

JOHNSON COUNTY

UK Cooperative Extension Service

FAMILY AND CONSUMER SCIENCES

JANUARY// FEBRUARY 2025

Inside This Issue:

- CDC Winter Weather Information/Activities
- Health Bulletins
- Healthy Choices
- Money Wi\$e
- Homemaker Spotlight
- January and February Calendars



Macey A. Stewart

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Johnson County Extension Service
826 F.M. Stafford Avenue
Paintsville, KY 41240
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DID YOU KNOW?

“Exercising outside has the added benefit of regulating sleep-wake cycles.”

Source: January 2025 Adult Health Bulletin

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Disabilities accommodated with prior notification.

IS YOUR VEHICLE WINTER READY?



Make sure your car is ready for winter weather.

Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every fall, do the following:

- Have the radiator system serviced or check the antifreeze level yourself with an antifreeze tester. Add antifreeze as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Make sure the tires on your car have adequate tread and air pressure. Replace any worn tires and fill low tires with air to the proper pressure recommended for your car (typically between 30-35 psi).
- Keep the gas tank near full to help avoid ice in the tank and fuel lines.
- Keep your car in good working order. Be sure to check the following: heater, defroster, brakes, brake fluid, ignition, emergency flashers, exhaust, oil, and battery.

Create an emergency car kit.

It is best to avoid traveling, but if travel is necessary, keep the following in your car:

- Cell phone, portable charger, and extra batteries
- Items to stay warm such as extra hats, coats, mittens, and blankets
- Windshield scraper
- Shovel
- Battery-powered radio with extra batteries
- Flashlight with extra batteries
- Water and snack food
- First aid kit with any necessary medications and a pocket knife
- Tow chains or rope
- Tire chains
- Canned compressed air with sealant for emergency tire repair
- Cat litter or sand to help tires get traction, or road salt to melt ice
- Booster cables with fully charged battery or jumper cables
- Hazard or other reflectors
- Bright colored flag or help signs, emergency distress flag, and/or emergency flares
- Road maps
- Waterproof matches and a can to melt snow for water

Source: <https://www.cdc.gov/winterweather/safety/index.html>

READY WRIGLEY PREPARES FOR



WINTER WEATHER



NAME : _____

Note to Parents, Guardians, and Teachers

The Centers for Disease Control and Prevention has created Ready Wrigley to provide young children, parents, guardians, and teachers with tips, activities, and a story to help the whole family prepare for emergencies. Together with your child, join Wrigley as she helps her family prepare for emergencies by staying informed, packing emergency kits, and making a family communication plan. The activity book is designed to provide an interactive tool to further your child's education and promote disaster preparedness in your community. We hope you will encourage its use in your schools, communities, and families to help children learn the importance of being prepared.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention





Before it gets too cold, Wrigley and her family talk about what to do and who to call in an emergency.


Fill out a plan with your family to have in an emergency.

