February 2018 Upcoming Events

- Needlework Social- Tuesday, February 6th, 13th, 20th, and 27th, Boyle County Extension office.
- Sewing Friends: Monday, February 5th, 12th, 19th, and 26th, Boyle County Extension office.
- Lunch and Learn- Thursday, February 1st, 12:00 p.m. at the Boyle County Extension office. We will be making “Skillet Enchiladas.” Call (859) 236-4484 to register.
- Coloring and Conversation- Thursday, February 8th, 6:00 p.m. at the Boyle County Public Library.
- International Event- Tuesday, February 13th, at 6:00 p.m., Boyle County Extension office. Set up will be at 5:00 p.m.
- Cultural Arts Contest- Tuesday, February 13th. Bring your entries between 8:30 a.m. and 10:00 a.m. All cultural arts entries will be on display at the international event that evening. Snow date is February 15th.
- Homemaker Leader Lesson: Friday, February 16th, 10:00 a.m. at the Boyle County Extension office. The title will be Downsizing & Organizing.
- Adult How To: Tools 101: Monday, February 26th 6:00 p.m. at the Boyle County Library. This class will cover the basic tools you may find in a toolbox. Toolkits will be given to 25 people who attend.
- Cup & Saucer Centerpiece-Wednesday, February 28th, 10:00 a.m. -1:00 p.m. at the Boyle County Extension office Cost is $8.00. Call 236-4484 by February 23rd to register.

Junction City Homemakers

Junction City Homemakers held its November meeting at Grace Café. There members learned about the outreach program provided by the café which allows customers with little money to receive wholesome meals. Our December meeting was held at the home of Connie Stevens where we had our annual Christmas luncheon. Members brought their favorite dishes for a potluck. After our meal, we enjoyed several games of Bingo. Jane Gale Hacker brought an assortment of angel figurines where were used for prizes. We concluded our meeting by singing Christmas carols accompanied by Helen Greene on the piano. At our January meeting, we held a silent auction with items donated by members of the club. As we enter a new year, we wish everyone a happy, healthy, and productive 2018.

Lancaster Road Homemakers

Lancaster Road homemakers did not meet in January for our regular club meeting.

The Lancaster Road homemakers met at the Extension office on January 10th for a workday to make blankets for Camp Horsin’ Around. Eight members attended and 38 blankets were completed. The blankets will be taken to the camp when weather permits.

Catching Up with Wilderness Trail

Wilderness Trail was "on the road" at the end of 2017. In November, we met at McDowell Place, where we enjoyed a delicious lunch and welcomed three new members, Pauline Wall, Carol Robbins, and Emma Jane Tamme. We went to Giuseppe’s Ristorante in Lexington for our Christmas outing in December. We came “back home” to begin 2018. We met at the Extension Office on January 4. Attendance was low, due to all of the flu/cold/bronchitis bugs that had invaded our area. We made our preliminary plans for the International Dinner in February. Environmental Chair Rita Bloom gave us a quiz on re-using and recycling. (We all passed!). Health and Nutrition Chair Clara Bowen gave us all some nutritious oatmeal to help us stay healthy. We look forward to seeing more HEALTHY members at our next meeting on February 1.

Just a Note

Take a second to check out all the exciting things that are going on in Extension Homemakers this month. Don’t forget to bring your Cultural Arts entries for the contest. You’re all very talented and your work should be seen. Make all efforts to attend the International Event as it is sure to be a fun night. Encourage your friends, family and neighbors to attend these events. You never know what Extension Homemaker activity or event might be the perfect introduction for a new member.

Alethea Price
Smart Shopping for the Whole Family

Building a healthy diet starts with shopping at the grocery store. Knowing your store is helpful when shopping with a list to avoid making unnecessary purchases. Keep MyPlate in mind when creating your grocery list and shopping. Use these tips below to see how:

- **Fruits and vegetables**: choose a variety. See what is on sale and what makes the most sense for your family. Try fresh, frozen, canned, and even dried fruits and vegetables.
- **Grains**: buy whole grains for at least half of choices. Having staples in your house like whole wheat pasta and brown rice are great items to make with lots of added vegetables.
- **Dairy**: try non-fat and low-fat milk, yogurt, and cheeses, which are all rich in calcium.
- **Protein**: choose from lean meats, beans, fish, poultry, eggs, soy and nuts. Save money by buying meat, fish, or poultry that is on sale and that you can make more than one dish with. Add protein to meals with beans and peas, too.
- **Keep these low**: saturated fats, added sugars, sodium and cholesterol.
- **Look for more of these**: vitamins A, C, E, calcium, potassium, magnesium and iron.

