

FAMILY AND CONSUMER SCIENCE NEWS



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

Family and Consumer Sciences

Cooperative Extension Service

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Boyd County Cooperative Extension Service

February, 2025



Happy February!

Hopefully, the bitterly cold weather is behind us this month and we can enjoy some fun at the Extension Office!

On Thursday, February 6th at 10 am we have Cooking Through the Calendar, we are making Cauliflower Bites! Also on February 6th, at 6 pm, we are having our Valentine's Longaberger Basket Bingo! On February 14th we will be having our February Lunch and Learn on the topic of Indoor Air Quality and for all my Homemakers, we will be having the Spring Leadership Lessons at the Carter County Extension Office at 10 am on Thursday, February 27th.

Please stop by my office if you have any questions or just to chat!

Jacqueline Doucet

Jacqueline Doucet
County Extension Agent
Family and Consumer Sciences

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Message from the President



Happy February Homemakers,

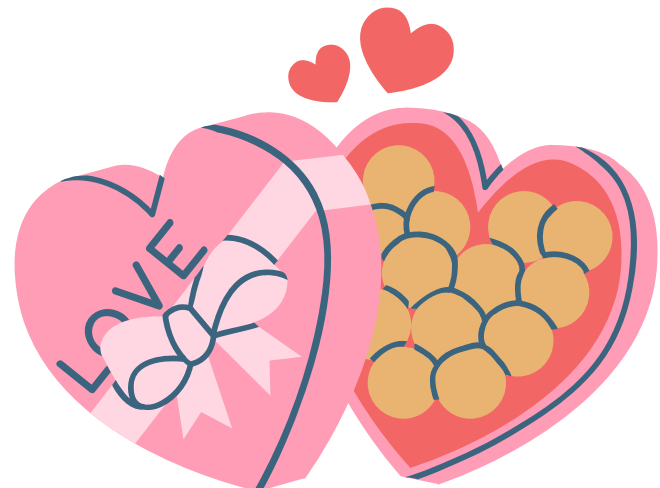
I hope you all are keeping warm and working on your volunteer hours! What are your Valentine's plans? Think about visiting a nursing home, baking cookies for your neighbor, do a random act of kindness.

There are many opportunities to earn volunteer bucks coming this month. Bingo, Mats, Sewing, Leader Lessons, and crafts, to mention a few. If anyone is interested in teaching a craft, sewing, crochet, embroidery, or rug-making class, please let me know so we can get the ball rolling.

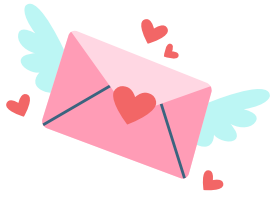
As we celebrate Valentine's Day, keep the ones who have lost their loved ones in your prayers. Thank you for being Homemakers.

Love & Prayers,

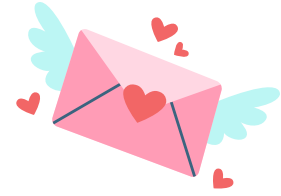
Kathy



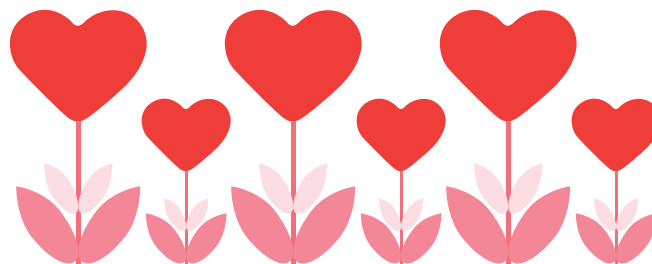
Homemaker Upcoming Events & Announcements



FEBRUARY



- *Cooking with the Calendar: Catlettsburg, February 6th at 10 a.m., Boyd County Extension Office. February's Recipe: Cauliflower Bites.*
- *Longaberger Basket Bingo, February 6th at 6 p.m., Boyd County Extension Office.*
- *Homemaker Council Meeting, February 12th at 10 a.m., Boyd County Extension Office.*
- *Homemaker Leadership Lessons, February 27th at 10 a.m., Carter County Extension Office.*
- *Sewing/Quilting/UFOs: Every Monday at 5 p.m., Boyd County Extension Office.*
- *Mats for Homeless: Every Thursday at 10 a.m., Boyd County Extension Office.*



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KEHA Upcoming Events & Announcements



- **February:** KEHA State Newsletter coming soon!
- **March 1st:** Entry deadline for many KEHA grants, scholarships, and contests.
- **March 12-13:** Spring Board Meeting, Lexington.
- **March 15th:** KEHA Showcase forms due to 1st Vice President (see State Meeting webpage).
- **April 1st:** Area lesson schedules for 2025-26 due to KEHA State Advisor.
- **April 5th:** Postmark deadline for state officer and chair credentials.
- **April 7th:** Reservation deadline for conference rate at State Meeting hotel.
- **April 7th:** Postmark deadline for early registration fee for 2025 KEHA State Meeting.
- **April 21st:** Final postmark deadline for 2025 KEHA State Meeting registration.
- **May 6th-8th:** 2025 KEHA State Meeting, Hyatt Regency, Lexington.



