



Roasting a Turkey Safely

Source: Brooke Jenkins-Howard, Extension Specialist

Turkey will be center stage in many family meals this holiday season. There are a few things to keep in mind for roasting a turkey safely.

First, always buy a turkey from a safe source. The local health department inspects grocery stores for safety. Food processors are inspected by the food manufacturing inspector. Permits and licenses are public records.

A fresh turkey should be purchased one or two days before cooking. Fresh turkey only remains safe for one to two days in the refrigerator. Frozen turkeys may be purchased weeks in advance. But be sure to store and thaw the turkey safely, using USDA guidelines. For more information on that topic, visit the USDA website: www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/poultry-preparation/turkey-basics-safe-thawing/ct_index.

To roast a turkey, the oven temperature should be set at 325 degrees Fahrenheit or higher. Place the turkey breast-side up on a rack in a shallow roasting pan and tuck the wing tips under the shoulder. Add one-half cup of water to the bottom of the roasting



pan. For a moist bird, a foil tent can be placed loosely over the turkey for the first one to one and a half hours of cooking time. The foil should then be removed so the turkey will brown. Another method is to place a foil tent over the turkey after it browns. For food safety reasons, it is best to cook stuffing in a casserole dish rather than stuffing the bird.

Use the chart below to estimate roasting times. Some turkeys have a pop-up thermometer. Even so, a food thermometer should always be used to make sure the temperature inside the turkey has reached at least 165 degrees Fahrenheit. This prevents foodborne illness. Check the temperature in the innermost part of the thigh and wing and the thickest part of the

breast. Insert the thermometer to the center of the muscle. Avoid touching bone. Allow the bird to rest 20 minutes before carving.

Refrigerate leftovers within two hours to prevent foodborne illness.

For more information about preparing a turkey safely and other food safety tips, contact the Campbell County Extension Office.

Turkey Size

4 to 8 pounds (breast)
 8 to 12 pounds
 12 to 14 pounds
 14 to 18 pounds
 18 to 20 pounds
 20 to 24 pounds

Approximate Roasting Time

1½ to 3¼ hours
 2¾ to 3 hours
 3 to 3¾ hours
 3¾ to 4¼ hours
 4¼ to 4½ hours
 4½ to 5 hours

Reference: United States Department of Agriculture, Food Safety and Inspection Service. Let's talk turkey — a consumer's guide to safely roasting a turkey. Retrieved from https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/poultry-preparation/lets-talk-turkey/ct_index



Disabilities accommodated with prior notification.





Campbell County Celebrates Homemaker Week!

KEHA Week included a painting class led by Debbie Hyson. She did a cute painting for us and provided a way for all of us to be successful no matter our skill level. Her preparation was wonderful! Needless to say, there were several unique versions from the original, but all were lovely. Thank you Debbie!



Kate Vaughn Thompson

Kate Vaughn Thompson
Campbell County Extension Agent for
Family and Consumer Sciences

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-- UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032, or

-- US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



Hello Homemakers!

The success of any organization depends upon the performance of its leaders, teams and members at large. As CC HM President, I would like to say a big "THANK YOU!" to all of you who planned and/or participated in our KEHA WEEK CELEBRATION OF HM this year! You did a wonderful job! Special "THANKS" to the following and their "crew": Mary Lou Vogel, Rosemary Harrison, Marcia Kerby, and to Debbie Hyson for leading to "get the job done." We had a very successful week of activities due to you! You're the best!

On Friday of KEHA WEEK, some members headed to Bellevue for Girl's Day Out (HM ON THE MOVE). We met at Fessler's for a tasty lunch, then enjoyed exploring new shops in Bellevue. The day was sunny and warm, and the company was fun to be with as we reminisced on items we saw in various shops. Thank you, ladies, for making it a delightful event!

Pam Fields

Lunch Bunch



November 5, 2024

Bru Burger

279 Buttermilk Pike
Ft. Mitchell, KY

Meet at extension office at 10:25 if you need a ride. Call reservations or cancellation, Marcia 859-816-8707. Please call before Monday, November 4th.

As always, please, do not show up if you did not make a reservation. Thank you for your help.

Campbell County Homemakers Cultural Arts Results

Congratulations to the following Homemakers who were awarded **Blue Ribbons at the County-Level** for their submission during the Cultural Arts event held in Campbell County on September 12th. Those items were entered in the Area Competition.

Category	Sub Category	First Name	Last Name	Item Description
01. SEWING	01b. <i>Specialty Garment APPAREL</i>	Debbi	Wilshire	Tartan Kilt
01. SEWING	01c. <i>Accessory APPAREL</i>	Patty	Meek	Makeup or 1-pd bag
01. SEWING	01d. <i>Basic HOME DÉCOR</i>	Patty	Meek	Table runner
01. SEWING	01e. <i>Specialty HOME DÉCOR</i>	Sue	Linnenkohl	Table runner
01. SEWING	09c. <i>Home Decor & Afghans</i>	Pegg	Stortz	Afghan - multi color
02. ART, 3-Dimensional	11a. <i>Pastels</i>	Pam	Fields	Gnome
02. ART, 3-Dimensional	11b. <i>Pen and Ink</i>	Pam	Fields	Poppy flower
03. ART, NATURAL	11c. <i>Pen and Ink with Oil Roughing</i>	Pam	Fields	Pumpkin & bird
03. ART, NATURAL	11e. <i>Pencil- Color</i>	Pam	Fields	Strawberry
04. ART, RECYCLED	12d. <i>Machine</i>	Karen	Hogan	Tree skirt
04. ART, RECYCLED	12k. <i>Miscellaneous</i>	Judy	Yeager	Jewelry necklace
04. ART, RECYCLED	13a. <i>Needle Method</i>	Pam	Fields	Snowman
05. BASKETRY	14a. <i>Autumn</i>	Krista	Painter	Floral arrangement
05. BASKETRY	14b. <i>Spring</i>	Marci	Kerby	Easter pillow
05. BASKETRY	14c. <i>Summer</i>	Krista	Painter	USA-floral
05. BASKETRY	14d. <i>Winter</i>	Sue	Linnenkohl	Christmas wall hanging
05. BASKETRY	19a. <i>Acrylic</i>	Pam	Fields	Snowman
06. BEADING	19c. <i>Watercolor</i>	Pam	Fields	Pumpkin
06. BEADING	22b. <i>Baby-size or Lap-size (machine</i>	Karen	Hogan	Baby quilt
06. BEADING	25a. <i>Fabric</i>	Karen	Hogan	Bird in frame
07. CERAMICS	27a. <i>Miscellaneous</i>	Pam	Fields	Picture-recycled items

Congratulations to Campbell County Homemaker Pam Fields, two of her entries were awarded **Blue Ribbons at the Area-Level** Competition and those will go on to the State Competition. We wish Pam Good Luck!

ART, NATURAL	11e. Pencil- Color	Pam	Fields	Strawberry
ART, RECYCLED	13a. Needle Method	Pam	Fields	Snowman





**Campbell County Celebrates
Homemaker Week!**

Karen Hogan, one of our talented Campbell County Homemakers, led ladies in making burlap pumpkin wreaths. They look lovely, ladies. Thank you, Karen!



Each year Extension Homemakers throughout KY celebrate our organization the second full week of October— October 13th-19th this year. Campbell County Homemakers began the week by showing appreciation to staff members at the CC Extension Office for the great work they do with our communities, and especially their support of the Homemaker Association and its programs. Shown in the picture are members who made tokens of our appreciation for each staff member.



ATTENTION Homemakers...