The most common winter squash includes pumpkin, spaghetti squash, acorn squash and butternut squash. Winter squash is always cooked before eating and, because of its tough skin, only the inside is edible. Most winter squash can be interchanged in recipes. When buying winter squash, look for ones that are well shaped with hard, tough skins. Stay away from squash that has mold, cut or punctured skins. Store winter squash in a cool, dry place. Before eating, clean and scrub in cool running water. Winter squash is a good source of vitamins A and C as well as potassium. The best part is the variety! See how many different types of winter squash you and your family enjoy.

**BASIC BUDGET BITES**

**Save More on Meat**

Meat is often the priciest item at the grocery store. See the ideas below to save money on your grocery bill.

- Participate in meatless Mondays. At least one day a week, try going meat-free. Instead use beans, lentils or even have breakfast for dinner and use eggs.
- Don’t make it the main dish. Instead of having chicken breast with sides, make chicken noodle soup. You can stretch the meat much further without feeling any less full. Add meat to whole-wheat pasta and brown rice dishes with lots of vegetables.
- Fill up on veggies. Whether you decide to include meat or not, aim to have vegetables, which are high in vitamins and nutrients, and fiber, which will leave you feeling fuller.
- Make the most of cheaper cuts. Cook tough cuts of meat such as stew meat, brisket, skirt/flank steak on low heat for a longer amount of time than you could cook more tender cuts of meat. Instead of buying boneless skinless chicken breasts, opt for a whole chicken, which takes little preparation and is big on flavor.
- Bargain hunt. Of course, buying meat on sale is an easy way to spend less. Don’t buy things unless you will actually use them. If you don’t think you can eat meat you bought, you can always freeze it for another time.

Source: https://www.nutrition.gov/taxonomy/term/36/all/Feed/Feed
Economical Entrees

The January Leader Lesson “Economical Entrées” was taught by Elizabeth Coots, Family and Consumer Sciences Agent in Woodford County. She did a food demonstration of the Plate It Up! KY Proud recipe “Ratatouille Soup”. Here is the recipe which I would encourage you to try at home or even at your next Extension Homemaker Club meeting. If you missed Elizabeth’s Facebook Live food demonstration you can log onto our Facebook page and view it there. If you have any questions about viewing this video please call 236-4484.

Ratatouille Soup

1 small eggplant, peeled and cubed
2 large carrots
1 medium bell pepper, chopped
1 medium onion, chopped
1 tablespoon canola oil
2 cups water
1 26 ounce jar chunky garden style pasta sauce
2 cups water
1 teaspoon dried basil
1 cup uncooked whole grain pasta

Place the cubed eggplant in a colander. Toss with the salt and let set for 20-25 minutes. Thoroughly rinse in cold water and press as much water out of the eggplant as possible. Set aside. In a large heavy pot, brown the ground beef over medium heat until crumbly and no longer pink. Drain. Raise the heat to medium-high. Add the canola oil to the same pot. Return the beef to the pot. Add the zucchini, bell peppers, onion and garlic. Cook together for 5-7 minutes until onion is translucent. Add the eggplant to the mixture and continue to cook for 5 minutes. Add the beef broth, pasta sauce, water and basil. Bring to a boil, then reduce heat to medium-low, cover and simmer for 10 minutes. Add the pasta. Raise heat to medium. Bring to a slow boil and cook, stirring occasionally for 10-12 minutes, or until the pasta is tender.

Yield: 12, 1 cup servings

Nutritional Analysis: 210 calories, 10 g fat, 3 g saturated fat, 35 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 8 g sugar, 13 g protein

Safety & Management

If you receive an unwanted phone call and would like to file a report to the Federal Communications Commission you may fill out a short form online at bit.ly/FCCPhone Complaint. When you get out of your car and need to lock it, always lock manually from the inside. Otherwise, thieves could find out your security number to your car and steal it. They are able by using a device to get your number when you use your electronic key.

General Butler State Resort Park
Call (859) 236-4484 for a registration packet!