Cut Here

MY FAMILY COMMUNICATION PLAN


 My Name: _____


 My Address: _____


 Telephone Number: _____

 Meeting Place: _____

Family Information 

 Work Number: _____

 Cell Number: _____

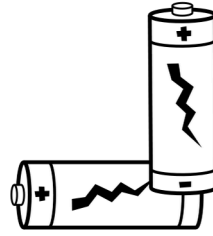
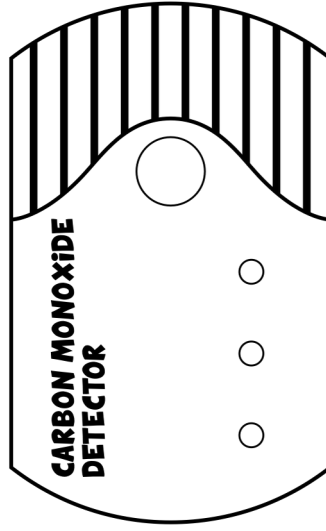
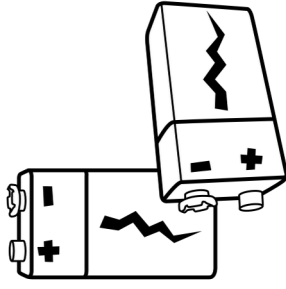
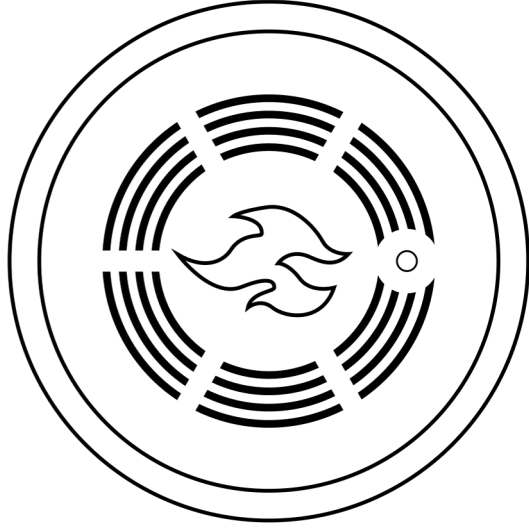
 Email: _____

 Neighbor/Relative name and number: _____

 Out of town contact name and number: _____

Always remember to dial 911 in emergencies.

Wrigley and her family check to make sure their smoke detectors and carbon monoxide detectors work and have new batteries.



Carbon monoxide detectors can alert you to dangerous gas in the house. If the carbon monoxide alarm sounds, move outside to get fresh air and call for help from there.

Laugh and Learn

Please call the extension office
at 606-789-8108 to register!



January 2025
Topic: The Jungle

WHAT:
A one hour playdate for children
ages 2.5 - 5 that will target
school readiness standards. Each lesson
includes a healthy snack, book, craft,
music activity, and free play.

WHEN:
January 14, 2025
10 A.M. - 11 A.M.

WHERE:
Johnson County Extension Office
826 F.M. Stafford Avenue
Paintsville, KY 41240
606-789-8108



UK Cooperative
Extension Service

LEADER LESSONS

WHAT:
A day full of learning for our JCEHA Leaders!
Lessons taught: Understanding Suicide,
Addiction 101, and Pathways to Health. Lunch
will be provided, please call the office to
register by January 3rd, 2025.

WHEN:
January 7th, 2025
9 A.M. - 1:30 P.M.

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UK Cooperative
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In the Face of DISASTER

In The Face of Disaster Lunch will be provided! Please call the office at 789-8108 with any questions.

Thursday, Jan. 9; Feb. 13, March 13; April 17 at 11:00 AM
826 F.M. Stafford Avenue Paintsville, KY 41240

- A four-part series program to help prepare your family for Nature's unexpected disasters.
- Highlights:**
- Protecting Your Family and Home
 - Food and Water Safety
 - Family Finance and Resource Management
 - Caring for Aging and At-Risk Populations
 - Navigating Trauma

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Please call the office with
any questions about
upcoming programs!

UK Martin-Gatton
College of Agriculture,
Food and Environment

Cook Together, Eat Together

Putting Your Slow Cooker to Work

Wednesday, January 22 at 4:00 PM
Johnson County Public Library

"If you want to bring your family together, the kitchen is a good place to start. Cooking and eating together is a great way to build family closeness. But when budgets are tight, it is a challenge to put a meal on the table." - Cook Together, Eat Together

Join FCS Agent, Macey Stewart, as she teaches the basics of learning how to put your slow cooker to work for your family.

- Highlights:**
- Recipe Sampling
 - Tips for incorporating your kids into the prep work.
 - Activities for family time around the table at dinner.
 - How to utilize leftovers.

YOUTH

HEALTH BULLETIN



JANUARY 2025

Johnson County
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Paintsville, KY
41240
(606) 789-8108

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

THIS MONTH'S TOPIC

DON'T LET THE COLD KEEP YOU IN

There is so much fun to have playing outdoors, even in the cold! If you are dressed for the weather, there is no reason to let wintertime end your outdoor fun. There are some games and activities that are more fun, or only possible, in the winter.

