctor's waiting room! Try to invite one new member to come with you to a meeting or an event this year. Keep sharing all our events on your personal Facebook pages. Word of mouth is the best advertisement! You can also give gift memberships!

Our annual Children's Holiday Store was a great success. There were 95 families with 141 children that participated this year. Over \$3,300 worth of crafts were sold this year! Our clubs use these funds to make the holidays special for families in our community, donate to various charities and pay for county memberships. I would like to give a big shout out to Elizabeth Collins for organizing our event this year. Thank you to all that made crafts, worked in the wrapping room and helped make the day a success.

As the Holidays approach we will get busy cooking turkeys and hams, making holiday candy, purchasing and wrapping presents and decorating our homes.

Please remember to take the time for yourself. It's easy to get caught up in an idea of what the perfect holiday should look like. Remember that the best memories are made by spending time with family and friends. If you find yourself alone during the holidays reach out to one of your fellow homemakers, there's always room for one more at our tables!

Happy Holidays and Blessings, *Denise*



Carla A. Carter

## From the Desk of Your FCS Agent

Can you believe Christmas is only a few days away? I can't. I say that every year and I am sure most of you do too. I hope you have all of your meal planning complete. Just remember this time is about family, friends, building lastly

relationships, and reflections. If you feel alone during this holiday season, please reach out to one of our homemakers, friends, clergy, or me. No one should have to feel alone.

I have enjoyed visiting with most of the Homemaker Clubs during the last few months. I want to congratulate Denise Boebinger on her vision as Homemaker President. One of the greatest accomplishments is the return of the Central Kentucky Homemakers Quilt Guild (CKHQG) as a special interest group.

Thank you to everyone who helped make our Children's Holiday Store a huge success. It was great to see the generational families who attended as little kids and now they are bringing their children and grandchildren to the store.

As we wrap up the year, I wanted to give you an update on our Ft. Harrod Area and KEHA. Congratulations to Wanda Atha on being named Ft. Harrod Area Vice President. Wanda also serves as our state secretary. Congratulations to Elizabeth Collins who will be attending the KEHA Leadership Academy. Thank you to Betsy Kennedy for making sure that all of our dues were turned in to the area in a timely fashion.

In 2023, Franklin County Homemakers will be hosting the Ft. Harrod Area Culture Arts & Heritage showcase so we will need all hands on deck.

Great news! We finally have two, new beautiful faces in the front office, Emma and Julie. More information on page 3. If you are in the area stop by, introduce yourself, and welcome them.

Finally, I have to toot my own horn. Last Friday I mastered it! I was walked in the December 2022 commencement ceremony for the University of Kentucky. I thank each of you for your words of encouragement, cards, and well-wishes. I am reminded of our commencement speech, "Dreams Never Expire!" #Wearemovingforward



# Happy Holidays

The Franklin County Cooperative  
Extension Office will be closed from  
Monday, December 26, 2022 - Monday, January 2, 2023  
for the holidays.

## Welcome

### Extension Staff Assistants Emma Boebinger & Julie Banks!

They will be assisting with creating newsletters, program flyers, reserving rooms, and compliance. We are excited they are joining the extension office.



Emma is a recent graduate of the University of Evansville. She has a Bachelors of Science in Exercise Science. Outside of the office, you will find Emma involved with the local running events.



Julie is the the mother of three boys- Keegan (16), Jacob (11), and Nolan (7). She has been married to her husband Russell for 18 years.. Julie is excited to be apart of the Franklin County Cooperative Extension Team!

# 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>

Franklin County Cooperative Extension Office  
101 Lakeview Court  
Frankfort, KY 40601  
(502) 695-9035  
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**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 on the next page** →





**Get outside. Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun.**

**→ 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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**Stock images:**  
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University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2022

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## THIS MONTH'S TOPIC: ESTATE PLANNING TIPS FOR NON-TITLED PROPERTY

Estate planning can be a complicated process, especially when considering how to transfer personal property to people who will want and care for it after your death. The task of sorting through a lifetime of belongings can be overwhelming. It's natural to feel a range of emotions or to procrastinate on the task to protect yourself from feelings that may surface. You also may be worried about treating all heirs fairly and not hurting anyone's feelings as you make difficult decisions. Consider the tips below to help you begin estate planning for your non-titled property.



