

FCS Newsletter

November/December 2018

Cooperative Extension Service
Fulton County
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DATES TO REMEMBER:

November:

22-23 Thanksgiving- Office Closed

December:

1 - Dues are Due!!

3 - Purchase Area Homemaker Council Meeting in Graves County

24-Jan. 1- Christmas Break- Office Closed

January:

7- Fulton County Homemaker Council Meeting at Fulton City Hall

7 - Exploring Generational Differences, Graves Co. Ext. 10:00 am

8 - Exploring Generational Differences, Hickman Co. Ext. 10:00 am

Birthdays

November

17 Pam Dinwiddie

19 Alice Voegeli

December

15 Ellen Petty

Exploring Generational Differences

Each generation is significantly different from the ones that preceded and followed it because members of each generation have been shaped and molded by markedly different societal influences during their developmental years. Learn to understand each generation's characteristics and values in order to develop strong generational relationships. Please join me for this lesson at the most convenient Extension Office for attendance listed below. Encourage other club members and friends to attend as well.



| | | | | |
|---------|-----------|------------|----------------|---------------------------------------|
| Jan. 4 | Marshall | 10:00 a.m. | (270) 527-3285 | 1933 Mayfield Hwy, Benton, KY 42025 |
| Jan. 7 | Graves | 10:00 a.m. | (270) 247-2334 | 251 W Housman St, Mayfield, KY 42066 |
| Jan. 8 | Hickman | 10:00 a.m. | (270) 653-2231 | 329 James Phillips, Clinton, KY 42031 |
| Jan. 10 | McCracken | 10:00 a.m. | (270) 554-9520 | 2025 New Holt Rd, Paducah, KY 42001 |

December 3rd- PAEH Advisory Council Meeting at 10:00am Graves County Extension Office in Mayfield, Kentucky Lunch: Chicken Braid, Ham Braid, Potato Soup, Strawberry Fluff, Banana Pudding, and Brownie Trifle Tea, Water, Coffee All catered by Friendship Homemakers Cost: \$12 RSVP by county with number attending to Graves County Extension Office by November 26, 2018 (270)247-2334.

Safely Saving Those Holiday Leftovers

One of the best things about the holidays is all the food. Oftentimes, the abundance of food results in many, many leftovers. Just like uncooked food, leftovers can cause a food-borne illness if you don't properly handle them. Taking proper food safety precautions will help you get the most from leftovers.

Have a plan for how you are going to use those leftovers and stock up on grocery items like noodles, broth and relishes, which can help you reuse your leftovers in new ways.



Refrigerate any leftovers within two hours after preparation. Discard any perishable food that has sat at room temperature for more than two hours.

Although you can safely store hot food in a refrigerator, you can help the food cool quicker by dividing it into small containers. For turkey and other meat leftovers, it is best to remove all the meat from the bone and place it in shallow containers or small zipper bags. You can leave the legs and wings whole. Store the meat in the refrigerator if you plan to eat it within the next three or four days. Freeze the meat if you are unsure about how soon you will eat it. Store leftover stuffing and gravy separately from the meat.

Eat refrigerated leftovers within three or four days. Consume frozen leftovers within four months.

When you are ready to eat the leftovers, use a food thermometer to make sure you reheat the food to an internal temperature of 165 degrees Fahrenheit. Use a food thermometer to ensure the food reaches this temperature. When reheating sauces, soups and gravies, make sure they come to a full rolling boil. If you are reheating your leftovers with a microwave, check to make sure there are no cold spots in the food where bacteria could have survived. Cover, stir and rotate the food for even heating in the microwave.

For more food safety information, contact your extension office.

Source: Annhall Norris, extension associate





Health and Nighttime Electronic Use

Technology is ever present these days. Have you ever wondered if heavy use of brightly lit electronics at night is a problem? Researchers wanted to study what happens to melatonin levels when people used self-lit tablets like Apple iPads. Melatonin is a hormone produced at night and under dark conditions. Being exposed to white light from electronics can prevent your body from making melatonin at night. Decreased melatonin production is related to sleep problems, higher risk of obesity and higher risk of other serious diseases like breast cancer. The authors found that using iPads at full brightness settings for 2 hours stopped melatonin in young adults. To help prevent sleep issues dimming your electronic devices may help. Apple iPhones, iPads and iPods now have a Night Shift function that adjusts the display based on the time of day. For best practices, cut down on the amount of time you are using the devices before bedtime.

Source: Joann Lianekhammy, Senior Extension Specialist for Family and Consumer Sciences, University of Kentucky; College of Agriculture, Food and Environment



Winter Weather Notice

It is time to remind you that if school is closed because of winter weather, activities at the Extension Office will be cancelled as well. We do not want to risk the safety of our clients by having you get out for programs when weather or conditions caused by weather make things dangerous. Thank you for understanding!

Anna McCoy
Fulton County Cooperative Extension Agent
for Family and Consumer Sciences





GLAZED BUTTERNUT SQUASH with Carrots & Turnips

Ingredients

1½ cups cubed butternut squash

1½ cups sliced carrots

1½ cups cubed peeled turnips

4 teaspoons oil

½ teaspoon salt

¼ teaspoon pepper

Cooking spray

2 tablespoons maple syrup

YIELD: 8, ½ CUP SERVINGS

Directions

1. Preheat oven to 450 degrees.
2. Cut vegetables into ½-inch pieces.
3. Coat a 9 x 13-inch baking dish with cooking spray.
4. Combine the first 6 ingredients.
5. Bake for 10 minutes.
6. Stir in syrup and bake an additional 20 minutes.

Enjoy!



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Nutritional Analysis: 60 calories, 2.5 g fat, 0g sat fat, 1 g protein, 9 g carbohydrate, 0 mg cholesterol, 170 mg sodium, 2 g fiber.