Dress for the weather

If it is wet, wear:

- rain boots,
- rain jacket and pants, or rain suit.

If it is cold, wear:

- layers of tops and bottoms to stay warm,
- a coat,



Continued on the next page →



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→ Continued from the previous page

- hat,
- gloves,
- socks,
- shoes like sneakers or boots.

If it is snowy, or both wet and cold, wear outer layers to keep you dry and inner layers to keep you warm. A snowsuit or coveralls may be helpful.

Looking for some fun ways to play outside this winter? Try these!

Igloo building: Frozen fun in low temperature.

- **You'll need:** Clean plastic containers (food-storage tubs like cottage cheese, yogurt, etc.)
- **What to do:** When it is below 32 degrees, fill the containers with water and set them outside to freeze. When they are frozen solid, peel away the cartons or dip the plastic containers in warm water to free the ice block. While wearing mittens or gloves to protect from the cold ice, stack and build with the ice blocks to form buildings or other desired shapes.

Snow olympics: Gather your siblings and friends for some cold competitions.

- **Long Jump:** Draw a starting line in the snow. Everyone stands at the starting line and jumps as far as they can. Compare footprints to see who jumped the farthest.



- **Snowball Throw:** Everyone forms their own snowball and stands at a starting line to see how far they can throw their snowballs.
- **Snow Pile Hurdles:** Make piles of snow in a line, with spaces in between. Everyone will run through the area jumping over the piles as they come to them. You can do this as a race or a timed event and compare times.

Snow pies: Create a natural masterpiece for outdoor creatures to enjoy.

- **You'll need:** Clean aluminum pie pans or some sort of flat round container for each person, sandbox toys like small shovels or scoops, and natural materials like sticks, leaves, berries, nuts, pine cones or birdseed.
- **What to do:** Use sand toys to create your own nature snow pies in the aluminum pie plate or other container. Decorate or layer snow with natural materials to make a masterpiece. Leave your pie out for wild creatures such as squirrels or birds to enjoy, as well!

REFERENCE:

<https://extension.psu.edu/programs/betterkidcare/content-areas/environment-curriculum/activities/all-activities/outdoor-play-on-winter-days>



YOUTH HEALTH BULLETIN

Written by:

Katherine Jury, MS

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Cartoon illustrations by:

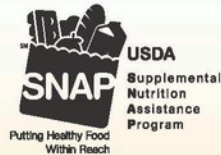
Chris Ware (© University of Kentucky School of Human Environmental Sciences)



