

FAMILY & CONSUMER SCIENCES

Campbell County Family and Consumer Sciences

November 2011

Cooperative Extension Service
Campbell County
3500 Alexandria Pike
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Seasonal

UPCOMING EVENTS

Foods, Customs & Cultures <i>CCES (see flyer)</i>	November 3 6:30 p.m.
Coffee with Ronda <i>CCES (see flyer)</i>	November 15 6:30 p.m.
<i>Boone Co. Extension</i>	November 18 10:00 a.m.
Holiday Treasures <i>CCES (see flyer)</i>	November 17 6:30 p.m.
Creating the Right Resume for the Right Job <i>CCES (see flyer)</i>	November 21 & 28 6:30 p.m.
Gingerbread Land <i>CCES (see flyer)</i>	December 7 6:00 p.m.
A Matter of Balance <i>CCES (see flyer)</i>	Jan.9 - Feb. 29 10:00 a.m.

Healthy Holiday Eating

Some careful thought, planning and making some small changes can go a long way in keeping the weight off during the holiday season. The following suggestions should help you make healthy choices:

- Start your day with a healthy breakfast that includes whole grains, fruit, dairy foods and protein like eggs, ham or peanut butter.
- Increase fruit and vegetable intake. Include a variety of vegetables.
- Consume at least half of all grains as whole grains. Increase whole-grain intake by replacing refined grains with whole grains.
- Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products and unsalted nuts and seeds.

Eat healthy at parties

- Try not to arrive at a social function hungry as this can lead to overeating. If you are hungry before a party or gathering, have a small snack.
- Do not rush to eat. Spend some time socializing and try not to socialize near the food table. In this way you will avoid unconscious nibbling.
- Decide which food item you will eat, what you will sample, and what you would avoid.
- Practice portion control. Eat slower and use small plates. Place some fruit, vegetables and other healthy foods on your plate.
- Eat slowly and savor each bite.
- Drink water instead of sugar-sweetened beverages.
- Before you go back for seconds wait 10 minutes to see if you really are still hungry.
- Choose one dessert you like best. You can also share a dessert with a friend.



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Don't try to lose weight during the holidays—this may be a self-defeating goal. Eat smaller, lower-calorie meals during the day so you can enjoy celebration foods later without overdoing your total calorie intake.

Source: Ingrid Adams, Extension Specialist in Nutrition and Food Science, University of Kentucky College of Agriculture

Internal Cooking Temperatures

Product	°F	Product	°F
Egg & Egg Dishes		Poultry*	
Eggs	Cook until yolk & white are firm	All products	165
Egg dishes	160	Stuffing	
Egg sauces, custards	160	Cooked alone or in bird	165
Ground Meat & Meat Mixtures		Sauces, Soups, Gravies, Marinades	
Turkey, Chicken	165	Used with raw meat, poultry, or fish	Bring to a boil
Beef, Veal, Lamb, Pork	160	Seafood	145
Fresh Beef, Veal, Lamb		Fin Fish	Cook until opaque and flakes easily with a fork.
Medium Rare	145	Shrimp, lobster, crab	Should turn red and flesh should become pearly opaque.
Medium	160	Scallops	Should turn milky white or opaque and firm.
Well Done	170	Clams, mussels, oysters	Cook until shells open.
Fresh Pork		Leftovers	165
Medium	160		
Well Done	170		
Ham		*safe minimum internal temperature	
Fresh (raw)	160		
Fully cooked (to reheat)	140		
Roast Beef			
Cooked commercially, vacuum sealed, and ready to eat	140		

HOMEMAKER NEWS

Renew Memberships

It's time to renew your membership for the 2011-2012 year. Dues are \$8.00. Make checks payable to the Campbell County Extension Homemakers and send the money to Janet Rouse, 1901 Race Track Road, Alexandria, KY 41001 by November 15th. Remember that Homemaker memberships make great gifts for holidays, birthdays, anniversaries, etc. Think of your family and friends who would benefit from Homemakers. Let's spread the seed and make our organization grow!

We are having a volunteer work day at the Campbell County Extension Office on November 7, 2011 from 9:30 a.m.—3:00 p.m., to make adult bibs for a local senior center. Bring sewing machine and supplies (any fabric) to help sew large adult bibs. Come have fun! Sew together for a good cause. Bring your lunch and drink. Contact Lori Smith at 859-908-0433 (before 8:00 p.m.) if you have any questions or need information.

DIABETES

In the state of Kentucky:

- 1 in 2 adults is at risk for developing type 2 diabetes
- Diabetes is the 5th leading cause of death by disease
- Almost 1/3 of people who have diabetes are undiagnosed
- The Centers for Disease Control and Prevention estimate that 40.1% of Kentuckians age 40-75 are pre-diabetic
- In 2010, a CDC survey recorded that 10% of participants have been told by their doctor that they have diabetes



that may indicate that you are diabetic. There are some people who are diabetic who do not show any signs or symptoms. Talk to your health care provider about your risk for diabetes. **ONLY** your health care provider can determine if you have diabetes.

- Being extremely thirsty
- Feeling extremely tired
- Having to go to the bathroom more often than usual
- Experiencing unusual weight loss that is not caused by dieting or being physically active
- Having dry, itchy skin
- Having blurred vision
- Having a tingling or numb feeling in the feet
- Having sores that are slow to heal

What are the risk factors for diabetes?