### LEGAL CONSIDERATIONS

Creating a plan for your possessions is important from a legal standpoint. You may have started labeling items around your house, perhaps with sticky notes or by keeping a running list in a notepad. While these methods may help you think through a distribution plan, they are not legally binding. Experts recommend consulting with a trusted estate planner or attorney. They can help you navigate this complicated process, including what constitutes a legal will in Kentucky, how to manage estate taxes, and the responsibilities of an executor. Also, they can help you understand what happens to your estate if you die without a will under Kentucky state law.

### UNDERSTANDING YOUR "ESTATE"

After your death, the full contents of your estate must be distributed. This includes all the items you cherished within it (and even some you didn't cherish) from closets to cupboards, attics to basements, clothes to clutter, furniture to knickknacks. This contains your titled property (like your home, land, or car), but it also includes everything you owned within your property. This may encompass many cherished possessions like family heirlooms, jewelry, collectibles, or things that held sentimental significance. But it will also include a bunch of other "stuff" like boxes in the garage that have been collecting dust for decades, the random items in your "junk" drawer, or the pileup of "things" outside in the barn. Quite simply, your estate is everything you own. Everything.

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



## YOUR PLAN SHOULD CONTAIN FOUR COLUMNS: POSSESSION, RECIPIENT, REASON, AND DISTRIBUTION METHOD



### ASSET DISTRIBUTION PLAN

When deciding “who gets what” in your estate, one way to simplify the process is to create an asset distribution plan or list that details how the items in your home will be distributed and disposed of upon your death. Your plan should contain four columns: Possession, Recipient, Reason, and Distribution Method.

To begin, select one room in your home to “inventory,” jotting down notes as you go. In the Possession column, list each item or group of items you find. In the next column, indicate the Recipient you want to receive that belonging. It can be a specific person, like a loved one, or it can be an organization, like a donation center. In the Reason column, note why the item is or is not special, as well as why you’ve selected that recipient. Finally, select a Distribution Method, such as gift, sell, or donate.

### LETTER OF LAST INSTRUCTIONS

Consider attaching a Letter of Last Instructions to your will. This is an informal letter providing instructions to your family, executor, or attorney about your final wishes for the settlement of your estate upon your death. You can use this letter to let your heirs know the location of important documents like your insurance policies, will, or bank

documents; instructions for funeral arrangements; and your asset distribution plan. After completing a Letter of Last Instructions, be sure your executor has a copy or knows where to locate it quickly. If your letter includes time-sensitive items like funeral arrangements, you’ll want them to have access to your wishes immediately after your death.

### TRANSFERRING CHERISHED POSSESSIONS CURRICULUM

For more information on estate planning for non-titled property, contact your county Cooperative Extension office. Ask your FCS agent about the free four-lesson curriculum, Transferring Cherished Possessions, developed by Kentucky Family and Consumer Sciences Extension. Topics include tips on getting started, ways to determine fair value and process, how to decide who gets what, different methods of asset distribution, and communicating without conflict.

### ADDITIONAL RESOURCES:

Estate Planning Part 5: Wills and Probate in Kentucky. <http://www2.ca.uky.edu/agc/pubs/FCS5/FCS5425/FCS5425.pdf>

Estate Planning Part 7: Federal and State Estate Taxes. <http://www2.ca.uky.edu/agc/pubs/FCS5/FCS5427/FCS5427.pdf>

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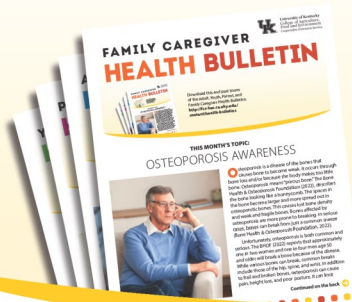


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# FAMILY CAREGIVER

# HEALTH BULLETIN



**JANUARY 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>

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## THIS MONTH'S TOPIC:

# HOME AND PERSONAL SAFETY



To prevent crime, the Kentucky Crime Prevention Coalition recommends being alert, making your home safe and secure, and being on guard for con artists and identity theft. The following tips can help conquer fear and prevent crime. Whenever you see or suspect suspicious activity, call local authorities or 911.