JANUARY / FEBRUARY 2025

HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative
Extension Service



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



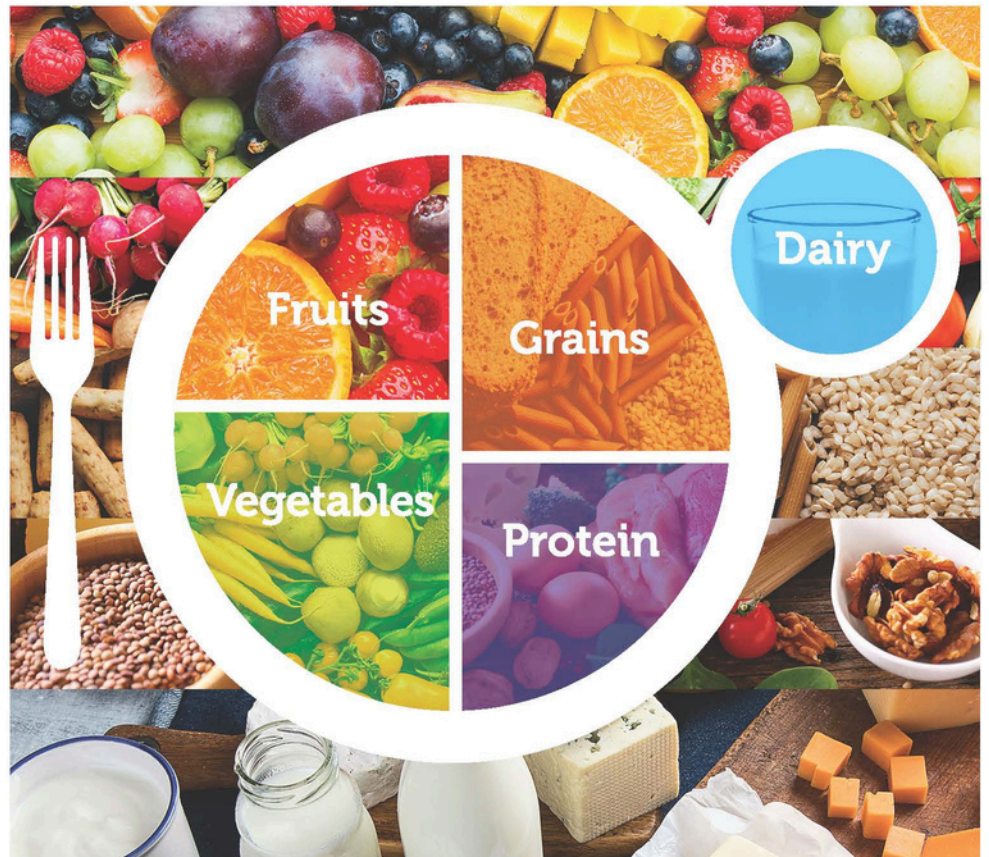
This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Start off the new year with MyPlate

Kick the new year off by making it a point to include MyPlate meals in your day. MyPlate helps you to choose many foods throughout the day and throughout the week. It shows what and how much to eat from each of the food groups over the course of the day, whether you eat on a plate, from a bowl, or another way. Start with the tips below.

- **Focus on whole fruits.** Fresh, frozen, canned, or dried fruits are in this group. At least half that you eat should come from whole fruit, instead of 100% fruit juice.
- **Vary your veggies.** Veggies can be raw or cooked and can be fresh, frozen, canned, or dried.
- **Vary your protein routine.** Protein foods include all foods made from seafood; meat, poultry, and eggs; beans, peas, and lentils; and nuts,

CONTINUED ON PAGE 2



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BASIC BUDGET BITES

Canned and frozen fruits and veggies

During the winter months, fresh fruits and veggies are often harder to find, pricier, and not as flavorful. Frozen and canned choices are often cheaper and more flavorful since they are picked at peak ripeness. Research has found that canned fruits and vegetables are just as healthy as fresh options.

One study found that canned fruits and vegetables can stretch food budgets. Canned foods cost up to 50% less than frozen and 20% less than fresh. Canned foods are also less likely to be wasted. Whether it's fresh, canned, or frozen, be sure to have fruits and veggies in most of your meals.

Source: Adapted from <https://winnebago.extension.wisc.edu/2018/12/26/canned-fruits-and-vegetables-are-a-good-choice>

CONTINUED FROM PAGE 1

seeds, and soy products. Try to eat many kinds of lean proteins.

- **Make half your grains whole grains.** Foods made from wheat, rice, oats, cornmeal, barley, or other cereal grains is a grain product. Bread, pasta, breakfast cereals, grits, tortillas, and popcorn are all in this group.
- **Move to low-fat or fat-free dairy** milk, yogurt, and cheese (or lactose-free dairy or fortified soy versions).
- **Drink and eat less sodium, saturated fat, and added sugars.** Cook at home more often to limit added sugars, saturated fat, and sodium. Read the ingredients lists and use Nutrition Facts labels to compare foods.

Source: Adapted from MyPlate.gov

For more information, visit [MyPlate.gov](https://www.MyPlate.gov)



PARENT CORNER

Be a role model

Did you know that children are more likely to try new foods and eat healthy foods if they see their caregivers doing the same? Next time you want your child to try a new vegetable, do it with them or offer something they often see you eating.

