

# FAMILY AND CONSUMER SCIENCE NEWS

Boyd County Cooperative Extension Service

September, 2024

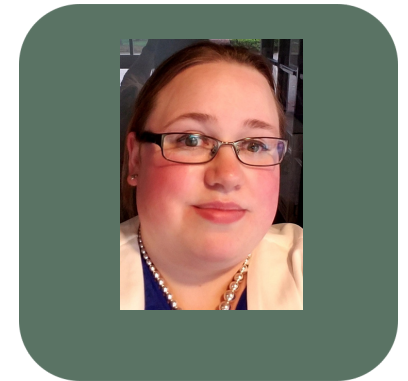


University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Family and Consumer Sciences

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Happy September!

Fun fact (maybe), as of September 1st, we only have 89 days until Thanksgiving, 116 days until Christmas Day, and 123 days until the New Year and 2025! It is hard to believe that the holidays are so close and we are almost to 2025 (which doesn't sound like a real year). However, we still have plenty of fun programs to learn from and events to attend these last few months of 2024!

September is going to be a little slower than August, I will be out of the office (and state!) to attend the National Extension Association of Family and Consumer Sciences in Tuscon, Arizona from September 16th to 20th. I'll try to take plenty of pictures and maybe include them in the October newsletter! On September 5th, we have Cooking Through the Calendar making Ramen Skillet Dinner at 10 a.m. at the Extension Office. On the 13th, we will learn how to prepare Dinner for 1 or 2 for September's Lunch and Learn, and on the 24th we have the September Laugh and Learn at the Frank's Building, so bring those kids!

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

*Jacqueline Doucet*  
Jacqueline Doucet  
County Extension Agent  
for Family and Consumer Science

**In This Issue:**  
**Welcome**  
**Homemaker News**  
**Upcoming Events**  
**September Recipe**  
**Health Bulletin**

**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 40506



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# *Message from the President*



Hey There Homemakers,

Well, it's the start of a new Homemaker year. I know y'all are as excited as I am to begin a new journey. We already have a few things planned and hope to start some new plans soon.

It is time to dust off the old volunteer hat and get ready to move, learn, lead, teach, and be the best volunteer you can be! I know September is a busy month with back-to-school, Homemaker paperwork, Labor Day Celebration, and settling into a routine.

I want you to step out of your routine and volunteer for something you have never done. Learn a new skill or teach an old one. How much we can accomplish is determined by how much we try, fail, and try again. There isn't anything we cannot do.

Love and prayers always,

Kathy (Proud to be your President)



# Homemaker Upcoming Events & Announcements



## September



- *Catlettsburg Labor Day Celebration, **September 2nd, All-Day**, Downtown Catlettsburg, KY.*
- *Cooking with the Calendar: Trace, **September 5th at 10 a.m.**, Boyd County Extension Office. **September's Recipe: Ramen Skillet Dinner***
- *Boyd County Homemaker Chairman/Officer Training, **September 6th, at 4 p.m.**, Boyd County Extension Office.*
- *Homemaker Council Meeting, **September 11th at 10 a.m.**, Boyd 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



- **Sept. 7th:** Postmark deadline for state Leadership Development Chair credentials.
- **Sept. 15th:** Due date for Area VSU logs to be submitted to state Leadership Development Chair Nancy Snouse.
- **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).
- **May 6th-8th:** 2025 KEHA State Meeting, Hyatt Regency, Lexington, KY.



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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



## September's Recipe: Ramen Skillet Dinner

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!

**September 5th**  
**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.*







## Ramen Skillet Dinner



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

- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 1 medium carrot, thinly sliced
- 1 bag (16 ounces) frozen broccoli
- 2 cups cooked chicken, chopped
- 1 package (3 ounces) chicken-flavored instant ramen noodles
- 1 cup water
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 1/2 teaspoon red pepper flakes

1. Wash hands with warm water and soap 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 oil in a large skillet over medium heat. Add onion, carrot, and broccoli. Cook until vegetables are crisp tender (about 5 minutes).

4. Add the cooked chicken to the skillet. Stir and heat, about 1 to 2 minutes.
5. In a small bowl, combine the contents of the ramen seasoning packet, water, garlic powder, ginger, and red pepper flakes.
6. Pour the water and seasonings into the skillet. Stir and bring to a boil.
7. Break ramen noodles apart and add to skillet. Stir to moisten noodles.
8. Cover the skillet and cook until noodles soften (about 2 minutes). Serve immediately.
9. Refrigerate leftovers within 2 hours.

**Makes 4 servings**  
**Serving size: 1 1/2 cups**  
**Cost per recipe: \$7.66**  
**Cost per serving: \$1.92**

**Nutrition facts per serving:**  
 280 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 60mg cholesterol; 360mg sodium; 22g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 26g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium

**Source:**  
 Martha Yount, former Nutrition Education Specialist, University of Kentucky Cooperative Extension Service



# ADULT HEALTH BULLETIN



SEPTEMBER 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 STEP INTO NATURE: GROUNDING



**W**hen you think of going barefoot in the grass, the first thing that comes to mind might be that of a small child. But taking off your shoes and feeling the Earth beneath your feet can be worthwhile for adults, too. Maybe you have heard of the practice of grounding. Grounding is going barefoot outside on the grass or dirt. You might have heard that it is beneficial for your health, or maybe you have wondered if it is true.

People have practiced grounding (sometimes also called earthing) for thousands of years for its positive effects. But the practice became popular again during the coronavirus pandemic as a way to relieve stress. Stress relief is one proven benefit of

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# Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air.



## ➔ Continued from the previous page

grounding. There are other scientifically measured benefits as well. Recent studies have shown that in addition to reducing stress levels, grounding also helps improve overall mood, improve sleep and energy levels, improve circulation, reduce symptoms of anxiety and depression, improve immune system function, lessen the severity of chronic illnesses, and reduce pain in the body.

How does grounding work? When you stand directly on the Earth's surface, your body is able to absorb electrical energy from the Earth. Electrons emitted from the Earth act as antioxidants in human bodies that neutralize free radicals. Free radicals are known to tax our body's systemic function, leading to a variety of undesired results. They are also known to cause inflammation and may contribute to chronic disease risk and cancer. While part of combatting the effects of free radicals includes limiting contact with harmful plastics and other highly manufactured foods, products, and environments, counteracting those effects are just as, if not more important. Spending time outside, breathing fresh air, and eating a wide variety of plants are other important parts of our overall well-being.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air. Your yard is a perfect place to practice grounding. Or you could go to a local park or other natural setting.

As you relax your body, direct your attention to your feet. Feel the ground on the soles of your feet and on your toes and enjoy the feeling of your skin making contact directly with the Earth. You may choose to stand still or walk around if the ground is free of debris. Be mindful of sharp sticks, rocks, or trash that could hurt your feet.

As you're grounding your body, focus your attention on healing your mind as well by letting go of stress. Imagine the negative energy of your stress flowing out of your body from the top of your head, and the positive energy of well-being flowing into your body through your feet.

There is no limit to the amount of time you can spend grounding, so enjoy any mild days and sink your feet into the ground as often as you are able. Ideally, fit time for grounding into your daily or weekly routine to get the most from your experience on an ongoing basis.

#### REFERENCE:

<https://wellbeing.gmu.edu/thriving-together-series-the-well-being-benefits-of-grounding>

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**ADULT**  
**HEALTH BULLETIN**

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