

# FAMILY AND CONSUMER SCIENCE NEWS

Boyd County Cooperative Extension Service  
January, 2024



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

Family and Consumer Sciences

Cooperative Extension Service

Boyd County  
2420 Center Street  
Catlettsburg, KY 41129-1279  
(606) 739-5184  
Fax: (606) 739-4014  
<http://extension.ca.uky.edu>



Happy New Year!

I can't believe it is 2024! 2023 was such a fun, exciting, and busy time that the year just flew by. I suspect that 2024 will be the same way!

We are going to ease into the new year this month. On January 11th, we will be kicking off the 2024 Cooking With the Calendar series with Savor Winter Pork Stew at 6 pm at the Extension Office. On the 12th, we will have our January Lunch and Learn about healthy ways to flavor your food. From there, I'll be out and about in the county doing some programs and out of the county to attend some meetings and trainings. I'm still working on 2024 programming so keep your eyes on this newsletter and our county Facebook page for announcements!

I hope everyone had a wonderful and relaxing Christmas and New Year's and that 2024 brings you peace, happiness, and good health.

As always, my door is always open for discussion and ideas! Please feel free to stop by!

Best,

*Jacqueline Doucet*

Cooperative Extension Service

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Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Disabilities accommodated with prior notification

## In This Issue:

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# *Message from the President*

Happy New Year's Homemakers,

Time to say goodbye to 2023 and start 2024 with enthusiasm and excitement. Learning new skills. Using and teaching old skills. Helping, learning, leading, stepping out of our comfort zones, and stepping up. Setting goals and achieving them. Trying new things.

Let's make this year the best one ever! GO, HOMEMAKERS!!!

Love and Prayers,

Kathy



# Homemaker Upcoming Events & Announcements



- *Homemaker Council Meeting: **January 10th at 10 a.m.**, Boyd County Extension Office.*
- *Cooking with the Calendar: Catlettsburg, **February 1st at 10 a.m.**, Boyd County Extension Office.  
**February's Recipe: Everything Tuna Melts.***
- *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.*

**\*\*\*We still need teachers for the Sew Creative Expo and Quilt Show on March 22nd and 23rd, 2024.**

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# 2024 Food & Nutrition Recipe Calendar



**Now Available at the Extension Office  
Limit 1 per person as supplies are  
limited.**

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Lexington, KY 40506



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# 2024 Lunch and Learn Upcoming Dates

12 pm-1 pm

Boyd County Extension Office  
2nd Friday of every month.

Join us for a fun lunchtime discussion.  
Lunch will be provided or you can bring your own!

Please call 606-739-5184 to Register.

This program is FREE

January 12th

Healthy Ways to Flavor Your Food

May 10th

Savvy Sellers & Bargain Hunters

February 9th

Stocking and Using Pantry Staples

June 14th

Freezing Fresh Fruits

March 8th

Savvy Online Grocery Shopping

July 12th

Savor the Flavor; Using Kitchen Tools & Appliances

April 12th

Travel Safety: Know Before You Go.

August 9th

Clutter Free Living.

\*Topics subject to change \*Program subject to weather

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Please call 606-739-5184 to Register.

This program is FREE

**September 13th**—

Cooking for 1 or 2

**October 11th**—

Carbon Monoxide: Exposure and Prevention

**November 8th**

Managing Holiday Expenses

**December 13th**

Planning Holiday Meals on a Thrifty Budget

\*Topics subject to change \*Program subject to weather

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# Recipes from the 2024 Food and Nutrition Recipe Calendar



## January's Recipe: Savory Winter Pork Stew

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!

**Thursday, January 11th, 6 p.m.**

**Boyd County Extension Office**

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# Air Fryer 101



**Curious about Air Fryers? Want to know what all the hype is about? Can you cook healthier using an Air Fryer? Find out the answers to these and other questions by registering by January 19th**

**January 25th @ 5:30 p.m.**  
**Boyd County Extension Office**  
Pre-Registration is required  
**Call 606-739-5184 to register.**  
Class is free

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# Getting the Most from your Bread Machine



**February 29th @ 5:30 p.m.**  
**Boyd County Extension Office**  
Pre-Registration is required  
**Call 606-739-5184 to register.**  
Class is free

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# MARK YOUR CALENDARS AND GET YOUR QUILTS READY FOR THE 2024 3rd Annual Sew Creative Expo & 2nd Annual Quilt Show!

**March 22nd, 10 am- 7 pm, Expo Building**

**March 23rd, 10 am- 4:30 pm, Expo Building**

**March 20th: Quilt drop off**

**March 23rd: Quilt pick-up 5 p.m-7:30 p.m.**

**4 quilts may be entered per person.**

More details to come!