FOOD FACTS

Black-eyed peas

Black-eyed peas are often eaten on New Year's Day to bring good luck with the new year. They also happen to be packed with fiber, which helps lower cholesterol and keeps you regular.

Choose dried beans or beans canned with low or no sodium. Select dried beans that are dry, firm, clean, uniform in color, and not shriveled.

Source: <https://fruitsandveggies.org/fruits-and-veggies/black-eyed-peas-nutrition-selection-storage>

COOKING WITH KIDS

Black Bean Quesadillas

- 1 15-ounce can low-sodium black beans, rinsed and drained
- 1 cup frozen, fresh, or canned corn
- 1/2 small red onion, diced
- 1 medium green bell pepper, diced
- 1 1/2 cups shredded cheddar cheese
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 10 whole-wheat tortillas

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently clean all produce under cool running water before chopping.

3. Add the black beans, corn, onion, pepper, cheese, chili powder, and garlic powder to a medium bowl. Gently fold until everything is evenly combined.
4. Place a 1/2 cup of the filling on one side of each tortilla and fold over.
5. Heat a large nonstick skillet over medium heat. Place two quesadillas in the skillet at a time. Cook until each side is slightly browned and the cheese is melted, about 2 to 3 minutes per side.
6. Slice into triangles and enjoy! This pairs well with salsa.
7. Store leftovers in the refrigerator within 2 hours.

Recipe makes 10 servings
Serving size: 1 quesadilla

Nutrition Facts per serving: 250 calories; 8g total fat; 4.5g saturated fat; 0g trans fat; 15mg cholesterol; 310mg sodium; 35g total carbohydrate; 4g dietary fiber; 4g total sugars; 0g added sugars; 11g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium.

Source: Jean Noble, Program Coordinator II, University of Kentucky Cooperative Extension Service, Nutrition Education Program, Chop Chop Summer 2022



RECIPE

Smoky Slow-Cooker Black-Eyed Peas

- 1 medium onion, chopped
- 1/2 medium bell pepper, chopped
- 2 cloves minced garlic, or 1/2 teaspoon garlic powder
- 2 small or 1 large jalapeno pepper, ribs and seeds removed and finely chopped (optional)
- 1 pound dried black-eyed peas, sorted and rinsed
- 1 (12 ounces) package smoked turkey sausage, cubed
- 1/2 teaspoon Cajun seasoning
- 1/4 teaspoon ground black pepper, or to taste
- 2 small bay leaves
- 7 cups water

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool running water and gently scrub using a clean vegetable brush before chopping.
3. Add all ingredients to a 6-quart or larger slow cooker.
4. Cook on high for 5 hours or until peas are tender, adding more water if needed.
5. Remove bay leaves.
6. Serve over hot, cooked brown rice, if desired.
7. Refrigerate leftovers within 2 hours.

Stovetop Option: Sauté chopped vegetables in 1 tablespoon vegetable oil in a large pot over medium heat. Cook for 5 minutes or until tender. Add all remaining ingredients, increasing water to 8 cups. Bring mixture to a full boil. Reduce heat to low, cover, and cook for 1 hour or until peas are tender.

Recipe makes 12 servings
Serving size: 1 cup

Nutrition Facts per serving: 180 calories; 3g total fat; 1g saturated fat; 0g trans fat; 20mg cholesterol; 240mg sodium; 26g total carbohydrate; 4g dietary fiber; 4g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 20% Daily Value of iron; 10% Daily Value of potassium

Source: Anita Boyd, Mason County SNAP-Ed Program Assistant Senior



SMART TIPS

Percent daily value

Sometimes the Nutrition Facts label can be hard to grasp. Use this tip to make sense of the numbers on the label. Always look at the “%DV” which stands for percent daily value. It is listed on the far-right side of the label. %DV stands for the amount of a nutrient a single serving of food adds to your daily food plan.