### Be alert

- Do not go out alone.
- Lock car doors.
- Park under lights and near entrances.
- Be aware of the surroundings.
- Sit near the driver and/or exits on public transportation.
- Guard your purse or wallet.
- Do not carry excess cash or extra credit cards.
- Use direct deposit for checks.

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Community and Economic Development

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



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### Stay safe at home

- Pay attention to people walking and driving in your neighborhood.
- Lock all doors and windows.
- Keep your garage door closed to prevent criminals from “garage shopping.”
- Install a wide-angle door viewer and/or a doorbell system that shows who is at the door.
- Keep house or mailbox numbers well-lit and visible from the street.
- Don’t open your door if you don’t know who is there or cannot see them.
- Ask service and delivery people to identify themselves with a photo ID.
- Do not partially open the door to talk to someone.
- Keep landscaping thin around doors and windows to prevent someone from hiding.
- Re-key locks if you move.
- Use dead bolt locks that extend at least one inch beyond the edge of the door and consider adding an auxiliary lock.
- Reinforce or replace a glass door if the glass is within 40 inches of the lock.
- Replace hollow entrance doors with a solid door.
- Secure an inactive double entrance door with top and bottom security bolts.
- Secure out-swinging door hinges so that they cannot be accessed.
- Secure sliding doors with locking devices or bars cut to fill the exact distance between the frame and door when closed.
- Secure garage doors with a hasp and padlock.
- Consider installing a home alarm system.
- Give a spare key to a trusted neighbor instead of using a hidden key.
- Put interior lights on intermittent timers and leave radios on when away.
- Keep house or mailbox numbers well-lit and visible from the street.
- Stop newspapers, mail, etc., or ask someone to pick them up daily when away.
- Ask someone to park their car in your driveway or outside your house when away.
- Notify police and request a vacation watch if you will be away.

### Do not get fooled by a con artist

- Do not fall for something that sounds too good to be true (e.g., Sweepstakes).
- Do not share personal information over the phone.
- Do not rush into signing documents, especially during states of emergency. Read them over and have someone else read them.
- Call the police or National Consumers League Fraud Info Center at 1-800-876-7060 if something feels suspicious.

### Prevent identity theft

- Protect your PIN and passwords by using words and numbers that are not readily known.
- Do not provide personal information over the phone, mail or internet unless you initiated it or know with whom you are working.
- Shred personal information before throwing it away.
- Check accounts, statements, and billing cycles regularly to be sure all charges and withdraws were authorized and timely.
- Do not leave bills or checks in your mailbox.
- Order free copies of your credit reports from each of the three major credit bureaus once a year.
- Use credit versus debit cards.
- Do not carry your Social Security card in your purse or wallet.
- Watch out for “shoulder surfers,” who spy on you while writing checks or paying tabs in public.

If you think you are a victim of identity theft, call your bank and ask them to close and review your accounts. File a report with your local law enforcement. Review your credit reports to be sure other accounts have not been opened in your name or unauthorized changes made on existing accounts. Finally, contact the FTC’s Identity Theft Hotline at **1-877-ID-THEFT**.

#### REFERENCES:

- Kentucky Crime Prevention Coalition. (n.d.). Identity Theft.
- Kentucky Crime Prevention Coalition. (n.d.). Senior Safety.
- Lexington Police Department Community Services. (n.d.). Garage Burglaries.
- Lexington Police Department Community Services. (n.d.). Your Security Starts at Home!

**FAMILY CAREGIVER  
HEALTH BULLETIN**

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**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**  
123RF.com



# Caregiving During the Holidays

Providing care for someone can be both rewarding and challenging. However, the responsibilities and obligations that come with the holidays can create added stress. The following suggestions may help make the holidays easier on you, the person you are caring for and your extended family and friends.

