

# FAMILY AND CONSUMER SCIENCE NEWS

Boyd County Cooperative Extension Service

October, 2024



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

Family and Consumer Sciences

**Cooperative Extension  
Service**

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**In This Issue:**

**Welcome**

**Homemaker News**

**October Events**

**October Recipe**

**Health Bulletin**

Don't you just love October? Time for cooler (please!) weather, cozy sweaters, and leaves falling from the trees. I have to admit, Autumn is my favorite season and October seems to encompass the best parts of it all!

This month we have some fun programs coming up; On October 3rd the Hilltop Homemakers will be making the October NEP Calendar Recipe, Sweet Potato Hash at 10 am at the Extension Office. Then on the 15th, I will be hosting the October Laugh and Learn at the Frank's Building from 1-3pm and on the 25th, at noon, we will be discussing carbon monoxide exposure and prevention.

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

*Jacqueline Doucet*

Jacqueline Doucet  
County Extension Agent  
Family and Consumer Sciences

**Cooperative  
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Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Disabilities  
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# *Message from the President*



Homemakers,

Happy October, Halloween, KEHA Week, Breast Cancer Awareness, and Cooking Through the Calendar. So many things happening, Busy, Busy, Busy. Just the way we (Homemakers) like it. Don't forget to get all your paperwork turned in!

There is always something to do. Take time to breathe, and enjoy the changing of the seasons, from Summer to Fall: the cooler temperatures and shorter days.

Happy Fall y'all!

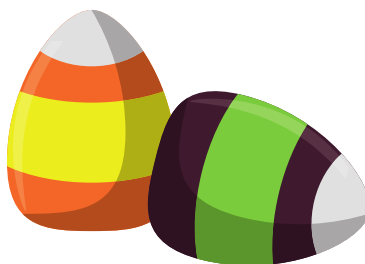
Kathy (Keep up the Volunteering)



# Homemaker Upcoming Events & Announcements



- *Cooking with the Calendar: Trace, **October 3rd at 10 a.m.**, Boyd County Extension Office. **October's Recipe: Sweet Potato Hash***
- *Homemaker Council Meeting, **October 9th at 10 a.m.**, Boyd County Extension Office.*
- *Northeast Area Homemaker Annual Meeting, **October 12th at 10 a.m.**, Lawrence County Community Center.*
- *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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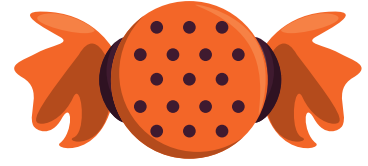
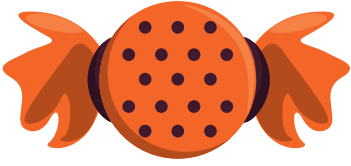
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Lexington, KY 40506



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# KEHA Upcoming Events & Announcements



- **Oct. 13th-19th:** KEHA Week.
- **Oct. 15th:** Deadline for submitting session proposals for the 2025 KEHA State Meeting.
- **October 31st:** Due date to send Area KEHA Officer Directories to the KEHA President and State Advisor (Appendix pages 12-13)
- **Nov. 15th:** Due date to nominate new members for the Master Farm Homemakers Guild.
- **Nov. 15th:** Due date for 990N (e-postcard) or 990 tax return for 501(c)(3) groups with a fiscal year ending June 30.
- **Dec. 15th:** County dues due to the KEHA State Treasurer and Area Treasurer
- **May 6th-8th:** 2025 KEHA State Meeting, Hyatt Regency, Lexington, KY.