For example, if the label says 10% DV for calcium. That means a serving of that food has 10% of the amount of calcium the average adult should get in a day.

Use %DV to determine if a serving of the food is high or low in an individual nutrient. As a general guide:

- 5% DV or less of a nutrient per serving is considered low.
- 20% DV or more of a nutrient per serving is considered high.

More often, choose foods that are:

- Higher in dietary fiber, vitamin D, calcium, iron, and potassium.
- Lower in saturated fat, sodium, and added sugars.

Source: FDA Nutrition Facts Label

LOCAL EVENTS

Johnson County

Local events

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

Johnson County Cooperative Extension Office
826 F.M. Stafford Avenue
Paintsville, KY
(606) 789 -8108

VISIT US ONLINE AT
EXTENSION.CA.UKY.EDU/COUNTY

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JANUARY 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: FORMING HEALTHY FINANCIAL HABITS

Have you ever wished you could change the way you handle money? Learn more about the science of forming habits and how you can use these strategies to improve your finances.

HOW HABITS ARE FORMED

James Clear, author of *Atomic Habits*, describes habits as behaviors that we repeat so many times they become automatic. There is a four-step process to creating a habit that forms what he calls the "habit loop." Those four steps are:

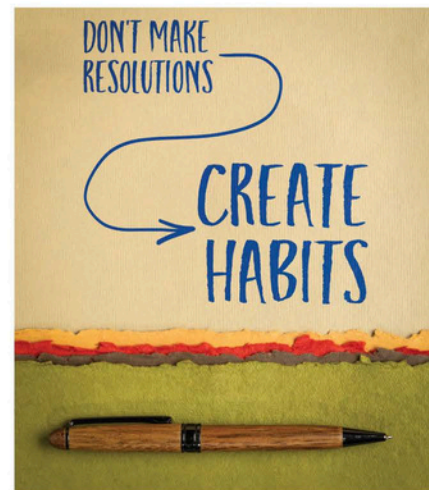
Cue → Craving → Response → Reward

The first two steps involve *responding to a problem*. The last two steps involve *arriving at a solution*. By becoming more aware of our habit loops, we can take actions to create a good habit or break a bad habit.

HABITS AND MONEY

So how do we apply this to personal finance? Think of something you want to change about your money habits. Maybe you want to reduce the number of times you eat out each week. You might accomplish this by going to the grocery store and cooking at home.

First, identify what "cues" you to eat out in the first place. The **cue** may be hunger. For example, you saw a commercial for pizza,



drove past the sign for a delicious sit-down restaurant, or it was 6 p.m. and that is your normal dinner time! The **craving** is for food. The **response** is to buy the food, and the **reward** is that you are no longer hungry.

In order to change this cycle - and the money spent on it - there are things we can do to reinforce a good habit, as well as things we can do to avoid a bad habit. The table below breaks down this dinnertime "habit loop." Namely, you want to make a new habit obvious, attractive, easy, and satisfying. Similarly, you want to make an old habit invisible, unattractive, difficult, and unsatisfying.



Cycle of Habit Loop	Form a Good Habit - <i>Make it ...</i>	Break a Bad Habit - <i>Make it ...</i>
Cue: Hunger	Obvious: Plan ahead. Place the recipe for tonight on the counter or save a picture to your phone.	Invisible: Avoid TV and internet before mealtimes if advertisements trigger you to eat out. Or go home a way that avoids restaurant temptations.
Craving: Food	Attractive: If cooking is a chore, then pair an activity you enjoy with it. Maybe call a friend or listen to music, or an audiobook or podcast.	Unattractive: Give yourself reminders of why you don't want to eat out. Put a picture of what you're saving for in your wallet to remind you not to spend.
Response: Buy food	Easy: Prepare your cooking space the night before, so when you come home from work it's a breeze to get started.	Difficult: Make visiting restaurants more of a chore. Delete apps that allow for restaurant delivery or remove phone numbers for call-ahead orders.
Reward: Full	Satisfying: Reward yourself for sticking to the plan! Prepare a small dessert to complement your meal or plan a fun after-dinner activity.	Unsatisfying: Appoint someone to hold you accountable and remind you of your commitment.

