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Cumberland County Extension Homemakers

JANUARY 2009

Home Tour

We were so fortunate to have three homes to showcase for this years' Home Tour. The families of Donnie and Jennifer Flowers, David and Penny Long, and Jimmy and Becky Long were very generous in letting us view their homes. I had the opportunity to tour all three and was in awe of the beauty of each. I would like to thank the homeowners and those who volunteered their time to help during the Home Tour.



HAPPY
NEW
YEAR!

CLUB MEETING DATES

- Hegira: January 5th@4pm at Extension Office
- Kettle: January 6th@12:00 @ Robbie Ferguson's
- Station#2: January 8th@6:30pm at Highland Chapel
- Co-Workers: January 12th@6:30pm at Veteran's Building
- Quilt Guild: January 15th@ 9:30am at Veteran's Building
- Krafty Kritters: January 19th@5:30pm at Jones Chapel
- Knitting Club: January 26th@4pm at Extension Office

Cumberland County Extension Service Winter Forum



January 12, 2009

Cumberland County Middle School

5:00 pm CST

Event Schedule

Registration

5:00 pm Cumberland County Middle School

Seminars

5:15 pm Choose one of the following seminars:

- Family Financial & Estate Planning and Investment Topics, Dr. Suzanne Badenhop, UK Extension Specialist
- Farm Record Keeping & Accounting Tips, Robert Hale, Robert Hale & Associates
- 4-H Communication Events, Elijah Wilson, Cumberland County 4-H Agent
- Blueberries in the Bluegrass, Larry & Jenny Martin, Bluegrass Blueberries
- Home Fruit Tree Care & Grafting Workshop, Greg Whitis, McCreary County Ag Extension Agent
- Shooting Sports, Ruby Wright, 4-H Volunteer
- Scrapbooking Techniques, Jennifer Flowers, CCES Teacher
- UK Cattle Mineral Recommendations, Glen Roberts, Wayne County Ag Extension Agent
- Medicare Information, James Corbin, Bankers Life
- Paying for College: 101, Summer Gortney, KY Higher Education Assistance Authority

Dinner

6:00 pm Prepared by CCMS Cafeteria Staff

Seminars Continued

- 6:45 pm Select the seminar of your choice from above list.
- 7:30 pm Select the seminar of your choice from above list.
- 8:15 pm Select the seminar of your choice from above list.

Sponsors:

- First & Farmers National Bank
- Citizens Bank of Cumberland County
- Cumberland Co. Extension Homemaker Clubs
- Cumberland Co. Extension Services
- Cumberland County Farm Bureau
- Insurance
- Cumberland County Farm Bureau Membership

** We would like to have homemakers to make desserts/cookies and 1-2 members from each club to volunteer to serve during dinner. A donation will be made to the Homemaker Scholarship fund from the proceeds. THANK YOU in advance!!*

STRETCH YOUR FOOD DOLLARS AT HOME

Prevent Food Waste

- Cut down on the amount of food you throw away; freeze leftovers or use them in recipes like soups or casseroles. Instead of thinking "leftovers" - think "planned overs." Have a plan to use excess food from one meal, whether by using it within a few days or freezing it for the future.
- Take leftovers for lunch instead of eating out. Store properly to keep foods safe to eat.
- Before buying an unfamiliar food, be sure you know how to prepare it.
- Buy only the amount of food you can store and use before it spoils.

Plan Ahead

- Plan meals for a week using foods on hand and grocery store specials.
- Clip and use coupons if the coupons are for items you usually use and the cost with the coupon is lower than other brands for similar products.
- Cook large batches when possible; divide into portions and freeze.

General Money Saving Tips

- Cut down on expensive ready-to-eat salty and sweet snacks.
- Enjoy seasonal or dried fruit, vegetables (cut your own), whole grain crackers, or low-fat yogurt for nutritious snacks.
- Limit pre-made meals and fast foods.
- Buy a reusable water bottle and fill it with tap water. Refrigerate overnight and keep it with you during the day.
- Avoid excess soda, expensive energy drinks, and coffee shop drinks.