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## Savory Winter Pork Stew

- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon granulated garlic
- 1/2 cup all-purpose flour
- 2 pounds boneless pork loin chops, 3/4-inch thick
- 2 tablespoons olive oil, divided
- 1 carton (32 ounces) low-sodium chicken broth
- 3 large carrots, sliced in 1/4-inch rounds
- 2 celery stalks, diced
- 1 medium onion, diced
- 3 medium potatoes, diced
- 1 can (10 ounces) diced tomatoes with green chilies



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

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. In a plastic gallon bag, add salt, pepper, garlic, and flour. Set aside.
4. On a meat cutting surface, trim fat and cut pork loin chops into cubes using a serrated knife or kitchen shears.
5. Place pork pieces inside a gallon bag with flour and seasonings and seal. Shake bag until all pork pieces are dredged in flour.
6. Wash hands and surfaces after handling uncooked meat.
7. In a large nonstick skillet, heat 1 tablespoon of olive oil over medium heat. Brown half of the pork pieces in the skillet, flip over pieces until all sides are browned. Remove pork and place in a large soup pot. Add

another 1 tablespoon of olive oil to the skillet and brown the remaining pork pieces; then add remaining pork to the soup pot. Note: An extra-large skillet can brown all the pork pieces at one time.

8. Add 3 cups of chicken broth, carrots, celery, and onion to the pork in the soup pot. Bring to a boil over high heat. Reduce heat to medium-low, stir occasionally to avoid ingredients sticking to the bottom of the pot. Cook 20 to 30 minutes, or until vegetables are tender.
9. Add the remaining chicken broth, potatoes, and diced tomatoes with chilies. Bring to a boil. Simmer on low heat for 10 to 15 minutes until potatoes are tender, but not mushy.
10. Refrigerate leftovers within 2 hours.

**Makes 12 servings**  
**Serving size: 1 cup**  
**Cost per recipe: \$19.19**  
**Cost per serving: \$1.60**

### Nutrition facts

**per serving:**  
190 calories; 5g total fat; 1g saturated fat; 0g trans fat; 40mg cholesterol; 380mg sodium; 17g total carbohydrate; 2g dietary fiber; 3g total sugars; 0g added sugars; 21g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

### Source:

Stephanie Derifield, former Area Nutrition Agent; Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior; and Danielle Fairchild, Lawrence County SNAP-Ed Program Assistant Senior, University of Kentucky Cooperative Extension Service





# ADULT

# HEALTH BULLETIN



**JANUARY 2024**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

NAME County  
Extension Office  
000 Street Road  
City, KY  
Zip  
(000) 000-0000

## THIS MONTH'S TOPIC:

# ASK A PHARMACIST!



Using a pharmacist can increase your health and quality of life. Pharmacists are highly trained medical professionals. They are qualified to give advice on health issues and medicines. Pharmacists also ensure the safe supply and use of medicines by the public. Medicines prevent, treat, or manage many illnesses or conditions. They are the most common intervention in health care. The traditional role of pharmacists in the community has involved dispensing prescriptions that doctors issue. However, pharmacists can do more than that. Below are seven ways that a community pharmacist can help you be healthy:

Continued on the next page →



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# Pharmacists have the skills and training needed to administer vaccines, from an annual flu vaccine, to polio, shingles, tetanus, chicken pox, and more.

## → Continued from the previous page

- 1. Administer vaccines:** Pharmacists have the skills and training needed to administer vaccines, from an annual flu vaccine, to polio, shingles, tetanus, chicken pox, and more.
- 2. Help you quit smoking:** Pharmacists are trained to assist with smoking cessation. They can recommend medications to help with kicking a smoking habit. They can also provide ongoing support and holistic resources.
- 3. Offer advice regarding dietary supplements:** If you have visited a pharmacy, you know that vitamin and supplement aisles can be overwhelming. Your pharmacist can give recommendations and advice about supplement type, brand, and dosage.
- 4. Create a personalized medication calendar:** If you have multiple medications, things can get complicated. Your community pharmacist can help you develop a personalized calendar for your medications, so you know exactly when and how to take each one.
- 5. Educate you on medication interactions:** As your health-care team's medication expert, pharmacists can tell you exactly how your medications will react with each other. That way you can avoid any life-threatening issues. Pharmacists can offer alternatives when necessary.
- 6. Help you manage health conditions:** Pharmacists can help manage ongoing health conditions such as high blood pressure, chronic pain, asthma, and diabetes. Often, pharmacists can run basic tests such as blood glucose levels. They can assist with educating patients on how to reduce symptoms they experience because of ongoing health conditions.
- 7. Advise you on over-the-counter medications:** Not only are pharmacists experts in prescription medications, but they are also very knowledgeable when it comes



to over-the-counter (OTC) medicines. They help you to find the right OTC medication and can ensure it will not negatively interact with your prescription medications.

#### REFERENCES:

- <https://www.ncbi.nlm.nih.gov/books/NBK564913/>
- <https://pharmacyforme.org/2020/10/21/7-things-your-community-pharmacist-can-do-for-you>

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**ADULT  
HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock



