

JOHNSON COUNTY

 Cooperative
Extension Service

FAMILY AND CONSUMER SCIENCES

NOVEMBER // DECEMBER 2024

Inside This Issue:

- Food Safety During Power Outages
- Winterizing Your Home / Preparing for Winter
- EFNEP
- Healthy Choices
- Money Wi\$e
- Health Bulletins
- Homemaker Spotlight
- Holiday Happenings Recap
- Nov. - Dec. Calendar



DID YOU KNOW?

More than 1 in 3 adults in the United States have pre-diabetes -- and many may not even know.

Macey A. Stewart

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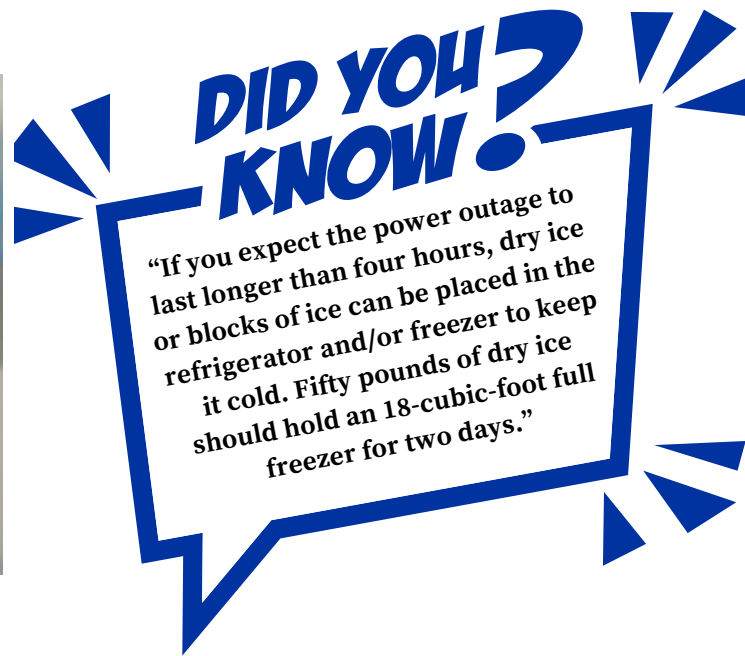
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Bad weather is just one of many reasons the power could go out. When there are power outages, it is important to have a plan for keeping foods safe. Food items stored in the refrigerator or freezer can easily spoil or become harmful to eat if they are not kept at safe temperatures. Here are some quick tips to help your family keep foods safe and cold during power outages.

Keep doors to the refrigerator and freezer closed as much as possible. This will help maintain the cold temperatures inside. An unopened refrigerator can keep foods safe for up to 4 hours, and a full, unopened freezer can maintain a safe temperature up to 48 hours (24 hours if only half full).

If you expect the power outage to last longer than four hours, dry ice or blocks of ice can be placed in the refrigerator and/or freezer to keep it cold. Fifty pounds of dry ice should hold an 18-cubic-foot full freezer for two days. It is also a good idea to keep coolers on hand. Coolers, frozen ice packs, and ice on hand are easy ways to keep foods cold if the power is out for longer periods.

It is not a good idea to store foods in the snow or outside even if the temperatures are very cold. The sun can warm foods to an unsafe temperature. Foods could also be exposed to animals or other sources of bacteria. It is a better idea to take advantage of the cold temperatures to make your own ice by freezing water-filled bottles, jugs, or buckets. Add the ice to your refrigerator, freezer, or cooler to keep it cold.

Never guess whether food is safe. You cannot tell if food is safe by taste, appearance, or odor. The best way to know whether your foods are safe is to keep a thermometer in your refrigerator and freezer. Safe temperature readings are at or below 40 degrees Fahrenheit for the refrigerator and at or below zero degrees Fahrenheit for the freezer. If foods are stored in a cooler or there is not an appliance thermometer, check each individual food item using a digital, dial, or instant read food thermometer. Foods that are 40 degrees Fahrenheit or below are safe to keep. Most food items can be refrozen even if they have become partially thawed. Although safe, this can affect the quality of the food.

References:
United States Department of Agriculture. (2013). Keeping Foods Safe during Emergencies. Retrieved from https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/emergency-preparedness/keeping-food-safe-during-an-emergency/CT_Index

Source: Amy Singleton, RDN, NEP Area Agent for District 2

WINTERIZE Your Home



Your home isn't the only one that can be winterized.
Your neighbors and those most vulnerable might need your help too!

weather.gov



BE READY FOR WINTER WEATHER

With upcoming holidays and the business that comes with it, preparing for impending cold weather can fall to the bottom of the to-do list. However, the onset of winter will not wait for people to be prepared. Extreme weather conditions and events, like extremely low temperatures, can threaten family's lives and disrupt infrastructure critical to well-being. Power-outages due to cold weather can create even more challenges for staying safe and warm. Below are some winter safety tips to help families and children stay safe, whether you and your children are staying indoors or taking part in outdoor winter activities.

INDOOR HEATING AWARENESS

• Use caution around fires.

Wood-burning stoves, fireplaces, and outdoor firepits are cozy but can present danger — especially to small children. Use caution and set up protective gates when possible. If you have lost power or heat and are using alternative heating methods like kerosene or electric heaters, be sure smoke detectors and carbon monoxide detectors are working.

• Keep hydrated.

In drier winter air, or indoor air warmed by dry heat, children lose more water through their breath and skin. Offer plenty of water, and try giving warm drinks and soup for extra appeal. Use lotion, lip balm, or other moisturizer to protect skin and prevent dryness or cracking.

DRESS FOR THE WEATHER

• Layer up! Bitter cold and snow can cause frostbite. Dress your child in several layers, and make sure their head, neck, hands, and feet are covered.

Dress babies and young children in one more layer than an adult would wear.

• Beware of clothing hazards. Scarves and hood strings can strangle smaller children so use other clothing to keep them warm.

• Check babies' and small children's hands and feet regularly for extreme cold. Check to prevent loss of blood flow from lint or hair wrapped around children's fingers or toes that may have become trapped in the seams of socks or mittens.

WHEN HEADING OUTDOORS

• Check-in to keep warm. Before kids head outside, tell them to come inside if they get wet or if they're cold. Then keep watching them and checking in. They may want to continue playing outside even if they are wet or cold.

• Play it safe. Even when roads are closed to traffic, it's not safe to play or sled in the street. Visibility may be limited because of snowbanks and ice on the roads making braking difficult.

• Use sunscreen. Children and adults can still get sunburned in the winter. Sun reflects off the snow, so apply sunscreen to exposed areas.

• Get trained and equipped. Children should wear helmets when snowboarding, skiing, sledding, or playing ice hockey. And to avoid injuries, teach children how to do the activity safely.

• Watch for danger signs. Signs of frostbite are pale, grey, or blistered skin on the fingers, ears, nose, and toes. If you think your child has frostbite, bring the child indoors and put the affected area in warm (not hot) water. Signs of hypothermia are shivering, slurred speech, and unusual clumsiness. If you think your child has hypothermia, call 911 immediately.

SOURCE: UK ADULT HEALTH BULLETIN NOV 2022

REFERENCES: <https://www.savethechildren.org/us/charity-stories/cold-weather-tips> <https://www.childhoodpreparedness.org/post/winterpreparation-and-safety-tips-for-parents-and-children>

Nutrition Education



NEP Assistant, Elaine Burton, provided Nutrition Education for the October Diabetes Education Class with ARH.

WATCH NOW



Thanksgiving 101: Turkey

Here are some of our favorite turkey tips! From thawing to how much to buy. We have you covered. Check out these helpful tips to make sure you are prepared for the Holidays.

FRESH OR FROZEN?

Whether you go for a fresh or frozen turkey, quality is the same, and you should expect the same great flavor from either. Frozen turkey is a good option when planning ahead. A large turkey can take up to 5 days to thaw, so keep this in mind when buying a last minute turkey. A frozen turkey can be labeled as both “frozen” or “previously frozen”. Make sure you are storing your frozen turkey in a freezer until you are ready to start the thawing process. Fresh turkey will be labeled “fresh”. This means it has never been stored below 26 degrees F. Pay special attention to the sell by date, as you do not want to cook it after that date has passed, doing so could cause food borne illness. All raw turkey should be stored at 40 degrees F or below to continue to be safe to eat.

TURKEY SAFETY:

Be sure to wash your hands before and after each time you handle the raw turkey. When defrosting the turkey in the refrigerator, place it on a large tray or plate to contain any leakage. Make sure it is on the bottom shelf to ensure it does not cross contaminate other dishes.

If stuffing the turkey, wait to add the stuffing until right before you put it in the oven. Doing this the night before can increase the spread of bacteria to the stuffing.

Cook turkey (and stuffing inside) to an internal temperature of 165 degrees F. Use a meat thermometer to check for temp. Do not let your turkey or any left overs sit out for more than 2 hours after serving. Put leftovers straight into the fridge or freezer.

HOW MUCH TURKEY DO I NEED?

Allow for about 1 1/2 pounds of raw turkey per person. This will be about 10 ounces after cooking, enough for a filling meal and left overs!

Source: <https://www.planeatmove.com/blog/thanksgiving-101-turkey/>

Turkey Size	Refrigerator Thawing	Cold Water Method Thawing
4-12 pounds	1-3 days	2-6 hours
12-16 pounds	3-4 days	6-8 hours
16-20 pounds	4-5 days	8-10 hours
20-24 pounds	5-6 days	10-12 hours

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Be sure to allow for enough time when thawing a turkey in the fridge. You will need about 24 hours for each 4-5 pounds of turkey in a refrigerator set at 40 degrees F. Place the bird in a large pan to collect any juices that may drip and contaminate other foods. Use a thawed turkey within 1-2 days.

The cold water method is simply thawing the turkey in a sink of cold water, where the water is changed every 30 minutes. You should allow about 30 minutes for each pound of turkey. Be sure to use cold water and make sure the bird is wrapped securely in a leak proof bag in order to prevent cross contamination and a watery bird. Cook immediately.

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Holiday Ham Safety



Ham is available in many variations which makes it a popular meat to serve at holiday gatherings. If you are in the market to purchase a ham, you might see terms such as fresh, canned, cook before eating, fully cooked, smoked, and country written on the package. With all of these terms, it can be unclear how best to choose and prepare a ham that is safe, delicious, and something your family will enjoy. Fresh ham is an uncured leg of pork. Fresh ham is similar in flavor and appearance to fresh pork loin. Fresh ham must always be cooked. Cured ham is the addition of salt, sodium or potassium nitrate, sugars, flavorings, and other additives to the meat. Curing is used for preservation, tenderization, and color and flavor enhancement. Cured hams are usually pink in color. Fresh and cured hams can be purchased smoked. This process allows the ham to absorb the smokiness from smoldering fires. This adds additional flavor and color to the meat. Smoked hams can come either cooked or cook-before-eating. Fully cooked hams can be eaten cold, right out of the package. Fully cooked hams are available in whole or halves, or vacuumed packaged. Spiral-cut ham is an example of a cooked ham that is safe to eat cold. In fact, reheating spiral cut hams can cause the meat to dry out and the glaze to run off the meat, so if reheating be sure to cover with heavy aluminum foil. If desired, all fully cooked hams can be heated to 140 degrees Fahrenheit before serving.

Hams that must be cooked will bear noticeable cooking instructions and safe-handling instructions on the package. Cook-before-eating hams must be cooked to at least 145 degrees Fahrenheit as measured with a food thermometer. Allow the ham to rest at least three minutes before carving. For personal preference reasons, some consumers might choose to cook meat to higher temperatures.

As a guideline, use this table for approximate cooking times:

Cook-Before-Eating Hams	Weight	Approximate Cooking Time Per Pound
Whole Ham, Bone-In	10 to 14 pounds	18 to 20 minutes
Half Ham, Bone-In	5 to 7 pounds	22 to 25 minutes
Shank or Butt Portion, Bone-In	3 to 4 pounds	35 to 40 minutes
Whole Fresh Ham Leg, Bone-In	12 to 16 pounds	22 to 26 minutes
Half Fresh Ham Leg, Bone-In	5 to 8 pounds	35 to 40 minutes
Whole Fresh Ham Leg, Boneless	10 to 14 pounds	24 to 28 minutes

Country hams can be soaked in water in the refrigerator for 4 to 12 hours or longer to reduce the salt content before cooking. Cook country hams by boiling 20 to 25 minutes per pound. Then, drain, glaze and brown in the oven at 400 degrees Fahrenheit for 15 minutes.

Hopefully, this information has carved up the facts on ham and made it easier to understand how to choose and prepare a type that is right for your family. For more information, contact your County Extension Office.

As a guideline, use this table for approximate cooking times:

Fully Cooked Hams	Weight	Approximate Cooking Time Per Pound
Whole Ham, Bone-In	10 to 14 pounds	15 to 18 minutes
Half Ham, Bone-In	5 to 7 pounds	18 to 24 minutes
Canned, Boneless	3 to 10 pounds	15 to 20 minutes
Vacuum Packed, Boneless	6 to 12 pounds	10 to 15 minutes
Spiral Ham	7 to 9 pounds	10 to 18 minutes

Source: Brooke Jenkins-Howard, Extension Specialist
Reference: United States Department of Agriculture, Food Safety and Inspection Service. Ham and food safety. Retrieved from https://www.fsis.usda.gov/wps/wcm/connect/d1df4c79-ad2b-4dd4-a802-ed78cd14409d/Ham_and_Food_Safety.pdf?MOD=AJPERES.

NOVEMBER / DECEMBER 2024

HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative
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This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Savor the flavor

The holidays are a time to enjoy meals and events with family and friends. It's easy to rush from meal to meal without taking time to enjoy the food with all your senses. Eating mindfully means that you use all your physical and emotional senses to experience and enjoy the food choices you make.

To start, plan on sitting down for your meal without distractions.

- Turn off the TV, and remove any phones or gadgets from the table.
- Set the table.
- Make a MyPlate meal. Fill half of the plate with vegetables and fruits. Choose foods that are appealing to your eyes, as well as your mouth. Add a portion of lean protein, low-fat dairy, and whole grains. Include fruit in the meal or as a dessert.
- Take small bites and feel and smell the texture, flavor, and scent of your food. Chew your food slowly.
- Put your silverware down between bites and take time to enjoy the taste of the food and those around the table.

Adapted from Making Healthy Lifestyle Choices: Mindful Eating — Enjoy Your Food with All Your Senses-FCS3-561FG



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PARENT CORNER

Make food to make memories

The holidays are filled with food and memories. We often think of a specific dish we ate as a child when we think of certain holidays. We can bring our family closer together by cooking together. Kids can learn a lot in the kitchen, and the holidays are a great time to include them. Not only will kids learn about cooking, they might even learn about family traditions!

Even though the holidays are a busy time of year, take time to include kids in the kitchen. Use the tips below to include kids of all ages:

Ages 2-3:

- Let them observe and explain what you are doing in the kitchen to help them learn terms like whisk, stir, coat, etc.
- Let them imitate what you are doing without ingredients. For example, if you are stirring ingredients together, let them make the same motion with a wooden spoon and empty bowl.

If your child is capable of tasks like stirring, allow them to help you stir the ingredients. Have kids hand you the ingredients you need.

Ages 4-6:

- Read recipes to kids.
- Allow kids to help you gather ingredients for a recipe.
- Include them in measuring ingredients. Let them pour measured ingredients into a bowl.
- Allow them to stir foods that are not on the stovetop.
- Let kids press “start” on a timer.
- Let kids help you dry dishes.

Ages 7 and up:

- Let kids help with cutting foods. For younger kids, use a butter knife to cut soft foods like a banana. For older kids, let them chop zucchini or cucumbers. Watch videos on PlanEatMove.com for guides on how to chop certain foods.
- Let kids read recipes out loud to you.
- Let kids measure ingredients.
- Teach them how to use a can opener and allow them to try it if they are capable.
- Let them help you with food prepared on a stovetop if they are old enough.

Source: Jeannie Najor, MS, RD

FOOD FACTS

Let's talk turkey safety

Turkey takes center stage at many of our holiday meals. Cook and prepare it the right way. You don't want any of your guests to get sick from a food-borne illness.

Both fresh and frozen turkey are tasty. But if you plan to buy a pre-stuffed turkey, make sure it is frozen. Check for the seal that states it was checked by either USDA or a state department of agriculture.

You can safely thaw turkey in the refrigerator or cold water. Thaw in the microwave only if you cook the turkey right away after thawing. You can safely cook a frozen turkey, but it will need to cook at least 50% longer than a thawed one.

Once you are ready to cook your turkey, set the oven temperature no lower than 325 degrees F and place it on a rack in a shallow roasting pan. You can add one-half cup of water to the bottom of the pan to keep the turkey moist. Cook the turkey to 165 degrees F. In another dish, cook the stuffing. You want to make sure both the turkey and the dressing reach 165 degrees F.

Measure the temperature of the turkey with a food thermometer, even if the turkey has a pop-up thermometer. Check the temperature in the thickest part of the breast, the deepest part of the thigh, and the deepest part of the wing. Make sure it reads 165 degrees F at each place.

Store leftovers within two hours after the meal and eat within three to four days. Frozen leftovers will keep for two to six months. When reheating leftovers, make sure the internal temperature of the food is at least 165 degrees F.

More food safety tips and information on preparing turkey, visit PlanEatMove.com or reach out to your local Extension office.

Source: Annhall Norris, UK Extension specialist



BASIC BUDGET BITES

Money-saving tips for protein foods

There are many ways to cut the cost of meat, poultry, and fish:

- Try buying the family size or value pack, and freeze what you don't use.
- The less tender cuts of beef (round, chuck, and shoulder) cost less. Marinate, braise, or stew to make them more tender.
- Dry beans are a great low-cost, plant-based source of protein. Replace some or all of the meat in a recipe with beans to help stretch your protein dollar.
- Eggs are a source of high-quality protein and many other nutrients. Not only are eggs great for breakfast but they make a quick and tasty lunch or dinner.
- Seafood doesn't have to be costly. Try buying canned tuna, salmon, or sardines — they store well and are a low-cost choice.

Adapted from University of Nebraska-Lincoln (<https://food.unl.edu/article/nutrition-education-program/making-most-your-protein-dollars>)

RECIPE

Herb Roasted Turkey

- 1 (10 to 12) pound turkey
 - 2 tablespoons dried herbs (try any combination of parsley, sage, rosemary, thyme, basil, etc.)
 - 2 tablespoons olive oil
 - 1 teaspoon ground pepper
 - 1/2 teaspoon salt
 - 2 celery ribs, washed and cut into pieces 2 or 3 inches long
 - 1 large onion, washed, peeled, and quartered
 - 3 cups water
1. Thaw turkey completely. The USDA recommends thawing turkey in the refrigerator. This is the safest method because the turkey will thaw at a consistent, safe temperature. This method takes some time, so allow one day for each 4 to 5 pounds of weight. If the turkey weighs 12 pounds, it will take about three days to thaw. It is not safe to thaw turkey at room temperature.
 2. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw turkey.
 3. Move the oven rack to a low position so the turkey will fit. Preheat oven to 450 degrees F. Cooking at a high heat will crisp turkey skin and help keep the juices in the meat.
 4. Remove the turkey neck and packet of giblets from inside the turkey cavity. Use these parts in other recipes or discard.
 5. Twist wing tips up toward turkey neck opening and tuck them under the back of turkey. This will help the turkey stay flat during cooking.
 6. Pat the turkey dry with paper towels and place it on a rack in a large roasting pan.
 7. Combine dried herbs, olive oil, pepper, and salt in a small bowl. Stir to combine. Spread the mixture all over the turkey.
 8. Place celery and onion inside the turkey cavities. This adds flavor while the turkey cooks.
 9. Pour 3 cups of hot water into the pan.
 10. Place the turkey and pan in the preheated oven. Roast uncovered for 45 minutes or until the skin is golden brown.
 11. Carefully remove the turkey from oven.
 12. Use 2 layers of foil to tightly cover the entire turkey. Use oven mitts to prevent burning your hands as you press foil around the turkey.
 13. Return turkey to the oven. Continue roasting for 1 1/2 to 2 hours more.
 14. Insert a thermometer into the thickest part of the thigh without touching the bone. The turkey is done when it reaches an internal temperature of 165 degrees F.
 15. Remove the turkey from oven. Let it stand for 30 minutes, covered, before serving. Letting the meat stand, or rest, for a few minutes after removing it from the oven makes the meat juicier.
 16. Use a sharp knife to cut the meat off the bone.
 17. Refrigerate or freeze leftovers within 2 hours.
- Number of servings: 15
Serving size: 4 ounces
- Nutrition facts per serving: 120 calories; 6 g total fat; 1 g saturated fat; 0 g trans fat; 75 mg cholesterol; 260 mg sodium; 5 g total carbohydrate; 0 g fiber; 2 g sugar; 0 g added sugar; 13 g protein; 40% Daily Value vitamin D; 10% Daily Value calcium; 10% Daily Value iron; 6% Daily Value potassium
- Source: Kentucky Nutrition Education Program (www.planeatmove.com)

COOKING WITH KIDS

Pancake Art

- 1 1/2 cups whole-wheat flour
- 2 tablespoons light brown sugar
- 2 teaspoons baking powder
- 1 1/2 cups skim milk
- 1 large egg
- 1 teaspoon vanilla
- 2 mashed bananas
- Cooking spray



1. In a large mixing bowl, whisk together the flour, brown sugar, and baking powder.
2. Make a well in the center of the dry ingredients. Add milk, egg, and vanilla. Whisk the liquid ingredients.
3. Incorporate the dry ingredients until well combined. Fold in mashed bananas.
4. Heat a large skillet over medium heat.
5. Spray pan with cooking spray. Ladle about 1/4 cup of pancake batter onto heated skillet.
6. Cook until batter starts to bubble at the top and the bottom is evenly browned. Flip and continue cooking until lightly browned.
7. Serve with maple syrup or fruit, if desired.
8. Garnish with assorted fruit to create fun faces, if desired.
9. Store leftovers in the refrigerator. Reheat in the toaster or microwave.

Makes 8 servings

Serving size: 1 pancake

Nutrition facts per serving: 140 calories; 1.5 g fat; 0 g saturated fat; 0 g trans fat; 25 mg cholesterol; 170 mg sodium; 29 g total carbohydrate; 3 g dietary fiber; 9 g total sugars; 3 g added sugars; 6 g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

Source: Eat Smart to Play Hard; Jeannie Najor, Nutrition Extension Specialist, University of Kentucky Cooperative Extension Service

LOCAL EVENTS

Johnson County

If you are interested in nutrition classes, contact your Extension office.

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NOVEMBER 2024

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THIS MONTH'S TOPIC: BUDGET FRIENDLY TIPS FOR PET OWNERS

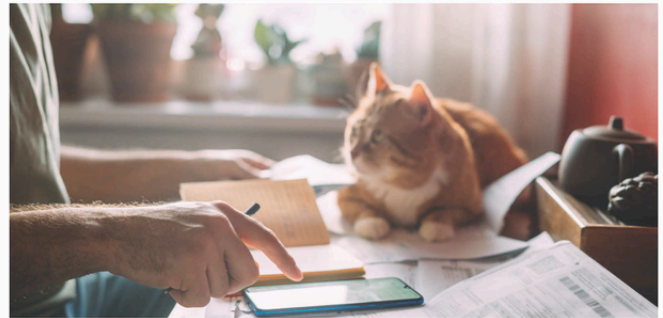
Choosing to care for a pet is a big financial decision because a family pet will be part of your life for many years. Between the initial cost of the pet, one-time purchases, and ongoing expenses, like food and veterinary bills, the costs of pet ownership can really add up. As a pet owner, there are many financial decisions that you will make throughout your pet's lifetime, including food, vet bills, housing, and grooming. Below are four cost-saving strategies that can make pet care more affordable.

DO IT YOURSELF (DIY)

Grooming costs that include baths, haircuts, and nail trims can range between \$30 and \$90 per session. The price of grooming can fluctuate depending on the breed of animal and how often it must be done. Do-It-Yourself (DIY) skills can help save money on these expenses. Watch online video tutorials to learn how to brush your pet's teeth, or buy the tools needed to groom your pet at home.

SALES AND SECOND-HAND

Compare costs at different stores for food and other pet essentials (e.g., toys, crates, collars, leashes) to make sure you're getting the best deals. Avoid or limit buying items that are full-priced or nonessential. Buying pet accessories second-hand or borrowing items (e.g., pens,



crates, kennels) can also keep costs down. Search free- and for-sale groups online or in your neighborhood, and wash or sanitize items before use. Consider items you may already have that you could repurpose for a pet.

DISCOUNT DAYS

Be on the lookout for promotions at your local vet, pet store, or rescue organization. Note sales and coupons in weekly savings circulars or emails, and make purchases when items are on sale. Discount days can provide additional cost savings on initial pet expenses, vaccination costs, grooming, and spay or neuter services.

Most pet owners consider their pets to be a part of the family, which means you should also include them in the family's budget. This means developing a spending plan that incorporates recurring pet costs and saving for unexpected pet expenses.

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HAVING A PET COMES WITH THE RESPONSIBILITY TO PROVIDE CARE FOR MANY YEARS



Whether you're a new pet owner or already have a beloved furry companion, family pets offer responsibilities for the family to tackle together. Below are examples of pet care activities from the Consumer Financial Protection Bureau that can teach planning and decision-making skills to children and youths.

- **Ages 3-5: Goal Setting.** Practice financial goal setting to save for a special treat or toy for the pet.
- **Ages 6-12: Building Values.** Oversee putting the pet's food down at the same time as the family's meal.
- **Age 13+: Comparison Shopping.** Compare prices at different stores to find deals on food, treats, and toys

LIFETIME COMMITMENT

Having a pet comes with the responsibility to provide care for many years, including during inconvenient times. For example, when you move, pets can affect your housing options. Property managers may have animal breed restrictions, require pet deposits up front, or a monthly pet rent that can add to the overall expense of pet ownership. Create a plan for who will care for the pet when you're out of town, when you move, or are no longer able to care for them yourself.