Medicine Bottle Collection Event Continues

The medicine bottles will be donated to Rose Garden Mission. Any medicine bottle that has the label removed can be used and must be washed and dried. Thus far, 238 bottles have been given to Rose Garden and we would also like to donate some to Matthew 25 Ministries. Bottles will be collected at club meetings or you can drop them in the collection box in the front entry of the Extension Office thru the end of February. We collected 360 bottles last year and it would be great if we could top that number this year.

Thanks in advance for your participation and help!





**Campbell County Celebrates
Homemaker Week!**



We had these great cooks participating in our Chili Cook-off during our KEHA (Ky Extension Homemakers Association) WEEK's Celebration of Campbell County (CC) Homemakers. Left to right: Judy Yeager, Rosemary Harrison, Peggy Stortz, Octavia Dales, Karen Hogan, and Glenda Hogan.

These ladies were our Chili Cook-Off winners. 1st place was a tie: Glenda made her Ky-Style Vension Chili recipe while Peggy's version was one with spicy ground beef. 2nd place went to Octavia with her Chicken Chili recipe and 3rd to Judy with a ground beef chili. All the entries were very tasty! Thank you ladies for a job well done! After the winners were announced, all the HM had a delightful time enjoying a chili lunch with all the fixin's (including yeast rolls from the morning class). YUM!



CC HM celebrated "Make A Difference Day" this year to recognize some of our county members who keep us safe in our communities. Homemade cookies made by several of our members were delivered to those who potentially risk their lives to protect us every time they report to duty. Recipients included the Highland Heights, Alexandria, Campbell County, and Ft. Thomas Police Departments and the Central, Southern, and Wilder Fire Departments. "THANK YOU!" to those who serve!





Pictured above are the current adult winners of the Homemaker scholarship offered each year by Campbell County. These ladies shared information they learned in a class offered at the Millstone Restaurant in Butler, Ky. They provided recipes and demonstrated the process of making yeast rolls for sampling to those in attendance. It was a lot of fun watching THEM having fun as they shared their talents and knowledge! What a wonderful day we had enjoying each other's company—and enjoying the yeast rolls, too! Thank you ladies!

Renew Your HOMEMAKER MEMBERSHIP *for 2025*

Homemaker Membership Dues

Whether you are a current member of a Homemaker club or a mailbox member, you can renew your membership for 2025. Complete this Membership Form.

Annual Dues is \$10.00. **Make your check payable to: County Extension Homemakers** and send the check/ money order to: **Marcia Kerby, 372 Shadow Ridge, Cold Spring, KY 41076 by December 1, 2024.** Remember

that Homemaker memberships make a great gift for holidays, birthdays, anniversaries, etc. Think of your family and friends who would benefit from joining the Homemakers!



2025 Membership Form

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____
 E-mail: _____

Membership type: New Renewal

Please indicate the Club(s) you are interested in:

Valley Crazy Quilters

Lunch Bunch Mailbox

Additional Optional Information:

Race: Asian Black Hispanic White

Native American Other: _____

Gender: Female Male

Age: 15-19 20-24 25-34 35-44

45-54 55-64 65-74 75+

Annual Membership fee: \$10.00

Make check payable to:

Campbell County Extension Homemakers Association

Yes, I would like to donate \$_____.00 to the Campbell County Homemakers Scholarship Fund.

Mail this form with payment to:

Campbell County Extension Homemakers Association
 c/o Marcia Kerby
 372 Shadow Ridge
 Cold Spring, KY 41076

q I hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

 (signature)

Treasurers use only:

Ck# _____ Amt. _____ Ext. Office _____

Holiday Turkey: To Wash or Not to Wash?

Source: Jackie Walters, MBA, RDN, Extension Specialist Senior for Nutrition Education

Recently, it has been widely reported that chicken should not be washed before it is cooked. In fact, the USDA recommends all raw poultry and meat be cooked without washing. This is because washing may spread the bacteria found in raw meat and poultry juices to other foods and kitchen surfaces. Cooking the product to the right temperature kills bacteria, so washing is not needed.