CHANGING YOUR HABIT LOOPS

Use this blank chart to note a financial habit you would like to create or change. First, decide on the habit, then identify the parts of the cycle in the first column. Finally, brainstorm ways to reinforce a good habit in the second column and/or find ways to make a bad habit less appealing in the third column.

New Habit: _____

Cycle of Habit Loop	Form a Good Habit - <i>Make it ...</i>	Break a Bad Habit - <i>Make it ...</i>
Cue:	Obvious:	Invisible:
Craving:	Attractive:	Unattractive:
Response:	Easy:	Difficult:
Reward:	Satisfying:	Unsatisfying:

REFERENCE:

Clear, James. (2018). *Atomic Habits: An Easy and Proven Way to Build Good Habits & Break Bad Ones*. Avery Press.

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

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ADULT

HEALTH BULLETIN



JANUARY 2025

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

Johnson County Extension Office
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THIS MONTH'S TOPIC

STEP INTO NATURE: WINTER EDITION



Winter can feel like a dreary time of year — it is often cold, and wet, and gets dark early. Many people struggle with winter blues. There's bleak weather and emotional letdown after the holiday season. There are many reasons people might struggle with mental health during the coldest, darkest months of the year. Weather conditions in combination with low mood can deter people from spending time outdoors. But resist the temptation to hibernate. Instead choose to go outside. It can help your body and mind.

There are many fun outdoor winter activities, from sledding in the snow to skating on ice. But simply going for a walk or taking your daily workout routine outdoors has advantages. You can take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to

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Take a stroll around the block
or spend an afternoon exploring a trail
at a local park. Exercising outdoors
can add variety to your routine
and help you feel even better.

➔ **Continued from the previous page**

your routine and help you feel even better.

Exercise in general is known to help reduce stress and promote emotional regulation. Exercising outside has the added benefit of regulating sleep-wake cycles. That can help our bodies feel ready to sleep at night and wake in the morning. Many people experience disrupted sleep cycles in winter because of prolonged darkness and fewer hours of sunlight. To reset your body's sleep-wake cycles, try spending time outside in the morning after the sun has risen or in the afternoon before the sun goes down. Limit intense physical activity and screen time in the last two hours before bed. Instead, opt for calming activities like reading, crafting, stretching, meditation, puzzles, or talking with a family member or friend.

Exposure to natural sounds like birds chirping, rustling leaves, and the blowing wind can also help lower blood pressure and reduce negative thoughts. Exercise outside in places with reduced noise pollution and access to natural sounds. This can help your brain process your emotions more easily and regulate your breathing. The Japanese practice of forest bathing, or spending quiet time in heavily wooded areas, emphasizes the importance of time immersed in nature. Those who practice regularly often have lower stress and blood pressure and more stable blood sugar levels.

If you struggle with brain fog and staying on-task in the winter months, breathing in cold, brisk air is also good for mental stimulation, concentration, and mental focus. If you spend lots of time indoors at work in the winter, take breaks outside or walk around your building to help sharpen your focus.

When exercising outdoors, always remember to dress for the weather:

- Wear layers to prevent overheating and allow for temperature regulation. Choose wicking layers closest to your body that will pull moisture away from your skin to keep you dry.
- When the air is especially cold or windy, limit your skin exposure. Keep your hands and head covered. Wear a hat, hood, or ear warmers, and gloves.
- Remember your feet. Wear warm, dry socks, and shoes or boots with good grip and traction to prevent slips or falls.

REFERENCE:

<https://www.health.harvard.edu/mind-and-mood/sour-mood-getting-you-down-get-back-to-nature>

**ADULT
HEALTH BULLETIN**

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JOHNSON COUNTY EXTENSION HOMEMAKERS ARE ALWAYS HARD AT WORK IN OUR COMMUNITY!