REFERENCES:

<https://www.consumerfinance.gov/consumer-tools/money-as-you-grow/talking-about-financial-decisions/getting-pet/>

<https://www.travel.dod.mil/Support/ALL-FAQs/Article/3624131/pet-transportation-allowance/>

Military Family Spotlight

Military families have additional financial considerations for pet ownership. The Pet Transportation Allowance reimburses military families for costs incurred during a permanent change of station move (e.g., reimbursement of \$550 for one pet moved within the continental U.S. and \$2,000 for military relocations outside the continental U.S.). Visit the Office of Financial Readiness (<https://finred.usalearning.gov/Trending/Blog/PetCosts>) for a list of expenses eligible for reimbursement.

Written by: Kristen Jowers | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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ADULT

HEALTH BULLETIN



NOVEMBER 2024

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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

KNOW YOUR DIABETES RISKS



More than 1 in 3 adults in the United States have prediabetes — and many may not even know it. National Diabetes Month, in November, is a time to raise awareness about diabetes as a health concern and encourage people to take charge of their health.

Diabetes is a long-lasting, or chronic, disease that affects how your body turns the food you eat into energy. Your body breaks down most of the food you eat into sugar, or glucose. The increase in sugar tells your pancreas to release insulin. Insulin is needed for the cells in your body to be able to use the sugar as energy. If you have diabetes, your body doesn't make enough insulin or can't use it as well as it should. Then, too much sugar stays in your bloodstream instead of becoming energy and being used. Over time, the build-up of sugar in your blood can cause serious health problems like heart disease, kidney damage, and vision loss.

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There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices.

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There are many potential risk factors for diabetes. For type 1 diabetes, the most common risk factors are family history of diabetes and age. Type 1 diabetes doesn't usually happen because of lifestyle factors, but instead is associated with an immune system response that most often occurs in young children or teens. For type 2 diabetes, the following are common risk factors:

- Overweight or obesity
- 45 or older
- A parent or sibling with type 2 diabetes
- Physically active less than three times a week
- Have non-alcoholic fatty liver disease (NAFLD), now called metabolic dysfunction-associated steatotic liver disease (MASLD)
- Had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds

There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices. That is why it is so important to know the signs and risk factors and to receive a diagnosis and treatment plan quickly. You can't change some risk factors like age and family medical history. However, there

are some things you can do to reduce your risk of prediabetes, type 2 diabetes, or gestational diabetes. Some behavior changes to lower your risk include:

- Increasing physical activity,
- Eating a healthy diet, and
- Losing weight if you are overweight.

Small, gradual changes can make a big difference in lowering your risk of prediabetes, type 2 diabetes, or gestational diabetes, and improving your overall health and wellness. It's never too late or too early to get started.

If you have been diagnosed with prediabetes or believe you have multiple risk factors listed above, talk with your doctor about what you should be doing to decrease your risk of developing diabetes and increase your overall health.

REFERENCE:

<https://www.cdc.gov/diabetes/about>

**ADULT
HEALTH BULLETIN**

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Adobe Stock





Johnson County

Oil Springs Club will meet on Dec. 6th at Bob Evans at 11:45 AM. Please bring an unwrapped \$5 - \$10 toy. Contact Cindy Blair with any questions.

Community Club, be sure to check in with Jonathan for information regarding Dec. meeting.



Johnson County Quilt Guild meets every second Monday of the month at the Johnson County Extension Office beginning at 10 AM.

Johnson County Extension Homemakers have been hard at work. They wrapped up the Makers' Market season at The Stafford House during The Kentucky Apple Festival. Through this market, they welcomed numerous new members and allowed for local artisans to showcase their work to the community.

EST. 1936
JOHNSON COUNTY

JOIN US FOR A

\$10
PER PERSON

MERRY

CHRISTMAS

PARTY

10 DECEMBER

LET'S CELEBRATE!

FROM 10AM-2PM

| SILENT AUCTION | GAMES | ACTIVITIES |

TURKEY, ROAST BEEF, GREEN BEANS, MASHED POTATOES, FRESH SALAD, ALONG WITH DRINKS & DESSERTS.