Northeast Area  
Homemakers

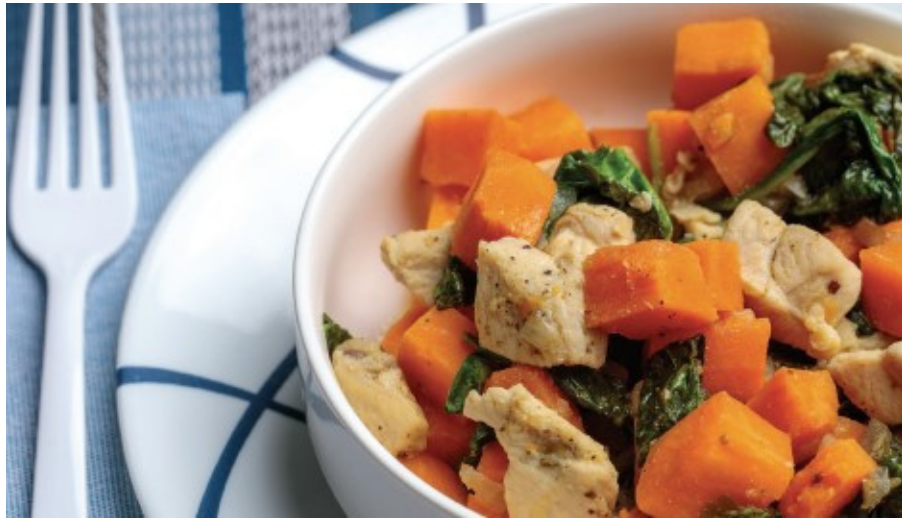
**2024 Annual Meeting**

Saturday, October 12, 2024

Registration: 10 AM

**Meeting :11 AM**

# Recipes from the 2024 Food and Nutrition Recipe Calendar



## October's Recipe: Sweet Potato Hash

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!

**October 3rd**  
**at 10 a.m. Boyd County**  
**Extension Office**



# 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**

**Please call 606-739-5184 to Register.**

**This program is FREE**

**September 13th**

**~~Cooking for 1 or 2~~**

**October 25th**

**Carbon Monoxide: Exposure and Prevention**

**November 15th**

**Managing Holiday Expenses**

**December 13th**

**Planning Holiday Meals on a Thrifty Budget**

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# 2024 Laugh and Learn Playdate: Upcoming Dates

1 pm-3 pm

Snacks will be  
provided!

June 11th

Topic: Insects

October 15th

Topic: Pumpkins

July 9th

Topic: Summer/Sun

November 12th

Topic: Turkey/Thankfulness

August 27th

Topic: Apples

December 17th

Topic: Gingerbread

September 24th

Topic: Wind/Fall

\*\*\*Adults must accompany all  
children during the program.

Pre-registration is required to attend

To Register call 606-739-5184

Frank's Building

1758 Addington Road, Ashland, KY 41102

*\*Program will be canceled if there is no school in Boyd County.*





## Sweet Potato Hash



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

- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 teaspoon salt
- 1 1/2 teaspoons dried oregano
- 3/4 teaspoon black pepper
- 4 cloves garlic, minced, or 1/2 teaspoon garlic powder
- 2 pounds sweet potatoes, peeled and diced (1-inch cubes)
- 2 pounds boneless, skinless chicken breasts, fat trimmed and diced (1-inch cubes)
- 4 ounces baby spinach (about 4 cups)
- 2 tablespoons apple cider vinegar

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. Heat olive oil in a large sauté pan or pot (3 quarts or larger) over medium heat.
4. Add onion, salt, oregano, black pepper, and garlic. Sauté until onion and garlic begin to lose color, about 5 minutes.
5. Add sweet potatoes and chicken and cook, uncovered. Stir occasionally to prevent sticking and assure all ingredients are well mixed. Wash hands after handling raw poultry.
6. Cook until chicken reaches 165 degrees F using a meat thermometer, about 15 minutes.
7. Add spinach and vinegar and mix until spinach is thoroughly wilted and mixed with other ingredients. Serve.
8. Refrigerate leftovers within 2 hours.