- Being over 45 years of age
- Having a family history of diabetes
- Being physically inactive
- Having a history of pre-diabetes
- Being overweight

- Having high blood pressure
- Being from a certain race—African Americans, Hispanics, Native Americans and some other races are at higher risk
- Having polycystic ovarian syndrome
- Having diabetes during pregnancy (gestational diabetes) or delivering a baby that weighs over 9 lbs. at birth
- History of cardiovascular disease

Some risk factors are preventable and others are not. It is important to talk to your health care provider about your risk factors.

There are many studies that show that type 2 diabetes can be delayed or even prevented with weight loss and physical activity. Know your risk factors for diabetes and talk to your health care provider about them. If you are overweight, work towards a healthy weight for you. Increase the amount of physical activity that you do on a daily basis. It is important to talk to your health care provider before you start any new exercise program.

Source: "Adult Health Bulletin," November 2011, University of Kentucky, College of Agriculture

Diabetes, sometimes referred to as diabetes mellitus, is a group of diseases characterized by high blood glucose (sugar) levels that result from the body's being unable to produce and/or use insulin. Insulin is a hormone that helps bring the glucose (sugar) into the cells. If glucose cannot be brought into the cells, there can be a buildup of glucose. A buildup of glucose can cause damage to the blood vessels, eyes, kidneys, nerves, and heart. There are three types of diabetes: type 1, type 2, and gestational.

There are signs and symptoms

Recipe



Baked Apples and Sweet Potatoes

- | | |
|-------------------------|---------------------|
| 5 medium sweet potatoes | 1/2 teaspoon salt |
| 4 medium apples | 1 teaspoon nutmeg |
| 1/2 cup margarine | 1/4 cup hot water |
| 1/2 cup brown sugar | 2 tablespoons honey |

1. Boil potatoes in 2 inches of water until almost tender.
2. Cool potatoes, peel and slice. Peel, core and slice apples.
3. Preheat the oven to 400° F. Grease a casserole dish with a small amount of margarine.
4. Layer potatoes on the bottom of the dish.
5. Add a layer of apple slices.

6. Sprinkle some sugar, salt, and tiny pieces of margarine over the apple layer.
7. Repeat layers of potatoes, apples, sugar, salt and margarine.
8. Sprinkle top with nutmeg.
9. Mix the hot water and honey together.
10. Pour over top of casserole.
11. Bake for 30 minutes.

Yield: 6 servings of 1 cup each

Nutritional Analysis: 300 calories, 8 g fat, 1.5 g sat fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium





Thanksgiving

Thanksgiving may be the start of a hectic month until Christmas. Here are a few things that you can do to avoid Thanksgiving stress:

- Make a list! Write down everything that you need to do. Then take some time to plan when you need to do each task.
- Make your grocery list ahead of time. If you know what you need, try to pick up items as they go on sale.
- If you are having visitors this year, try to confirm the number of people as soon as possible. It can be stressful not knowing how people will be coming to your house.
- Plan what you are going to cook and if possible, cook and freeze some of the dishes before the holiday arrives.
- Ask other family members to help out with some of the items on your list.
- Ask another family member to pick up something on the way home or assist you in the kitchen, or even do a little cleaning.
- If you have several people over, ask guests to bring a side dish or dessert. This can cut down on your preparation time, as well as expense.

Sometimes it is hard to remember to be thankful. You can set a good example for your child if you take the time to talk about being thankful. Encourage him or her to share with you and the family what he or she is thankful for this year. This could be a time to catch up with relatives you do not see very often. Allow plenty of time for everyone to talk and catch up.

One way children can show how thankful they are is to help out around the house. During this time of year there are usually plenty of things to do. Ask your children to help in the kitchen when you are cooking, or ask them to help set the table, or perhaps help clean up after the Thanksgiving meal. Make sure you tell them how thankful you are they are helping!

If you have company over for Thanksgiving, some of them may leave after the meal but some may stay for a while. Children often, too, are looking for entertainment since they are home for the day and not in school. Many will want to be watching a football game on TV, but it may be a good idea to get some board games and cards for others who are not interested in the football game. If you have a wide range of ages, make sure to have something for each age level.

Source: "Parent Health Bulletin", November 2011, University of Kentucky, College of Agriculture



Rethinking Your Wardrobe in a Down Economy

Clothing can eat up a large portion of a family budget. Basic repairs, maintenance and attentive care throughout the lifespan of a garment can extend it by many years. Here are some tips:

Allow clothing to rest in between wearing, especially shoes. Using a shoe tree will help maintain shape, which extends life. Store shoes in breathable cotton shoe bags or the cardboard boxes they came in, not plastic, which traps mold and mildew.

Air clothing after wearing it to let moisture evaporate and wrinkles relax. Airing also naturally helps to deodorize clothing. Minimize washing and dry cleaning to extend the lifespan of clothes.

Properly store clothes, using appropriate hangers. Promptly remove the dry cleaner's plastic bag. Leave closet doors open to promote air flow and leave room in each drawer, rather than stuffing it full

Remember to wash soiled clothes promptly to avoid letting stained or soiled areas become permanent. If you cannot wash immediately, treat stains promptly to prevent them from setting.

Consider installing a clothesline. You can use it to dry clean clothing as well as to air out woolens, quilts and rugs.

Choose "no wrinkle" shirts and easy care, wash-and-dry clothing. Many of these easy-care items can hang to dry.

Learn to mend clothing. Basic repairs and maintenance are quick and easy. Plus, sewing on buttons, snaps, and repairing tears or holes will save you money.



Source: Marjorie Baker, University of Kentucky Extension Associate, Textiles and Clothing

Ronda Rex

Ronda Rex

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Campbell County Extension Agents for
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