1. **Make a plan.** Planning includes little things like shopping for holiday presents and food well before the actual holiday to spread out time, money and stress and booking homecare or respite if needed with an agency in advance to ensure you have help.
2. **Prepare your visitors.** Bring the realities of caregiving to the attention of your guests and uninvolved family members who may not know a person's condition has changed. You may do this in a holiday greeting or by writing a brief note describing the person's needs. Honest communication about the realities of the caregiving situation allows people to react, adjust and respond. Let people know in advance about the need to adapt traditional roles and holiday experiences. For example, it may be less stressful for the person for whom you are caring to spend the holidays in their home, where they are comfortable, rather than traveling to another location or a new location.
3. **Adapt the environment and traditions as needed.** Depending on a person's ability, large crowds, background noise, bright lights, etc. may be stressful. Multiple conversations may be challenging for someone with a hearing impairment or dementia, for example. Find quiet spaces and places for people to sit and visit. To help avoid added anxiety, assess ways to adapt the holiday experience (time spent away from home, number of people, noise levels, food due to dietary restrictions, less time-intense festivities, simplified traditions, etc.), which may include changing some holiday traditions and gatherings.
4. **Make an effort to get help.** Sharing the truth about the caregiving situation, including your stress and energy levels, can help reduce the risk of feeling stressed and isolated as a caregiver. Honest communication helps others understand what you need. Being forthcoming and asking for help can also give others a greater appreciation for what you do. The holidays are often a busy time. Give someone permission to run errands for you, such as picking up groceries or Christmas cards, or have them stay with your loved one so you can run errands. Share your wish list of needs. In addition to respite, for example, you may need help with home repairs. Most people will be happy to lend you a helping hand if you ask.
5. **Make sure you schedule some time for yourself.** Do something you enjoy while giving yourself a break from caring for others and preparing for the holidays. Doing something as simple as going for a walk, chatting with a friend or having a cup of coffee can greatly improve your mood.

For more information on caregiving or holiday survival tips, contact, the Franklin County Cooperative Extension Service.

Source: Amy Kostelic, UK extension specialist in family life







# NEWS & NOTES

## DECEMBER 2022

**KEHA Dues Final Deadline** – Make sure you get your dues in before Dec. 31! The dues payment and one remittance form ([KEHA Appendix](#), page 16) should be mailed to the area and state treasurers.

**Recognitions** – County Membership Recognition Reports (including 50-year member and deceased member lists) are due to the Area Vice President or Area President by Dec. 31. For membership tenure recognition, only those reaching the denoted milestone this year should be included in the report. Areas should send the compiled results in one form to the KEHA 2<sup>nd</sup> Vice President by Jan. 31. See ([KEHA Manual Appendix](#) p 17). The area report may be submitted electronically at [2022-2023 Membership Recognition Report](#).

**Website Update** – Coming soon! KEHA's website will have a fresh new format that is more mobile friendly. All your favorite content will still be available, and links will not change. Also coming soon, the 2021-2022 KEHA state reports will be available on the new site on the [Reports page](#). This includes Educational Chair Reports, Area President Reports, and more. Read about KEHA impacts across the state and consider new ideas to implement locally.

**2023 KEHA State Elections** – The following KEHA state officer and chairman positions will be open for election in spring of 2023: First Vice President (Program), Treasurer, Environment, Housing, & Energy Chairman, Food, Nutrition, & Health Chairman, Leadership Development Chairman, and Marketing and Publicity Chairman.

Additional details regarding elections will be shared in January 2023. Qualifications for nominees are listed on [page 12 of the Handbook](#). April 8 is the postmark deadline for credentials. Encourage candidates to apply!

**2023 State Meeting** – The next KEHA State Meeting will take place May 9-11, 2023, at the Crowne Plaza in Louisville. The theme is "Let's Take a Hike with KEHA." Wilderness Trail Area will serve as the host area. The lodging room blocks are now open for reservations at a group rate of \$124/night. **Because of rising prices, the registration pricing structure for 2023 has changed.** Details for planning can be found on the [State Meeting](#) webpage. Full details and registration forms will be available in February when the state newsletter is issued.

**Grants, Scholarships, and Contests** – March 1 is the entry deadline for several KEHA contests, scholarships, and grants. All details and requirements can be found in the [KEHA Manual](#). Be sure to submit your entries on time and to the correct address/email.