**Makes 8 servings**  
**Serving size: 1/8th of recipe**  
**Cost per recipe: \$14.17**  
**Cost per serving: \$1.77**

**Nutrition facts per serving:**  
 270 calories; 6g total fat; 1g saturated fat; 0g trans fat; 85mg cholesterol; 420mg sodium; 25g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

**Source:**  
 Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior, University of Kentucky Cooperative Extension Service



# ADULT HEALTH BULLETIN

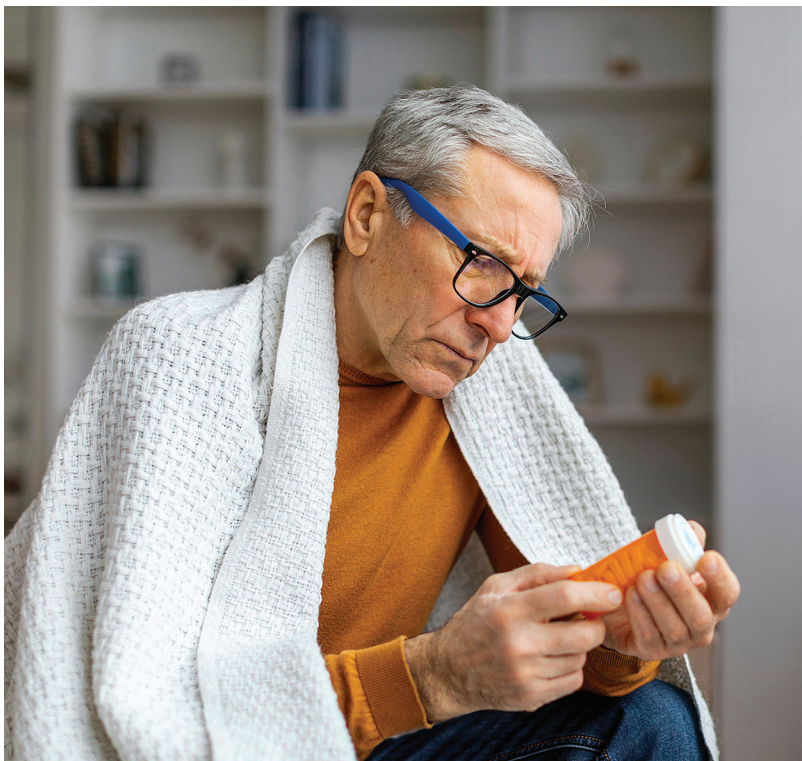


**OCTOBER 2024**

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

## THIS MONTH'S TOPIC

# HOW IS YOUR HEALTH LITERACY?



**H**appy Health Literacy Month! You might have heard about “health literacy” before, as it has become a hot-button topic in the past few years. Or maybe, this is your first time hearing the term. That’s OK, too! While the term combines two words that most people know, it means more than just whether you can read health-related information. The term “health literacy” refers to a person’s ability to find, understand, and use information and services to make choices related to their overall well-being. To unpack that definition further, let’s break it down.

- **Finding health information:** Do you know where to go to find reliable, up-to-date health information? Do you feel like you can ask your doctor or other health-care provider questions that you have?