During this season, the JCEHA Clubs made monetary donations estimating over \$800 to local Family Resource Centers for assistance with their families during the Christmas season, donated over 100 handmade ornaments to the community through a downtown decorating initiative, a monetary donation of \$424 to the Johnson County Animal Shelter, collected and delivered pantry items for local churches to distribute, and made donations of winter weather clothing items to the Warming Center. These specific donations are a small glimpse into ongoing work that these individuals do regularly throughout the year!

If you would like to learn more about the Johnson County Extension Homemakers or to join their organizations and give back in our community, please call the Extension office at 789-8108 or on Facebook at Johnson County Extension Homemakers.



SCAN ME



2025

January

SUN	MON	TUE	WED	THU	FRI	SAT
			<p>Happy New Year 1</p>  <p>Office Closed</p>	2	3	4
					<p>Last Day to Register for Leader Lesson Day</p>	
5	6	7	8	9	10	11
		<p>Oil Springs Club 1 PM @ OSCC</p> <p>Leader Lesson Day @ Extension Office 9 AM - 1:30 PM*</p>	<p>Embroidery Club 1 - 4 PM</p>	<p>Lunch and Learn In The Face of Disaster Program @ Extension Office 11 A.M. - 1 P.M.</p>		
12	13	14	15	16	17	18
	<p>Quilt Guild Club 10 AM - 4 PM</p>	<p>Laugh and Learn @ Extension Office 10 A.M. - 12 P.M.</p>		<p>County Extension Council Meeting @ 5 P.M.</p> <p>Extension District Board Meeting @ 5:30</p>		
19	20	21	22	23	24	25
	<p>Community Club @ Extension Office 6 - 8 PM</p>		<p>High Risers Meeting @ Bristleback Manor 1 PM</p> <p>Cook Together, Eat Together: Putting Your Slow Cooker to Work @ JCPL 4 - 5 PM*</p>	<p>Cooking Through the Calendar: ARH Heart Healthy @ Extension Office 5 P.M. *</p>		
26	27	28	29	30	31	

*Requires Pre-Registration



February 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 Oil Springs Club 1 PM @ OSCC	5	6	7	8
Groundhog Day						
9	10 Quilt Guild 10 AM - 4 PM @ Extension Office	11 Homemaker Council Meeting @ 10:30 A.M.	12 Embroidery Club 1 - 4 PM	13 Lunch and Learn In The Face of Disaster Program @ Extension Office 11 A.M. - 1 P.M.	14	15
					Valentine's Day	
16	17 Community Club 6 - 8 PM @ Extension Office	18	19 High Risers Meeting @ Bristlebuck Manor 1 PM	20	21	22
	Presidents' Day					
23	24	25	26	27	28	

*Pre - Registration Required

Johnson County

826 F. M. Stafford Avenue

Paintsville, KY 41240

RETURN SERVICE REQUESTED



Cheesy Broccoli Potatoes

5 slices turkey bacon	Salt and pepper to taste
1 tablespoon olive oil	4 large potatoes, cubed
1 clove garlic, minced	2 cups fresh broccoli florets
2 tablespoons chopped chives	1 cup fat-free, shredded cheese

Preheat oven to 425° F. **Cook** bacon until crispy, crumble and set aside. **Spray** 9x13-inch baking dish with non-stick cooking spray. In a small bowl, **combine** olive oil, garlic, chives, salt and pepper; **stir** to blend. In a large bowl, **toss** together potatoes and broccoli. **Pour** olive oil blend over potato mixture; **stir** to coat. **Pour** into baking dish and **cover** with foil. **Bake** for 35 minutes or until potatoes are

tender; **remove** from oven. **Sprinkle** cheese and bacon on top and place back in oven until cheese melts.

Yield: 8, ½ cup servings.

Nutritional Analysis: 140 calories, 5 g fat, 1 g saturated fat, 20 mg cholesterol, 470 mg sodium, 15 g carbohydrate, 2 g fiber, 2 g sugar, 10 g protein.



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