## Dates to Remember

- Dec. 31 – Final dues deadline. **Please send remittance** (in the [KEHA Manual Appendix](#) page 16) **to Harlene Welch, KEHA Treasurer**, 207 Fifth Street, Cynthiana, KY 41031. Any county that does not submit state dues by this date will not be eligible to vote at the 2023 KEHA Business Meeting in May.
- Dec. 31 – Deadline date for fundraising-based recognitions (ovarian cancer fundraising, KEHA scholarship contributions, Coins for Change contributions, etc.) Awards will be based upon funds forwarded to the KEHA state treasurer with state dues and noted on the remittance form.
- Dec. 31 – County Membership Recognition Reports (including 50-year member and deceased member lists) due to Area President or Vice-President (see [KEHA Manual Appendix](#) page 17).
- Jan. 15 – KEHA Newsletter Deadline – Information due to KEHA 2<sup>nd</sup> Vice-President.
- Jan. 31 – Area Membership Recognition Reports due to KEHA 2<sup>nd</sup> Vice President by Jan. 31 (see [KEHA Manual Appendix](#) page 17).
- March 1 – KEHA development grant, mini-grant, scholarship, and contest entry deadline.
- March 1-3, 2023 – KEHA Leadership Academy at Blue Licks Battlefield State Resort Park.
- May 9-11, 2023 – KEHA State Meeting at the Crowne Plaza in Louisville.

# UPCOMING events



**LET'S PLAY**

**FUN, FREE AND HEALTHY!**



Starting January 20th! Sessions will be held twice a week on Mondays at 10:30am and Fridays at 9:30am.

Located at the Capital City Activity Center. For more information call the Franklin County Cooperative Extension Office at 502-695-9035.

Cooperative Extension Service, Agriculture and Natural Resources, Family and Consumer Sciences, 4-H (Health Development), Community and Economic Development

Disability accommodations available upon request. Contact the Extension Office at 502-695-9035.



## 2023 BEGINNER BEEKEEPER'S SCHOOL

**CAPITAL CITY BEEKEEPERS ASSOCIATION**

**LIGHT REFRESHMENTS PROVIDED, LUNCH ON YOUR OWN IN FRANKFORT, KY.**

**WHEN:**  
JANUARY 7, 2023  
8AM - 5:30PM EST

**REGISTRATION:**  
REGISTER AT:  
[HTTPS://CCBA-BEGINNER-BEE-SCHOOL-2023.EVENTBRITE.COM](https://ccba-beginner-bee-school-2023.eventbrite.com)




**WHERE:**  
FRANKLIN COUNTY COOPERATIVE EXTENSION OFFICE

**Topics Discussed:**

- Introduction to Beekeeping
- The Biology of the Bee
- The Honey Bee Colony & Lifecycle
- Locating & Setting Up the Bee Yard
- "Woodenware" & Equipment
- Beekeepers Tools & PPE
- Lighting your Smoker
- Getting & Installing your Bees
- Nucs & Packages
- First Year Management
- Pests
- Feeding
- Varroa Mite Control

**ADMISSION IS FREE FOR CCBA MEMBERS. \$10 TO JOIN! PAYMENT OF CHECK OR CASH ACCEPTED AT THE DOOR.**



## Intuitive Eating

### January 30, 2022 at 10:00 am

Intuitive eating can help you improve your relationship with food. It is a way to liberate yourself from the guilt, shame and anxiety created by toxic diet culture. This lesson will teach the science-backed method of intuitive eating, which empowers you to recognize and trust your body so you can meet your true needs.

Located at the Franklin County Cooperative Extension Office  
101 Lakeview Court, Frankfort, KY 40601  
Call (502) 695-9035 with Questions?


FOURTH EDITION  
FULLY REVISED AND UPDATED

MAKE PEACE WITH FOOD  
FREE YOURSELF FROM CHRONIC DIETING FOREVER  
REDISCOVER THE PLEASURES OF EATING

# Intuitive Eating

OVER 500,000 COPIES SOLD

A Revolutionary Anti-Diet Approach



EVELYN TRIBOLE, MS, RDN, CEDRD-S  
ELYSE RESCH, MS, RDN, CEDRD-S, FAND



# Homebased Microprocessing Workshop



Thursday, February 16, 2023

9:30 AM - 2:30 PM

Franklin County Cooperative Extension Office

101 Lakeview Ct., Frankfort Kentucky 40601

This workshop can be accessed virtually or in-person.



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

Join our workshop!

Homebased  
microprocessors are  
farmers who grow and  
harvest produce to use in  
their value-added products.