Chicken and turkey are common sources of salmonella and other bacteria. Just before Thanksgiving 2018, salmonella illness linked to raw turkey sickened 164 people in 35 states. The size of a raw turkey makes it hard to wash without splashing nearby kitchen surfaces, causing cross-contamination. The best plan for cooking a turkey safely is to clean, separate, cook, and chill as advised below:

Clean

- Wash hands with warm, soapy water for 20 seconds before and after handling food. Remove rings. Make sure to clean between fingers and under fingernails.
- Wash knives, cutting boards, dishes, countertops, and sink with hot, soapy water before and after preparing each food item.
- Make a solution of one tablespoon chlorine bleach in one gallon of water. Use this to sanitize all surfaces.
- Use paper towels to clean kitchen surfaces. If cloth towels are used, wash them often in the hot cycle of your washing machine.

Separate

- Store raw poultry on lower shelves of the refrigerator to keep it cooler. Seal well to make sure it doesn't leak onto other foods.
- If possible, use separate cutting boards for raw poultry and fresh produce.
- Never place cooked food on a plate that held raw poultry.

Cook

- Cook the turkey to an inside temperature of 165 degrees F. Use a clean food thermometer to measure the temperature of the turkey flesh. Insert the thermometer deeply into the thickest part of the turkey breast or thigh. Avoid touching bone.
- Do not stuff the turkey. Cook stuffing separately to 165 degrees F.
- Reheat leftovers to at least 165 degrees F.

Chill

- Refrigerate or freeze leftover turkey within two hours. (One hour if temperatures are above 90 degrees F.)
- Thaw a raw turkey in the refrigerator, in cold water, or in the microwave.

- Follow these simple safety guidelines, and enjoy happy and healthy holidays!

References:

United States Department of Agriculture. (2013). Washing Food: Does it Promote Food Safety? Retrieved from <https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/>

washing-food-does-it-promote-food-safety/washing-food. Accessed Aug. 22, 2019.

Sun, L. H. (2018). Salmonella contamination in turkey is widespread and unidentified as Thanksgiving approaches. Retrieved from <https://www.washingtonpost.com/health/2018/11/16/health-officials-cant-find-source-turkey-salmonella-outbreak-thanksgiving-approaches/>.

United States Department of Agriculture. (2013) Salmonella Questions and Answers. Retrieved from <https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/foodborne-illness-and-disease/salmonella-questions-and-answers/>. Accessed Aug. 22, 2019.

PARENT

HEALTH BULLETIN



NOVEMBER 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>

Campbell County Extension Office
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600
<https://campbell.ca.uky.edu>

THIS MONTH'S TOPIC

THE GIFT OF GIVING



As the holiday season begins, there are lots of things pulling at the time and attention of our families and our children. Extra programs and performances, gatherings with friends and family, and looming thoughts of food to prepare and gifts to buy.

Our children can become mesmerized, and even preoccupied, with thoughts and plans of gifts that they hope to receive. Years ago, influences most often came from catalogs in the mail and shop windows. Now, advertisements and influencers on radio, TV, and social media platforms add to the noise.

How do we, as parents and caregivers, lovingly guide and direct our children's attention away from only focusing on their own wants and desires? One way is to encourage kids to think of others.

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**Consider volunteering
your time at a
local animal shelter,
tutoring center,
or warming station
in your community.**

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Considering others' needs, and how we can help meet them, is a great way to teach our children to be responsible citizens, build compassionate relationships, and use their resources wisely.

There are also many health benefits to being generous. People who practice generosity are happier and less stressed than those who do not. People who give to others also tend to get sick less often and have stronger immune systems. Being generous also helps some people to sleep better at night. Those are great benefits, on top of helping others!

