

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY
COOPERATIVE EXTENSION
DECEMBER 2023 NEWSLETTER



Practicing kindness can help heal a broken world

Source: Kerri Ashurst, senior extension specialist for family and relationship development

It has been a tough year, as Americans have faced many challenges. As a result, many of us are experiencing emotional, mental, physical and financial struggles. We need kindness more than ever.

Kindness is any act you do that benefits others. Research shows that people who help others in various ways are happier and have an overall better feeling of well-being than those who don't practice kindness.

Extend kindness beyond the reach of your immediate contacts by doing good deeds for complete strangers. You can pay for the person's order behind you in the drive-thru. You can offer to purchase or provide a nutritious meal for a person who is experiencing homelessness. Donating items, time or money to a charity of your choice is always a good way to practice kindness.

While kindness may not magically fix all of the world's problems, it certainly will help start the process.

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From the Fingertips of Your FCS Agent

I want to start off by thanking Elizabeth Collins and the Franklin County Homemakers for putting on such a successful Children's Holiday Store. Each year, I am filled with so much joy just seeing the smiles on the little kids' faces and also watching the excitement of volunteers who once were the little shoppers. It was truly a blessing to watch my youngest, Kaydence no longer wanting to shop but volunteering to be a helper elf to her peers.



Carla A. Carter

New in 2024... Starting Jan. 29th, 10am every Monday and Friday until the end of March, I will be teaching a new series of Bingocize called Immune Support which educates on vaccinations at the Capital City Activity Center. I look forward to seeing some new faces there.

As I sit and reflect over the entire year, I have a lot to be thankful for but also remember that life comes and goes. During the month of December I celebrate another year around the sun. It is also the time when I have personally dealt with great loss. Eight years ago I lost my best friend and beloved sister, Monique. Today, my second born, Jeremiah and his girlfriend, Alexis suffered a miscarriage. This too shall pass.

A friendly reminder to remember the Reason for the Season and please don't stress over the tiny things!

Until 2024...

From your Franklin County Homemaker President, Elizabeth Collins



Wow! I cannot believe that it is already December!

Our Children's Holiday Store was a great success this year! I want to thank all of the Office Staff, Homemaker Members, Agents, Volunteers and Santa that helped out this year. We could not have done it without you. Everyone was amazing. The Christmas Spirit was alive and well in everyone's hearts. We served 71 families and 101 children this year.

For next year we are in desperate need of gift bags. Please donate any lightly used bags or if possible, pick up some bags when they go on sale.

If anyone has any suggestions or maybe something you think would make it a better experience for everyone please let me know.

I want to wish everyone a Merry Christmas and a Happy New Year!

Elizabeth

LEADERSHIP LESSONS DATES & TIMES

January 11th @ 5PM - Transferring Cherished Possessions

March 1st (TBD) - Savor the Flavor - Multi-County @ Boyle Co. CES (Car pool)

March 6th @ 12PM - Basic Technology

April 16th @ 6-8PM - First Aid - Multi-County @ Franklin Co. CES, Dinner @5PM (REGISTRATION REQUIRED)

Leader lessons are free and open to the public. Please call (502) 695-9035 to reserve your spot.





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>

Franklin County Cooperative Extension Office
101 Lakeview Ct.
Frankfort, KY 40601
(502) 695-9035
franklin.ca.uky.edu

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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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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



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>

ADULT
HEALTH BULLETIN

Written by:

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Edited by: Alyssa Simms

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Adobe Stock





FAMILY CAREGIVER 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>

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THIS MONTH'S TOPIC:

SELF-CARE AND STAYING CONNECTED



Self-care refers to taking time to do things that can improve physical and mental health. When taken seriously, self-care contributes to stress management, lowering the risk of illness, and increasing energy (NIH, 2023). Self-care comes in a variety of forms such as nutrition, exercise, sleep, relaxation, and positivity. Staying connected with your family and community can also serve as a form of self-care. Staying connected and having a feeling of belonging provides not only practical help but also emotional support and improved motivation, health, and overall happiness.

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Staying connected and having a feeling of belonging provides not only practical help but also emotional support and improved motivation, health, and overall happiness.

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According to the National Alliance on Mental Illness (NAMI), having a sense of community is critical to survival. When you are a part of a community, you are more likely to experience a sense of belonging, support, and purpose. Communities provide a place to turn when you need help with something or you need to talk about a difficult situation. When you belong to a group, you are more likely to feel like your true self. It can be fulfilling when other people count on you, or you count on others, and you know they are there for you.

