


FAMILY & CONSUMER SCIENCES

**HARLAN COUNTY HOMEMAKERS
NEWSLETTER**





**Cooperative
Extension Service**
Harlan County
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 A new Basket Club is being formed. Pam Holcomb will be leading this group. If you are interested in this Basket Club call 573-4464 for more information.


 Coupon Exchange on February 27th. (See flier enclosed.)


 Scrap Fest is March 3rd. (See flier.)

 The new Simple Sewing Club will meet again on Monday, February 20th at 6:00 p.m. at the Depot. This group will begin to meet two times per month in March. (Talk to Barbara Bowman.)

 A Loom Scarf Workshop will be taught on Tuesday, March 6th at 10:00 a.m. at the Depot by Pat McClung. You need a round knitting loom. Some of you may have looms from making baby caps. The office has a few looms for purchase(\$5). Bring scissors. **Please Register!!**

 A T-Shirt Scarf Workshop will be taught on Thursday, February 23rd at 10:00 a.m. at the Depot, by Matti Daniels, Knox Co. FCS Agent. **You must register!!** Supplies you need to bring are 3 t-shirts and sharp scissors.

 Gardening 101 dates are:
March 12th — Depot
March 13th — Green Hills
March 15th — Cumberland

 Kentucky Saves will be celebrated in Harlan County on Friday, February 24th at 9:00 a.m. We will be making Laundry Detergent. Everyone will get to take some home. The Homemakers lesson for March will be “Conserving Energy with Landscaping”. The Training School will be taught by Lora Howard, Clay Co. FCS Agent, on Friday, February 24th at 10:00 a.m. For lunch, we will be making “Cheap Meals”. **Please Register!!**

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Theresa G. Howard

Theresa G Howard
County Extension Agent for

Coupon Exchange!



**FREE
EVENT!**

Monday, February 27
1:00-2:30 p.m.



Harlan County Extension Depot
110 River St. Harlan



Save
Money
By
Couponing!



**Everyone
Welcome!**

Bring your extra coupons to
swap with others, and share
couponing tips!



Sponsored by:

Harlan County Community Education
cecilia.adams@harlan.kyschools.us
573-4330 ext. 2061

Harlan County Cooperative Extension
573-4464

February/March 2012

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HEALTHY CHOICES FOR HEALTHY FAMILIES

Topic: Spring Cleaning

► Spring is just around the corner, and soon we will be head over heels into spring cleaning. Don't forget about cleaning the kitchen cupboard. Make sure food is stored in tightly covered containers.

Baking powder and soda are best used within 12 to 18 months. White flour is best used within six to 12 months. Use whole wheat flour within 2-3 months because it contains oil in the wheat germ.

Ground spices and herbs are best used within one year. White sugar should be used within two years. Use brown sugar within six months. Enjoy cleaning the kitchen cupboards!

Source: Cent\$ible Nutrition Program, University of Wyoming Cooperative Extension Service



This material was funded by the USDA's SNAP-Ed program through the Kentucky Cabinet for Health and Family Services.



INSIDE:

- Basic Budget Bites: Your Fridge
- Food Facts: Salt
- Recipe: Crunchy Fruit Yogurt
- Recipe: Oven Fried Chicken
- Smart Tips
- Local Events

Parent's Pow-Wow

► Most parents believe that having children do household chores is a good way to teach them how to be responsible. If you want your child to value helping around the house, start involving him or her in household jobs when he or she shows an interest, which is in the early years. Kids love to help in the kitchen. Find jobs that are right for your child's age group.

Source: Just In Time Parenting, www.extension.org

Basic Budget Bites: Your Fridge

► Make sure your refrigerator is running properly so it can help you save money. Food can be kept longer if the fridge is in good working order.

- Keep the fridge below 40 degrees.
- The doors of the fridge are the warmest area. Think about moving milk and eggs from the door to a shelf.
- Clean the fridge well. Empty the fridge and clean the interior surface. Remove the bins and shelves and wash them.