This time of year, there are many practical ways to involve your kids in thinking of others and giving back. Model this concept for your kids by making it a priority for you and your family to give to others in some way this season. Take into consideration the time you have, the amount of money you have to spend, and the level of involvement you want you and your children to have. Then, have a family conversation and decide together what to do. You may want to come up with a few choices and let your children decide between them.

Here are a few ideas to get you started:

- Donate new or gently used toys or clothes to a local charity,

- Buy and donate food to a local food bank or shelter, and/or
- Take a meal or snacks to first responders in your community.

Giving to others does not have to cost money. You and your children can give the gift of time, as well. Consider volunteering your time at a local animal shelter, tutoring center, or warming station in your community. Contact these places ahead of time to determine when they need volunteers, if they have age limits or mandatory training, and if there is helpful information (like a dress code) to know before showing up.

Thinking of others is good for everyone. Those on the receiving end have their needs met and feel seen and valued by their community. Those taking the opportunity to give get the satisfaction of helping others and added health benefits!

REFERENCE:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508200>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



Northern Kentucky University's on-campus food pantry run by students, for students. We provide FREE fresh produce, refrigerated, frozen and non-perishable food items and toiletry items to ALL NKU students.



FUEL NKU

Feeding the University and Enriching Lives

Donations Needed

We are in need of:

Toothbrushes • Toothpaste • Paper Towels

We're in need of any, and all Toiletries



Thank You for your help!

Donations can be dropped off at the
Campbell County
Cooperative Extension Office
3500 Alexandria Pike
Highland Heights, KY 41076
8:00 a.m. - 4:00 p.m.

Thanks for your support!

Holiday Shopping

Source: Alex Elswick, Extension Associate for Family Resource Management
University of Kentucky, College of Agriculture, Food and Environment

Holiday shopping can be both a rewarding and stressful experience. Every year, millions of Americans flock to retail and online stores to buy gifts for their family and friends. Unfortunately, poor planning and the pressure to buy the perfect gift often leave many families in debt in the months following the shopping season. If

you are worried about overspending this year, the following tips will help you to develop a plan for buying gifts for everyone on your list without breaking the bank.



- **Establish a budget.** Before you even think about stepping foot in a store, prepare your holiday shopping budget. Make a list of everyone you plan to buy for and then determine how much money you are able to spend. No matter how small the gift you intend to give, it is important to include it in your budget.
- **Use cash.** When doing your holiday shopping, use either cash or a debit card and avoid using your credit card whenever possible. Using cash or debit forces you to avoid spending money that you don't have.



- **Do not open department store credit cards.** When you are at the cash register this holiday season, the sales associate will most likely offer you an attractive discount on your purchase in exchange for opening a department store credit card. However, that discount will quickly disappear if you are not able to pay your credit card balance in full. Keep in mind that these credit cards often come with annual percentage rates of 20 percent or higher.
- **Track your spending.** Be sure that you keep track of your spending so that you know how much money you have already spent before making additional purchases. This is particularly important for shoppers who like to spread out their holiday shopping over the course of the year.



- **Free gift wrap.** During the holiday shopping season, many retailers offer free gift wrap. Taking advantage of these services will save you time and money on gift wrapping supplies at home.
- **Do it yourself!** If you are feeling creative, consider making do-it-yourself gifts for family and friends. Do-it-yourself



gift wrap using supplies such as newspaper or paper grocery bags is also a great way to save money during the holiday season.



Keep these tips in mind before your next holiday shopping outing. Remember

that it is important to budget and prioritize your holiday spending. Take a moment to think about what is really important to you during the holiday season and enjoy your family and friends!

References: <http://www2.ca.uky.edu/moneywise/agents/downloads/moneywise-newsletters/...>

ADULT

HEALTH BULLETIN



NOVEMBER 2024

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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**

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



Join us to listen, learn, and
some hands-on activities for this program.

January 23, 2025

1:00 p.m.