Whether you connect with one or two people or you connect with many, building a community and feeling a sense of belonging takes effort. Not every type of connection is equally satisfying or soul nourishing. Where you find community and what it means to you, is up to you. Some examples include:

- Family
- Friends
- Church
- Social Media
- Clubs
- Volunteer experiences
- Support groups
- Community events
- Nature

Finding a sense of community can start with self-reflection according to NAMI. When you are aware of what is important to you, you are more likely to connect with others who share your values, beliefs, and interests. To increase a sense of belonging, the Mayo Clinic suggests being mindful of others, making conversation, listening to others, letting go of your judgments, keeping an open mind and trying new activities and/or meeting new people, practicing a positive attitude, validating and accepting the feelings of others, and focusing on similarities rather than differences.

NAMI emphasizes that people need people. Remember that just as it is important for your mental



health to find or be a part of a community, it is also important for others to have you as a part of theirs.

REFERENCES:

- Mayo Clinic. (2023) Is having a sense of belonging important? Retrieved October 24, 2023 from <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/is-having-a-sense-of-belonging-important>
- NAMI. (2019). The Importance of Community and Mental Health. Retrieved October 24, 2023 from <https://nami.org/Blogs/NAMI-Blog/November-2019/The-Importance-of-Community-and-Mental-Health>
- NIH. (2022). Caring for your mental health. Retrieved October 24, 2023 from <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

**FAMILY CAREGIVER
HEALTH BULLETIN**

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Stock images:
Adobe Stock



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.

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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.

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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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It's Not Too Late to Develop a Holiday Budget

By: Nichole Huff, Assistant Professor,
School of Human Environmental Sciences

The holidays are quickly approaching. While holidays give people time to spend with loved ones, all the extra purchases for gifts, food and decorations can quickly escalate. If you have not been saving all year, you might be starting to feel the financial pinch that can come with the season.

Developing a budget can help start your financial preparation for the holidays. Budgets give you a great idea of the amount of money you will need to get through the holidays and will help avoid impulse buying. It is important to include all holiday purchases when developing a budget. Think of any events, travel, charitable donations and gifts that you have planned for the season. Remember to list food and other entertainment costs if you plan on hosting holiday celebrations. Be sure to list each person you plan to give a gift and the amount you plan to spend—no matter how small.

Once you have established a budget, review it. If you are not comfortable with the amount of money the season's festivities are going to cost, a budget can help you find areas where you can make cuts. For example, you can make decorations instead of buying them or use your own utensils, plates and glasses instead of purchasing paper or plastic. You may also have some people on your gift list that might enjoy a nonmonetary gift, (like assistance completing a project or just your time). If you still need to tighten your belt further, prioritize your purchases. Your

family may rather have a big meal together than lots of presents.

Remember your budget as you head to the stores. Consider keeping a copy of the budget to keep you on track and to avoid impulse purchases. Try to use cash or your debit card whenever possible to avoid paying interest on credit card purchases well after the season has ended.



231 E. Main St..
Frankfort, KY



502-223-2138

Current Wishlist

Regular sized bottles of Shampoo & Conditioner

Razors

Baby Wipes

Diapers sizes 4,5 & 6

Mac n' cheese

Spaghetti Sauce with Meat in a can

Tuna in cans & packets

Toilet Paper

Vienna Sausage

Spaghetti O's

Spam in a can

Dish Liquid-small bottles & regular size

Sponges

Peanut butter

Canned chicken

Bread

Fruit cups

Bladder Pads

Trash Bags

Paper Towels

Feminine products

Shelf stable milk

Deodorant men & women

Lysol wipes

Laundry pods

Lunch brown bags

Alferdo sauce

Fruit gummies

Hot hands (hand warmers for the cold season)



Items may be dropped off at the Simon House or Franklin Co. Extension Office.

Franklin County Extension has a new Nutrition Education Program (NEP) assistant, Pam Holbrook! The goals of UK's NEP is to educate limited resource families with young children and SNAP eligible individuals to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle. Educational programs may include workshops, exhibits, presentations, and food demonstrations on topics such as basic nutrition, food security, food safety, and food budget management.

For more information:

- email pamela.hollbrook@uky.edu or call 502-695-9035
- go to the NEP webpage, <https://franklin.ca.uky.edu/NEP> or scan the QR code 
- Explore the social media sites listed below.



Franklin County Nutrition Education (NEP)

Follow us on:

Facebook @Franklin County NEP

Instagram @FranklinCountyNEP

Tasty and nutritious recipes, food safety, meal planning on a budget, fun and educational events for kids and adults.

Welcome to new board member Sandra Lusk! Sandra is the Purchase Area President. Congratulations to all areas for hosting successful and informative Area Annual Meetings, as well as to the state board for a productive Fall Board Meeting in Lexington.