Food Facts: Salt

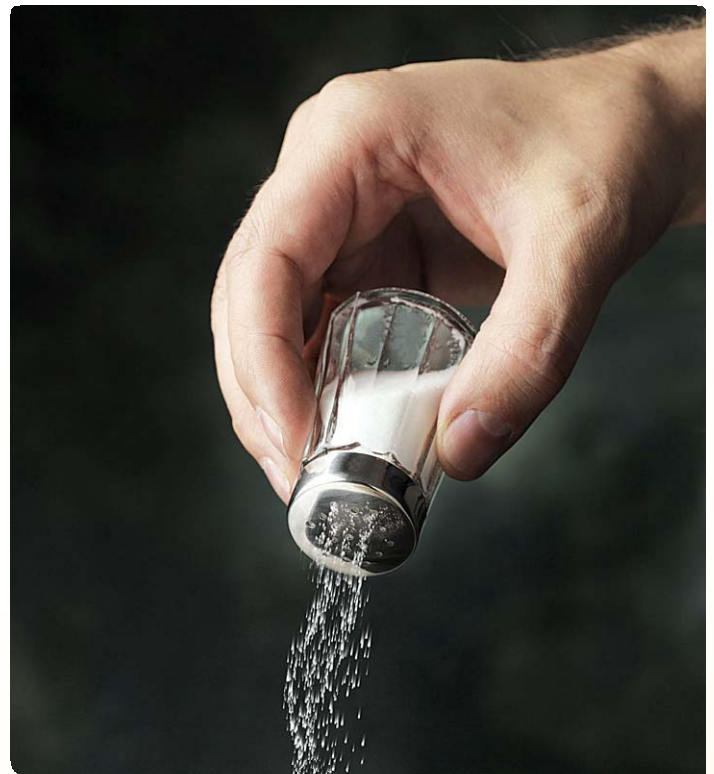
► Sodium is a key nutrient. We should have about 400 mg of sodium (about ¼ teaspoon of salt) each day to stay healthy. The problem is that salt makes our food taste so good that the average American uses 3 to 5 teaspoons of salt daily. This is 5,000 – 8,000 mg of sodium! Is this a cause for concern? No one knows for certain, but did you know...

- Some countries use no salt, and high blood pressure is rare.
- Some countries (the United States, Japan) have very high salt and sodium intakes, and high blood pressure is common.
- High blood pressure is usually lowered when sodium is limited in the diet.
- Soft water is high in sodium, and people who live in areas with soft water often have hypertension.

Too much sodium can upset the body's water balance, which can cause you to retain extra water. It can also cause blood vessels to tighten, which raises blood pressure. Not all of us react to sodium in

this way, but there is no way to predict who is at risk. One-half of Americans over age 65 may be sodium-sensitive to some degree.

Source: Colorado State University Cooperative Extension, Department of Food Science & Human Nutrition



Cooking with Kids: Crunchy Fruit Yogurt

- 2 cups low-fat yogurt, plain or vanilla
- 1 cup fruit, fresh or canned, drained
- 1 cup dry crunchy cereal (granola type)

1. Mix yogurt and fruit together in a mixing bowl.
2. Spoon into 4 cereal bowls.
3. Top each with ¼ cup crunchy cereal.

Yield: 4 servings

Nutrition facts per serving: 150 calories;
4 g total fat; 1 g saturated fat; 0 g trans fat;
10 mg cholesterol; 75 mg sodium;
21 g carbohydrate; 2 g dietary fiber;
10 g sugar; 7 g protein

Source: www.extension.org



Recipe: Oven-Fried Chicken

- ¾ cup low-fat buttermilk
- 2 each chicken breasts, drumsticks, and thighs, skin removed
- ½ cup all purpose flour
- 1 teaspoon salt
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cumin
- ¼ teaspoon black pepper
- Cooking spray

1. Combine buttermilk and chicken in large zip-top plastic bag; seal. Marinate in refrigerator 1 hour, turning occasionally.
2. Preheat oven to 450° F. Combine flour, salt, peppers, and cumin in second zip-top bag. Remove chicken from marinade and discard marinade.