The Artful Palette

*Cultural arts occur
whenever creative
people decide to
artistically enhance
what is around them.*

Location:

Boone County Enrichment Center
1824 Patrick Drive
Burlington, KY 41005

Registration required:

Call: (859) 586-6101

Online: <https://boone.ca.uky.edu/events>

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Disabilities
accommodated
with prior notification.



WITS WORKOUT

An Interactive Brain Health Program

 Cooperative
Extension Service
Campbell County

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

Simply put, coming together and learning new things is good for your noggin! Join the *Wits Workout* program to engage in all kinds of guided challenging puzzles, learn what you can do in your daily life to keep your brain healthy while interacting with others.

When: Tuesdays, January 14 — March 4
(8 weeks, plan to attend all sessions)

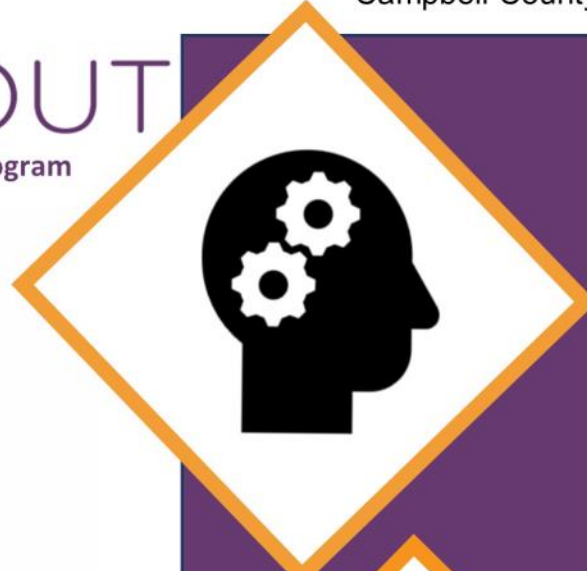
Time: 10:00—11:15 a.m.

Where: Campbell County Cooperative Extension
3500 Alexandria Pike, Highland Heights, KY 41076

Register: (859) 572-2600
or campbell.ca.uky.edu/

- ◆ LIMITED SEATING
- ◆ REGISTRATION REQUIRED

Led by: Diane Mason, Boone County Cooperative Extension Agent



*Wits Workout
is a program developed
by University of Illinois
Extension*

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Disabilities
accommodated
with prior notification.

Join us for some holiday fun...

 Cooperative
Extension Service

HOLIDAY PAINTING PARTY

**Tuesday
December 3, 2024**

Doors open at
1:00 p.m.

**Class starts at
1:30 p.m.**

**Registration
Required by Nov. 26th:**
859-572-2600 or
<https://campbell.ext.uky.edu/events>

Location:
Campbell County
Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076



Sponsored by the
Campbell County
Extension Homemakers



Cooperative
Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or typical or atypical or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

FAMILY BONDING
MANNERS
Matter



OPEN TO
FAMILIES
WITH YOUTH
AGES 3-8
YEARS OLD.

DINNER.MANNERS.FAMILY

MONDAY, NOVEMBER 11, 2024
CAMPBELL COUNTY EXTENSION
3500 ALEXANDRIA PIKE HIGHLAND HEIGHTS, KY 41076

CLASS IS FROM
5:30PM-7:00PM

REGISTRATION OPENS SEPT 9TH
ONLINE AT CAMPBELL.CA.UKY.EDU
OR CALL 859-572-2600

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40306



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Join the Boone and Campbell County
Extension Agents for...

 Cooperative
Extension Service

GIFT WRAPPING

Learn tips and tricks making your gift wrapping stand out this holiday season! Bring gifts, wrapping paper, ribbon and any other accessories you want to use!

**Tuesday
December 10th
1:30 pm**

Limited to
25 participants

**At the Campbell County
Cooperative Extension Office**

3500 Alexandria Pike | Highland Heights, KY 41076

Call the Campbell County Extension office at 859-572-2600 to register.