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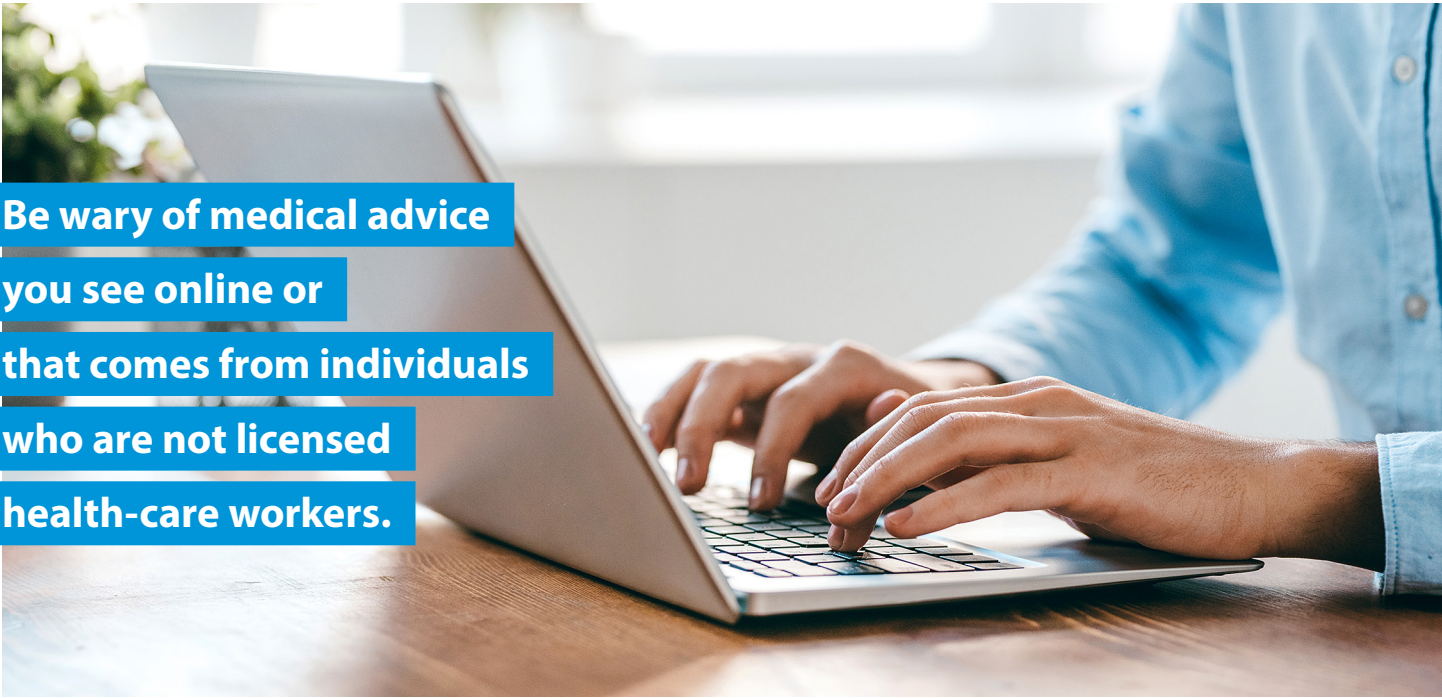
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**Be wary of medical advice  
you see online or  
that comes from individuals  
who are not licensed  
health-care workers.**

**→ Continued from the previous page**

- **Understanding health information:** When you read health information, does it make sense? Or when your doctor tells you information about your own health conditions or gives you instructions, do you know what they are saying?
- **Using health information and services:** Can you take the information your doctor gives you and use it to make choices about your health or health care? Do you know what to do when you leave a doctor's appointment to help you feel better? Do you know why you are taking each medication? If your doctor ordered a test, do you know why? Do you know how to follow up with your doctor if you do not feel better? Do you know how to act on the results of needed tests?

All these skills are a part of having health literacy. Having health literacy is connected to having a higher quality of life. People who can understand and use health information to make good choices are more likely to use health care when they need it, follow medical advice, and have positive outcomes. So how can someone increase their health literacy? The best place to start is to be willing to ask questions and think about where your health information comes from.

The most trustworthy medical information comes from people who are trained in providing

medical care and places that have the community's health in mind. Your primary care doctor is a great and trusted source for asking questions about medical issues. Many hospitals and doctors' offices have trained community health workers, social workers, or patient navigators who can answer your questions or help you find needed answers about your treatment plan or care. Be wary of medical advice you see online or that comes from individuals who are not licensed health-care workers.

If you have trouble understanding what your health-care provider is telling you, speak up! Be willing to ask your medical provider to:

- repeat themselves,
- slow down,
- explain a different way,
- draw a picture or use a diagram, or
- give information in writing that you can take home.

**REFERENCE:**

<https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/health-literacy>

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**ADULT  
HEALTH BULLETIN**

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**Stock images:** Adobe Stock