COOKING THROUGH THE CALENDAR PROGRAM SCHEDULE 2025

JANUARY 16TH

**FCS:
SPLIT PEA
SOUP**

FEBRUARY 6TH

**CATLETTSBURG:
CAULIFLOWER
BITES**

MARCH 6TH

**HILLTOP:
CRUNCHY AIR
FRYER FISH**

APRIL 3RD

**TRACE:
LEMON
BROCCOLI
PASTA**

MAY 1ST

**HILLENDALE:
BANANA
PANCAKES**

JUNE 5TH

**HILLENDALE:
RICE AND BEAN
SALAD**

JULY 10TH

**TRACE:
CHICKEN
BURGERS**

AUGUST 7TH

**SUNSHINE:
SLOW COOKER
ASIAN PORK
TACOS**

SEPTEMBER 4TH

**HILLTOP:
GRITS, GREENS
AND EGG BOWL**

OCTOBER 2ND

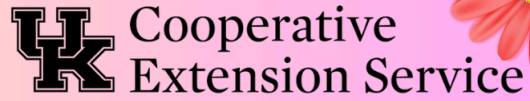
**CATLETTSBURG:
CHEESY
PUMPKIN PASTA
BAKE**

NOVEMBER 6TH

**SUNSHINE:
PARMESAN
CARROT CHIPS**

DECEMBER 4TH

**FCS:
LASAGNA SOUP**



Spring 2025

HOMEMAKER LEADER LESSON TRAINING

February 27, 2024

10am-2pm

Carter County Extension Office

**Using your Airfryer
How to Get Out of a Mealtime Rut
Inspiring Grandchildren to become Grand Cooks**

Call to register by
February 17th
Registration is \$10
Lunch is included
606-474-6686

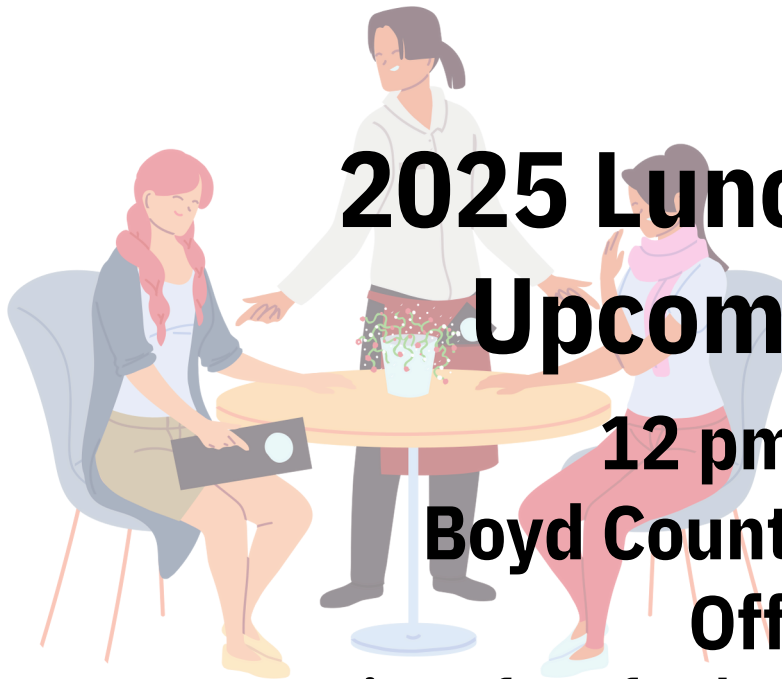


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LEXINGTON, KY 40546



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2025 Lunch and Learn Upcoming Dates

12 pm-1 pm

Boyd County Extension
Office

Join us for a fun lunchtime discussion.

Lunch will be provided

Please call 606-739-5184 to Register.

This program is FREE

Limited to 20 participants

~~January 17th:~~

~~Fitting Nutrition into Your Busy
Lifestyle.~~

April 18th:

Gardening Options for Everyone

February 14th:

Indoor Air Quality

May 16th:

Planning Space for Outdoor Living

March 21st:

Adapting Recipes

June 13th:

Steps Toward Hiring a Dependable
Contractor

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Recipes from the 2025 Food and Nutrition Recipe Calendar



February's Recipe: Cauliflower Bites

Join us at the Boyd County Extension office for our monthly cooking demonstration and sampling. Try tasty Nutrition Education Program Calendar recipes and discover strategies to eat healthier and cook at home!

February 6th
at 10 a.m. Boyd County
Extension Office.