Renew Your Membership – Fall is membership drive time for KEHA. The current membership campaign says the “Keys to Membership” are the three Rs: Recruit – get a plus one, Retain – value members and engage, and Repeat – continue to grow. Each time a county gets three new members (above the previous year total), the county will be entered into a drawing. More information about the campaign and possible prizes is available on the [membership campaign](#) webpage.

Gift Membership – Did you know you could give the [gift of KEHA membership](#)? A gift certificate card template is available on the website for those who want to cover the dues of a new recruit. Be sure to share how the potential new member could benefit from being a KEHA member – and also let them know why KEHA is important to you!

Dues Collection – Counties are encouraged to have a dues deadline no later than Dec. 1. Dues payment and the remittance form ([KEHA Manual Appendix](#) page 16) should be mailed to the area and state treasurers by Dec. 15. They are delinquent if not received by Dec. 31. Counties that are delinquent will not be permitted to have voting delegates and rights to vote at the 2023 state business meeting.

Forms – Make sure you are using the most current KEHA forms from the Manual and Appendix. Older forms may have incorrect names, emails, and addresses. For up-to-date forms and Manual information, visit <https://keha.ca.uky.edu/content/keha-manual>.

Nominate a Candidate for KEHA State Board – Be on the lookout for possible state nominees! Encourage candidates to consider applying. The following KEHA state officer and chair positions will be open for election in spring of 2024: President-elect, Second Vice President, Cultural Arts & Heritage Chair, Family & Individual Development Chair, and International Chair

These positions will be elected for three-year terms from July 1, 2024, to June 30, 2027, with the exception of president-elect. The president-elect serves a one-year term is from July 1, 2024, to June 30, 2025, at which time she or he will transition to president for a three-year term. Additional details regarding elections will be shared in January 2024. Qualifications for nominees are listed on [page 12 of the Handbook](#).

2024 State Meeting – Next year’s KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. The theme is “Blazing the Way with KEHA.” Fort Harrod Area will serve as the host area. Reserve your hotel room now in the KEHA group block! The group rate is \$126/night (1-2 people; scaled pricing for more people per room). Details are on the [State Meeting](#) webpage.

Dates to Remember

- Dec. 15 – County dues due to the KEHA State Treasurer and Area Treasurer (use remittance form found in the [KEHA Manual Appendix](#) page 16). **Please send remittance to Patsy Kinman, KEHA Treasurer, 310 Falmouth St., Williamstown, KY 41097.**
- Dec. 31 – Dues deadline. Any county that does not submit state dues by this date will not be eligible to vote at the 2024 KEHA Business Meeting in May.
- Dec. 31 – Deadline 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 – County membership database/updates due via the web-based system.
- Jan. 15 – KEHA Newsletter Deadline – Information due to KEHA 2nd Vice-President.

IMMUNE SUPPORT WORKSHOP



BINGO + EXERCISE = BINGOCIZE

LOOKING FOR A FUN, NEW WAY TO BE ACTIVE?

Bingocize is a health promotion program that combines the game of bingo with inclusive exercises for everyone! Come play bingo and meet new people while learning about Immune Support and how to protect yourself. BINGOCIZE IS EXERCISE FOR YOUR MIND, BODY, AND SPIRIT!

JOIN THE FUN!

**Where: CAPITAL CITY ACTIVITY CTR.
202 Medical Heights, Frankfort**

When: Monday & Friday, Starts Jan. 29th

Time: 10 A.M.

- Free Prizes
- Open to Everyone
- Free Smiles!





The 2023 Franklin County Home







Coats and Car Seats



Winter means keeping kids warm, but did you know babies and young children in car seats should **NOT** wear puffy coats or snowsuits when in their car seat?



A coat or snowsuit can compress under the harness of a car seat, sometimes up to four inches!

This compression can cause the straps of your child's car seat to not fit properly, leaving a dangerous situation.

Sleeping bags for babies can also add extra slack under the harness, creating an unsafe ride for your baby.



How should you keep your baby or young child in the car seat warm when it's cold?

- Dress your baby or young child in snug layers, like onsies and leggings.
- Add long pants, a long sleeved shirt, a hat and shoes and socks.
- You can even include a jacket.
- For babies, use covers specifically for car seats that are designed to give warmth. These covers should be approved by the car-seat manufacturer for your specific car seat.
- For older babies, toddlers, preschoolers and kindergartners, after securing them in the car seat, turn their coat around and put it on backwards (arms through the armholes) so the coat is on top of the harness, or use a blanket in the car.