US 23 COUNTRY MUSIC HIGHWAY MUSEUM
120 STAVE BRANCH ROAD, STAFFORDSVILLE, KY

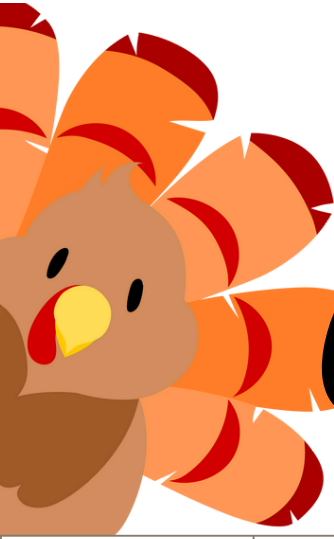
PLEASE MAKE CHECKS PAYABLE TO THE JOHNSON COUNTY EXTENSION HOMEMAKERS. PAYMENTS CAN BE SUBMITTED AT THE JOHNSON COUNTY EXTENSION OFFICE.



JCEHA Presents the 42nd Annual Holiday Happenings: Indoor Craft Show



JCEHA reached nearly 750 participants during the 42nd annual Holiday Happenings Indoor Craft Show! With over 40 vendors, people from all over the tri-state area visited Paintsville to enjoy this event. Our FCS team here at the office joined in on Saturday for a fun, healthy Breakfast with Santa! Big thanks to the Holiday Happenings Planning Committee for all of their hard work this year!



November

SUN	MON	TUE	WED	THU	FRI	SAT
					1 42nd Annual Holiday Happenings Ramada Inn Conference Center	2
3	4	5 Oil Springs Club 1 PM @ Oil Spring Community Church  Office Closed * Election Day	6	7 BBBC Laundry Love Zoom 7 - 8 PM	8 H.H. Planning Committee Meeting @ 3:15	9
10 Daylight Saving Time Ends	11 Quilt Guild Club 10 AM - 4 PM Veterans Day	12	13 Embroidery Club 1 - 4 PM	14	15	16
17	18 Community Club @ Extension Office 6 - 8 PM	19	20 NEA Meeting 10 AM @ Lawrence Co Extension Office High Risers Meeting @ Bristlebuck Manor 1 PM	21	22	23
24 	25	26	27	28  Office Closed Thanksgiving Day	29 Office Closed	30

*Requires Pre-Registration



SUN	MON	TUE	WED	THU	FRI	SAT
1 	2	3 Oil Springs Homemaker Meeting 11:45 AM @ Bob Evans	4	5	6	7
8	9 Quilt Guild 10 AM - 4 PM @ Extension Office	10 JCEHA County Annual Holiday Dinner @ CMHM 10 AM - 2 PM	11 Embroidery Club 1 - 4 PM	12	13	14
15	16 Community Club 6 - 8 PM @ Extension Office	17	18 Highrisers Homemaker Meeting 1 - 3 PM	19	20	21 First Day of Winter
22	23	24	25 Office Closed Christmas Day Hanukkah Begins	26 Office Closed Kwanzaa Begins	27 Office Closed	28
29	30 Office Closed	31 Office Closed New Year's Eve	1 2025 Office Closed New Year's Day	2 Office Closed	3	4

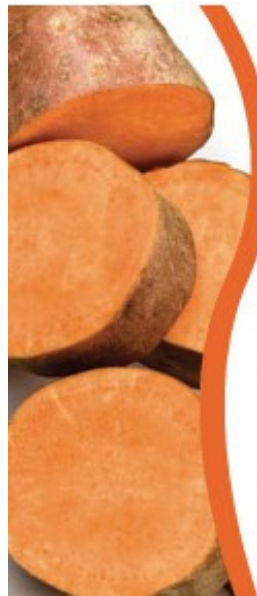
*Pre - Registration Required

Johnson County

826 F. M. Stafford Avenue

Paintsville, KY 41240

RETURN SERVICE REQUESTED



Sweet Potato Crisp

3 large fresh sweet potatoes, cooked until tender.
8 ounces reduced fat cream cheese, softened
1 cup brown sugar, divided

1 teaspoon vanilla
1 tablespoon ground cinnamon
2 medium apples, chopped

½ cup all-purpose flour
¾ cup quick cooking oats
3 tablespoons butter
¼ cup chopped pecans

- 1. Preheat** oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
- 2. Mash** sweet potatoes. Add cream cheese, ¾ cup brown sugar, vanilla and cinnamon. Mix until smooth.
- 3. Spread** sweet potato mixture evenly into pan.
- 4. Top** sweet potatoes

- with chopped apples.
- 5. In** a small bowl, combine flour, oats, and ¾ cup brown sugar. Cut in butter until mixture resembles coarse crumbles. Stir in pecans.
- 6. Sprinkle** mixture over apples.
- 7. Bake** uncovered for 35-40 minutes or until

topping is golden brown and fruit is tender.

Yield: 16, ¾ cup servings.

Nutritional Analysis:
240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.



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

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