Adapted from: Henneman, A. (2008). Supermarket Savings: 16 Tips that Can Total Big Bucks. Retrieved June 6, 2008, from <http://lancaster.unl.edu/FOOD/ftm-j08.shtml>.

WHITE HOT CHOCOLATE

(Good as Starbucks and a lot less expensive!)

**Served on this year's Home tour!!!*

14 oz. can sweet condensed milk	1 tsp. vanilla
1/2 cup white chocolate pieces	whipped topping
1/3 cup whipping cream	grated chocolate (optional)
2 cups water	

In sauce pan, heat condensed milk and chocolate until melted thoroughly. Add whipping cream, water, and vanilla. Heat through, stirring constantly. Pour into serving mugs. Top with whipped topping and grated chocolate. Makes 8 servings.

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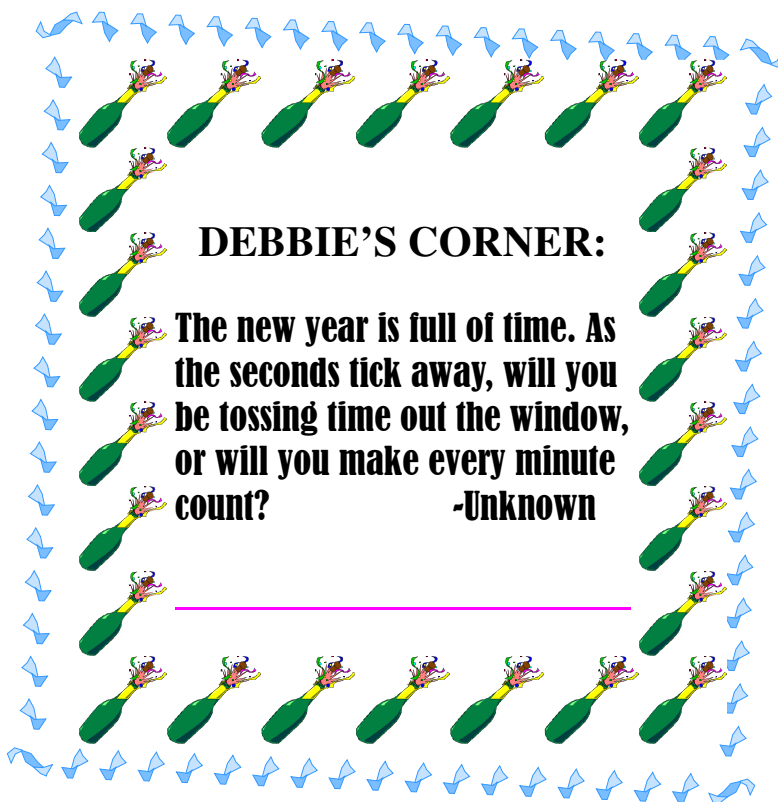
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Cumberland Co. Extension Agent
for Family and Consumer Sciences

Debbie Messenger

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DEBBIE'S CORNER:

The new year is full of time. As the seconds tick away, will you be tossing time out the window, or will you make every minute count?
-Unknown

WEIGHT: THE REALITY SERIES

8 week class will be offered as a joint effort between the Cooperative Extension Office and Lake Cumberland District Health Department.

There will be a Health Fair on January 10th as a kick-off to the class.

Where: Shapes & Styles
Marrowbone, KY.

When: Beginning January 15th

Time: 6-7pm

Frequency: Every Thursday

MARTIN TOURS, INC.

DATE: JUNE 8-12, 2008

TOUR: Henry Ford Museum, Greenfield Village, and Mackinac Island Michigan

For more information, please feel free to contact Extension office or contact Martin Tours directly.

Carl and Joyce Martin

(606)365-2542

(866)346-8687 (toll free)

Potato Pinwheels (also known as potato

candy) Submitted by Mary Ruth Smith

1 medium potato

2 ½ to 3 ½ cups powdered sugar

peanut butter

Peel and boil medium potato and mash thor-

oughly with mixer while still hot. Begin

adding powdered sugar in small amounts

until the potato and powdered sugar mix-

ture is at a rolled dough state. Roll to ¼

inch thickness and spread evenly with pea-

nut butter. Roll up and chill until very

cold. Slice in rounds.