

# Building Strong Families

Family and Consumer Sciences Newsletter

September 2017



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

## Cooperative Extension Service

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## Watch, Listen & Read .....



Tune into Lifestyles on Channel 25 the second and fourth Tuesday of each month at 11:30 a.m.  
Listen on WSON every Thursday morning at 6:45 a.m. and look for the Lifestyles column each Sunday in The Gleaner!



## Upcoming Classes & Events—

**Senior Expo - Friday, September 15 from 1 p.m. to 4 p.m.** in the Extension Education & Expo Center. Come out and hear some great speakers and visit booths with resources for seniors plus get a flu shot while you're here. You do not need to register for this event.

**Hidden Foods - Tuesday, September 26 at 11:15 a.m. OR 5:15 p.m.** in the Extension Education & Expo Center Kitchen. Limit of 20 per session. Class is free but you must call to choose your time and sign up. We have found a way to hide foods you don't like in things you do like, that just happen to be delicious and healthy! For example, you say you don't like spinach. What if I told you that I could hide it in a bread. You tasted the bread and never tasted the spinach! Now you have one more veggie in your diet that you didn't have before!

**Fall Plate It Up w/Decorations Display - Thursday, October 5 at 11:15 a.m. OR 5:15 p.m.** in the Extension Education & Expo Center Kitchen. Class is free but you must call to choose your time and sign up. Limit of 20. This class will focus on fall recipes from our very own Kentucky grown foods along with decorating ideas. This is not a craft class!

**Taking Ownership of you Diabetes - September 20, 27, Oct. 4, and 18 from 5:00 p.m. to 6:30 p.m.** in the Extension Service Office Meeting Room. You don't have to have diabetes to attend these classes, but you must call the office to reserve your space. You will learn about diabetes and eating a healthy diet.

**Exotic Meats - Wednesday, October 25 at 5:15 p.m.** in the Extension Education & Expo Center Kitchen. This class will focus on meats that you may not be used to preparing or eating. We will show you easy and delicious ways to prepare them. This class is free but you must sign up for this class. Limit of 15.

**Cast Iron Skillet - October 26 at 11:15 a.m. OR 5:15 p.m.** in the Extension Education & Expo Center Kitchen. This class will focus on cooking with cast iron in different ways and recipes for cast iron cooking! Class is free but you must call to reserve you space. Limit of 20 per session.

**NOTE: Classes do have a limit so if you sign-up and are unable to attend, please let us know. You might give someone else a chance to attend!**



We will be closed on Monday, September 4 for Labor Day. Have a safe and happy holiday weekend.

Amanda Hardy  
County Extension Agent  
For Family & Consumer Sciences

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

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# Homemakers

**September Roll Call:** What is your favorite school memory?

**September Thought for the Month:** A teacher affects eternity and can never tell where the influence stops.

—Henry Brooks Adams

## Homemaker Notes—

- ◆ September 12—Green River Area Homemakers Board at 6 p.m. in the Extension Expo Center. Henderson County is host.
- ◆ Each club needs to donate items for a basket for Green River Area Annual Day. Theme is “Pamper the Chef”. Items need to be in our office by September 22. Deadline for tickets (\$12 each) is also September 22. NOTE—We will be taking the van, so let us know if you would like a ride. Limited number of seats available!
- ◆ November 11—Taste of Homemakers

## Homemaker Dues—

Dues of \$7.00 per member need to be paid by October 31. Submit with list of paid members with membership forms for each member. Mailbox Members may mail their check or drop it by the office.

## Taste of Homemakers—

Taste of Homemakers is Saturday, November 11 from 11 a.m. to 12:30 p.m. Recipes are due on October 20. You must only prepare recipes that are submitted for the recipe book. Please prepare enough of each recipe to serve 200 samples. You may submit as many recipes as you wish. They can be submitted via email to drudy@uky.edu or dropped by our office.

Sample Food Assignments are—

Afternooners & Anthoston—Appetizers

Central—Main Dishes/Entrees

Niagara—Sides /Salads

Town & Country & Happy Knitters—Desserts

Donations of toiletries and non-perishable foods will be collected for local food pantries. We will be asking for a \$2 donation from each guest to go towards the scholarship fund.

**We continue to accept donations for Redbanks.**

Please bring items they can use as prizes to the Extension Office.

## HOMEMAKER CLUB MEETINGS

**Afternooners**—September 20, 2017 @ Estelle Drake's

**Anthoston**—September 14, 2017 @ 10 a.m. in the Extension Office Meeting Room

**Central**—September 10, 2017 @ 11 a.m. in the Expo Center Project Room.

**Niagara**—September 20, 2017 @ 10 a.m. at Teresa Krampe's

**Town & Country**—September 11, 2017 @ 6 p.m. in the Education & Expo Center Kitchen

## OTHER GROUPS & CLUBS

**Happy Knitters**—Every Tuesday of each month at 10 a.m. in the Education & Expo Center Conference Room

**Diabetes Support Group**—Final meeting for the year is Thursday, September 21 at 5:30 p.m. in the Education & Expo Center Kitchen

*Green River Area Homemakers  
Annual Meeting*

*September 28, 2017*

*Webster County.*

*Registration—9:30 a.m.*

*Meeting—10:00 a.m.*

*Theme—Pamper the Cook*

*Ticket—\$12.00*

*Lunch catered by O.T.'s Café*

*Alfredo pasta w/chicken & steamed veggies,*

*Salad w/choice of dressing*

*Drink & choice of chocolate cake,*

*strawberry cake, or fresh banana cake*

**Must purchase ticket prior to September 22**