Homebased  
microprocessors are  
required to grow a  
predominant ingredient in  
the products they make.  
The first step to becoming  
certified as a homebased  
microprocessor is to attend  
a Homebased  
Microprocessor (HBM)  
workshop presented by the  
University of Kentucky.

The cost of the workshop is  
\$50.00.

For more information & to register:

[ukfcs.net/HBM](http://ukfcs.net/HBM)

or call (502) 695-9035

**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.

# RECIPES



## Baked Apples and Sweet Potatoes

- |                                |                          |                            |
|--------------------------------|--------------------------|----------------------------|
| <b>5</b> medium sweet potatoes | <b>½ cup</b> margarine   | <b>1 teaspoon</b> nutmeg   |
| <b>4</b> medium apples         | <b>½ cup</b> brown sugar | <b>¼ cup</b> hot water     |
|                                | <b>½ teaspoon</b> salt   | <b>2 tablespoons</b> honey |

- 1. Boil** potatoes in 2 inches of water until almost tender.
- 2. Cool** potatoes, peel and slice. **Peel**, core and slice apples.
- 3. Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.
- 4. Layer** potatoes on the bottom of the dish.
- 5. Add** a layer of apple slices.
- 6. Sprinkle** some sugar, salt, and tiny pieces of margarine over the apple layer.
- 7. Repeat** layers of potatoes, apples, sugar, salt and margarine.
- 8. Sprinkle** top with nutmeg.
- 9. Mix** the hot water and honey together.
- 10. Pour** over top of casserole.
- 11. Bake** for 30 minutes.

**Yield:** 6, 1 cup servings.  
**Nutrition Analysis:** 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.  
 Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.



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



## Cabbage Jambalaya

- |                                 |  |   |
|---------------------------------|--|---|
| <b>1 pound</b> lean ground beef | <b>1</b> (13 ounces) package turkey smoked sausage, sliced | <b>1</b> (14.5 ounces) can diced tomatoes |
| <b>1 ½ cups</b> chopped celery  | <b>1</b> medium head cabbage, chopped (about 10 cups)      | <b>2 cups</b> water                       |
| <b>1 ½ cups</b> chopped onion   |  | <b>1 cup</b> brown rice                   |
| <b>2 cloves</b> garlic, minced  |  | <b>1 teaspoon</b> garlic powder           |
|                                 |  | <b>1 tablespoon</b> Cajun seasoning       |

**Heat** a large stockpot over medium high. **Add** ground beef, and **cook** until it starts to brown, about 6 minutes. **Add** the celery, and **cook** for 2 minutes. **Add** onion and garlic, and **cook** 4 minutes while stirring. **Add** smoked sausage, and **cook** an additional 2 to 3 minutes. **Stir in** cabbage, and **cook** until it wilts, about 3 minutes. **Add** tomatoes, water, rice, garlic powder, and Cajun seasoning.

Bring to a **boil**, and **reduce** heat to medium. **Cover**, and **simmer** for 40 minutes. Serve hot.

**Yield:** 10, 1-cup servings


**Nutritional Analysis:**  
 250 calories, 8 g fat, 3 g saturated fat, 60 mg cholesterol, 400 mg sodium, 26 g carbohydrate, 4 g fiber, 6 g sugars, 0 g added sugars, 18 g protein



## Franklin County 2023-2024 -- Leader Training Ideas


Your suggestions are vital to developing a ballot that best reflects your needs. Please help us by providing your thoughts for your upcoming leader trainings. Your suggestions will be compiled for counties in the Fort Harrod Area and will be used as the basis for the upcoming leader training ballot. Thank you for your input!

Housing: 

Foods & Nutrition: 

Clothing: 

Health & Wellness: 

Family Life: 

Other:

Due to your local County Extension Office by February 1, 2023





**The Franklin County Cooperative Extension Office follows the same closing schedule as Kentucky State University for inclement weather or severe weather emergencies.**

*Please check our facebook page for closing information, [facebook.com/FranklinCountyKyCooperativeExtension](https://facebook.com/FranklinCountyKyCooperativeExtension), or our webpage at <http://franklin.ca.uky.edu>.*



**Be sure to follow our Facebook page for all the up-to-date information and articles.**



**@FranklinCountyKyCooperativeExtension**

*Carla A. Carter*

**Carla A. Carter  
County Extension Agent for Family  
and Consumer Sciences Education**