**Cooperative
Extension Service**

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HEARTY HARVEST BOWL

Servings: Makes 6 Serving Size: 1 cup Recipe Cost: \$7.71 Cost per Serving: \$1.29



Ingredients:

- 2 cups brown rice, cooked
- 1 small head broccoli, cut into bite-size pieces
- 3 medium carrots, peeled and thinly sliced
- 1 medium sweet potato, peeled and diced
- 1 medium onion, diced
- 2 cans (15.5 ounces) chickpeas rinsed, drained, and patted dry
- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 cup parmesan cheese, optional
- * 3 tablespoons olive oil
- * 1/8 teaspoon salt
- * 1/8 teaspoon ground black pepper
- * 2 tablespoons lemon juice
- * 3/4 teaspoon dried oregano
- * 1/4 teaspoon garlic powder

Directions:

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. Preheat oven to 425 degrees F. Line two large baking sheets with aluminum foil or parchment paper. Set aside.
4. Cook rice according to package directions.
5. While rice is cooking, place broccoli, carrots, sweet potato, and onion on one baking sheet and drizzle with 1 tablespoon of olive oil, sprinkle with a pinch of salt and pepper. Spread out into one even layer. Don't overcrowd the pan or the veggies will steam instead of roast.
6. Toss chickpeas with the remaining 1 tablespoon of oil, sprinkle with salt and pepper. Spread out into one even layer on the other prepared baking sheet.
7. Roast vegetables and chickpeas for 20 to 25 minutes, turning the pans and giving them a shake from time to time. Vegetables should be slightly browned and fork tender when done. Chickpeas will be slightly browned and toasted.
8. While vegetables are roasting, combine *Dressing ingredients* in a small bowl or cup. Whisk until smooth. Set aside.
9. Divide ingredients into six servings. Place rice in a bowl, top with roasted vegetables, and chickpeas. Sprinkle with parmesan cheese if using.
10. Drizzle with dressing before serving.
11. Refrigerate leftovers within 2 hours.

Nutrition facts per serving:

460 calories; 17g total fat; 3g saturated fat; 0g trans fat; 5mg cholesterol; 570mg sodium; 62g total carbohydrate; 14g dietary fiber; 10g total sugars; 0g added sugars; 16g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

Source: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

November 2024



Campbell County Cooperative Extension Homemakers Association

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>All Events and Programs are at the Campbell County Extension Office unless otherwise noted. 3500 Alexandria Pike Highland Heights, KY 41076</p>			<p>LOOKING AHEAD...</p> <ul style="list-style-type: none"> Holiday Painting Class w/ Debbie Hyson - Dec. 3 Valley Homemaker Meeting - 10:30 at Shadow Lake Clubhouse - Dec. 9 Holiday Gift Wrapping Program - Dec. 10 WITS Workout Program, 8 weeks on Tuesdays starting Jan. 14 - 10am 	<p>1</p>	<p>2</p> <p>Quilting Retreat at the Extension Office</p>	
3	4	<p>5</p> <p>Extension Closed</p> <ul style="list-style-type: none"> Lunch Bunch <i>Bru Burger</i> - 11am 	6	<p>7</p> <ul style="list-style-type: none"> Flowerbuds Program - 10am 	8	9
10	<p>11</p> <ul style="list-style-type: none"> Family Bonding Manners Matter - 5:30pm 	<p>12</p> <ul style="list-style-type: none"> Valley Hommakers Meeting - 10am 	13	<p>14</p> <ul style="list-style-type: none"> Embroidery Class for Beginners - 10am 	15	16
<p>17</p> <p>Don't forget to renew your Homemaker Membership</p>	18	19	20	21	22	23
24	<p>25</p>	<p>26</p> <ul style="list-style-type: none"> Homemaker Council Meeting - 10am 	27	<p>28</p> <p>Extension Office Closed</p>	29	30