3. Add chicken one piece at a time to flour mixture, shaking bag to coat chicken.
4. Remove chicken from bag, shaking off excess flour. Spray lightly with cooking spray and return, one piece at a time, to flour mixture, shaking to coat.
5. Place chicken on baking sheet sprayed with cooking spray. Lightly coat chicken with cooking spray. Bake at 450° F for 35 minutes or until done, turning after 20 minutes.

Yield: 4 servings

Nutrition facts per serving: 265 calories; 5 g fat; 1.2 g saturated fat; 110 mg cholesterol; 754 mg sodium; 15 g carbohydrate; 1 g fiber; 38 g protein

Source: www.extension.org

Ground Beef Stew

- 1/2 pound ground beef, ground turkey or venison
- 1/8 teaspoon pepper (optional)
- Water, one soup can full
- 6 medium diced or sliced carrots
- 1 cup diced onion
- 1/8 teaspoon salt (optional)
- 1 (10 3/4-ounce) can condensed tomato soup
- 2 medium diced or sliced potatoes

1. Brown meat. Drain fat. Season lightly with salt and pepper, if desired
2. Add soup and 1 can of water to fry pan. Add vegetables.
3. Bring to a boil, then simmer, covered, about 25 minutes or until tender. Remove from heat; cover for last 10 minutes to thicken.
4. Serve. Refrigerate leftovers.

Nutrition Facts per serving: 250 calories, 8 g total fat; 3 g saturated fat; 0 g trans fat; 50 mg cholesterol; 540 mg sodium; 27 g total carbohydrate; 6 g dietary fiber; 13 g sugar; 20 g protein
Serving Size: Makes 4 servings (1 cup each)

Source: USDA Recipe Finder

Smart tips: Tame the tube

- 1 Make a list of activities you want to do instead of watching TV.
- 2 Get the TV out of the bedroom.
- 3 Set clear limits and be a good role model as you watch TV.
- 4 Watch with your children. Discuss the shows and the advertising.

Adapted from Eat Smart, Move More NC



If you are interested in nutrition classes, contact your extension office.

Theresa G. Howard
 Extension Agent for Family and Consumer Sciences

Harlan County Extension Service
 519 South Main Street
 Harlan, KY 40831-1911
 (606) 573-4464



Scrap Fest

Saturday — March 3, 2012

10:00 a.m. — 4:00 p.m.

Harlan County Extension Depot
(110 River Street; Harlan, KY)

Cost: \$10 (payable at door)

Please register
by calling
573-4464

Favor Bags!

**Free T-Shirts
to the first
50!**

**Soup & Sandwich
Lunch will be
provided**

Vendors!

**Door Prizes
awarded (must
be present to
win)**

Sponsored by:
*Scrapmakers Club &
Harlan County Extension Service*



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Cooperative Extension Service

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Harlan County
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Harlan, KY 40831-1911*

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RETURN SERVICE REQUESTED

<i><u>County Homemakers Club</u></i>		
Book Club	1 st Wednesday	10:00 am
Cooking Club	3 rd Thursday	5:00 pm
Evarts	3 rd Tuesday	6:00 pm
Liggett Crafty Ladies	1 st Tuesday	6:00 pm
Loyall	1 st Friday	1:00 pm
Material Girls Quilting	4 th Tuesday	5:00 pm
Nifty Needles Quilting	4 th Tuesday	10:00 am
Pine Mountain	3 rd Tuesday	10:00 am
Poorfork	1 st Monday	10:00 am
Rosspoint	1 st Tuesday	6:00 pm
Scrapmakers	1 st & 2 nd Tuesdays & 4 th Monday	5:00 pm
Simply Sewing	3 rd Monday	6:00 pm
Wallins	2 nd Monday	6:00 pm