Boyd County Extension Homemakers

Longaberger Basket Bingo

February 6, 2025

Boyd County Cooperative Extension Office

2420 Center St., Catlettsburg

DOORS OPEN AT 5:30 ~ GAMES BEGIN AT 6:00

\$20 for 20 games, Money collected at the door

****DOOR PRIZES**RAFFLE BASKETS**50/50****

Refreshments available for purchase

For more information please call (606) 739-5184

The vintage Longaberger Basket Bingo is a fundraiser for the Boyd County Homemakers Community Projects.

A great time for a worthwhile cause.



Jacqueline Doucet

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County Extension Agent
for Family and Consumer Sciences



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Cauliflower Bites

Prep Time: 15 minutes

Cook Time: 19 minutes

- Nonstick cooking spray
- 1/2 cup all-purpose flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 3 tablespoons Buffalo sauce
- 1 head cauliflower, cut into florets
- 1 tablespoon butter, melted
- 2 tablespoons olive oil

1. Preheat oven to 450 degrees F. Prepare a baking sheet with nonstick spray.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Gently rub cauliflower under cool, running water before preparing.
4. In a large bowl, combine flour, water, garlic powder, and Buffalo sauce. Stir until smooth.
5. Gently fold in cauliflower florets to evenly coat with batter.
6. Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan (use two pans if needed). Bake for about 20 minutes or until golden.
7. In a small bowl, combine melted butter and olive oil.
8. Remove pan from oven. Drizzle the melted butter and oil mixture over the cauliflower. Gently toss until evenly coated.
9. Return tray to oven to bake for another 20 minutes or until the cauliflower begins to crisp.
10. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Air Fryer Version

1. Follow steps 2-5 above.
2. Make one layer of florets in the air fryer basket.
3. Set the air fryer to 355 degrees F for 12 minutes, tossing florets halfway through.
4. Remove to bowl.
5. Drizzle melted butter and olive oil over the cauliflower.
6. Return florets to air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
7. Repeat steps to cook the remaining florets.
8. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Makes 8 servings

Serving Size: 1/2 cup bites

Cost per recipe: \$3.87

Cost per serving: \$0.48

Nutrition facts

per serving:

100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 220mg sodium; 11g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

Source:

Jacqui Denegri, Fayette County NEP Assistant Senior, University of Kentucky Cooperative Extension



ADULT HEALTH BULLETIN



FEBRUARY 2025

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 CAN YOU STOP CANCER BEFORE IT STARTS?



The Red Cross, the American Association for Cancer Research, and other groups recognize February as National Cancer Prevention Month, a time to tell people about ways you can fight cancer.

For many years, we thought you got cancer just by chance, bad luck, or only because of family traits or certain behaviors. Now we have more research. We know more about what causes cancer. We know how a person's life and environment can play a major role in keeping away cancer. There are things you can do to cut the odds of getting cancer. This will lower the overall rate of cancers moving forward.

The National Cancer Institute says prevention and testing efforts have been the major factors to saving lives, stopping 4.75 million deaths from

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Our bodies are made to move.

Cut your cancer risk

by being active for at least

150 minutes per week.

➔ Continued from the previous page

five of the most common cancers (breast, lung, colorectal, cervical, and prostate) from 1975 to 2020. The number of lives saved keeps growing yearly as more people learn how they can prevent cancer or find cancer early while it is most treatable.

Testing

Cancer screenings can look for signs of disease before you have warnings. Some screenings can even look for signs that cancer could likely grow later. All people should be screened for the most common types of cancer (breast, cervical, colorectal). You might need extra or earlier screenings if a parent or family member has cancer, or if you have been exposed to certain other risks.

Avoid tobacco and limit alcohol

Tobacco use is a risk for many cancer types, as is drinking too much alcohol. If you do not smoke or drink, do not start. If you use tobacco products, try to quit. There are many ways to help you quit. Ask your doctor, pharmacist, or local health department. If you drink alcohol, stay within the recommended limit of one drink per day for women or up to two drinks per day for men.

Keep a healthy weight

Obesity is also a cancer risk. You can cut your risk for cancer by reaching and keeping a healthy body weight. Eating a wide variety of healthy

food and being active can help reach a healthy body weight. Talk to your doctor about what is a healthy body weight for you, and how to reach it.

Eat healthy foods

Eating a diet of mostly vegetables, fruit, whole grains, and lean proteins limits your cancer risk, and gives your body fuel to feel its best.

Be active

Our bodies are made to move. Cut your cancer risk by being active for at least 150 minutes per week.

Protect your skin

Skin cancer is still a leading cancer in the United States. Limit sun exposure by using sun screen, SPF clothing, and sunglasses. Be careful of spending too much time in direct sunlight. Avoid tanning beds.

Cooperative Extension has a wide variety of information on cancer. Talk to your local Extension agent for more tips about the basics of cancer, cutting your cancer risks, and living a healthy life.

REFERENCE:

<https://prevention.cancer.gov>

**ADULT
HEALTH BULLETIN**

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Adobe Stock