LIHEAP FALL SUBSIDY
NOVEMBER 6 - DECEMBER 15, 2023

APPLY AT YOUR BLUE GRASS COMMUNITY ACTION PARTNERSHIP OFFICE

DETAILS AT BLUEGRASSCOMMUNITYACTION.ORG

Scan QR Code to learn more

Funding provided by Kentucky Cabinet for Health and Family Services through block grant from the U.S. Department of Health and Human Services

Purpose: Low Income Home Energy Assistance Program (LIHEAP) to assist low-income households with home heating cost through:

Subsidy: One-time bill payment assistance for home heating services.

Crisis: Provides assistance to eligible households experiencing a home heating crisis.

Operation: Community Action Kentucky, Inc. will contract with twenty-three community action agencies to operate both components in all 120 counties. Households should apply through their local Community Action Agency office.

- Eligibility:**
1. Must be responsible for home heating costs or pay heating costs as an undesignated portion of rent.
 2. Household income must be at or below the following, relative to household size:

Household Size	Monthly Income	Household Size	Monthly Income
1	\$1,823	5	\$4,393
2	\$2,465	6	\$5,035
3	\$3,108	7	\$5,678
4	\$3,750	8	\$6,320

Add \$643 for each additional family member.

Application Period: Applications must be made during the designated enrollment periods, or until available funds have been expended.

Subsidy: Applications must be made during the period November 6, 2023, through December 15, 2023

Crisis: Applications must be made during the period January 9, 2024, through March 31, 2024

CHRISTMAS

9 DEC



MARKET 9AM-3PM

- AVON
- ORNAMENTS
- JEWELRY
- WREATHS
- ARTISAN CRAFTS
- FRAMED ART
- APPAREL



- TUPPERWARE
- LASER ENGRAVING
- WREATHS
- LIONS CLUB
- HOME GOODS
- BAKED GOODS
- AND MORE!!

GIFTS | FOOD | SANTA 11AM - 1PM

CAPITAL CITY ACTIVITY CENTER

202 MEDICAL HEIGHTS DR., FRANKFORT, KY 40601
502-223-5794 | WWW.FRANKFORTKYSENIORS.ORG

VENDOR INFO: CONTACT ROBIN/MARCHELE 502-223-5794
MEMBERS@FCCOA.COM OR MJENKINS@FCCOA.COM

BOOTH RENTAL: \$25-9X9 SPACE-NO TABLE/CHAIRS
\$35-9X9 SPACE-1-6FT TABLE/2-CHAIRS
\$45-9X9 SPACE-1-6FT TABLE/2-CHAIRS/ELECTRIC-LIMITED AVAILABILITY

FRANKLIN CO. FARMERS MARKET

HOLIDAY MARKET

SAT., DEC. 9 ✦ 10 AM - 1 PM

ONLINE ORDER/CURBSIDE PICKUP MARKET

ORDER: DEC. 4 & 5

PICKUP: THURS., DEC. 7



Holiday Market & Kids Day

Sat., Dec. 9 | 10 am-1 pm

Market Pavilion at River View Park | 404 Wilkinson Blvd.



Veggies + meats + eggs + honey + cheese + bread + jams + cookies + pies + wreathes + candy + coffee and tea + preserves + crafts + soaps + more



Kids get \$2 to shop!
Art, campfire, sheep & more

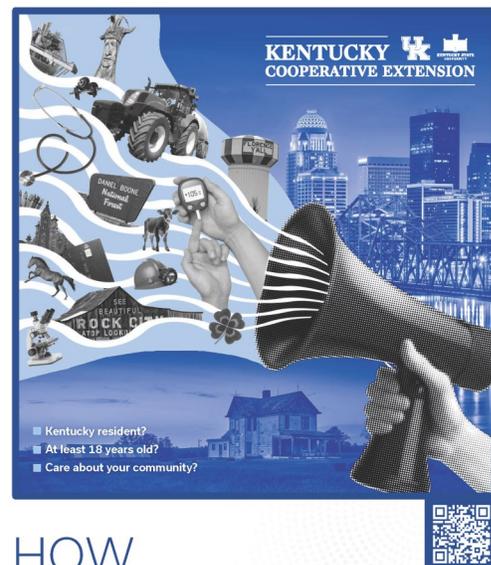
THANKS TO OUR DEC. KIDS DAY SPONSOR: KENTUCKY DANCE ACADEMY



Happy

The Franklin County Cooperative Extension Office
will be **closed** from
Monday, December 25, 2023 - Monday, January 1, 2024
for the holidays.

Holidays



KENTUCKY 
COOPERATIVE EXTENSION

- Kentucky resident?
- At least 18 years old?
- Care about your community?



HOW
CAN WE
serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit:
go.uky.edu/serveKY

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506




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Country Ham and Broccoli Grits

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



Carla A. Carter

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County Extension Agent for Family
and Consumer Sciences Education

Cooperative Extension Service

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

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