

# FAMILY & CONSUMER SCIENCES



# FCS NEWSLETTER NOV-DEC 2011

**Cooperative Extension Service**  
 Mercer County  
 1007 Lexington RD  
 Harrodsburg, KY 40330  
 (859) 734-4378  
 Fax: (859) 734-4379  
<http://ces.ca.uky.edu/mercer>  
[luci.hockersmith@uky.edu](mailto:luci.hockersmith@uky.edu)

As the weather turns colder and our schedules begin to fill up with holiday festivities, try to keep a healthy mindset. Included in this issue, are lots of informative articles to help keep your health a priority this holiday season. Whether it portion sizes, physical activity or food safety—we've got the information you need.

Don't forget to share your ideas with us at one of the community meetings scheduled near you. Your input will help us shape and plan our programs for the future.

You are invited to help us deck the halls here at the Extension Office on NOV 23 starting at 9am with my special spiced cider and pumpkin muffins. Join us again on DEC 6 for our Open House from 3-6 pm. Also, come out for the infamous DAY OF HOLIDAY FUN on DEC 16. To really immerse yourself in the season and create a project for your home, join us for a 9 am or 1 pm class...or BOTH! 😊

Luci Hockersmith,

County Extension Agent for Family & Consumer Sciences



## Tips for Controlling Portions this Holiday Season

Reference: What counts as one serving?, Kathy Daly-Kozziel, former EFNEP Coordinator, Revised by Jackie Walters, MBA, RD, LD, Extension Associate for Nutrition Education Programs

Multiple gatherings with family for holidays can mean multiple pounds finding their way to your waist. Just remember a few simple tips for controlling portions at home this holiday season :

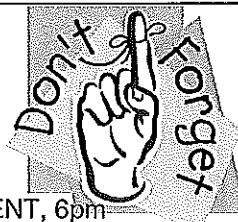
- Measure single servings to know what they look like.
- Avoid serving food "family style." Instead, serve food onto single plates.
- Do not go back for seconds.
- Try using a smaller plate for your meal.
- Avoid eating out of a bag or a carton.
- Avoid eating while watching television.



## DATES

### NOV

- 5—SET YOUR CLOCKS BACK!  
Daylight Saving Time Ends
- 7—Community Meeting at...  
SALVISA FIRE DEPARTMENT, 6pm  
Free Chili—share your ideas with us!
- 8—ELECTION DAY
- 8—Diabetes Support Group, 11am
- 8—Community Meeting at...EXTENSION OFFICE  
12noon, Free pancakes and sausage—share your ideas with us!
- 8—Wilderness Trace Quilt Guild, 7pm
- 10—Craft Camp meeting, Anderson CO EXT, 10am
- 10—Fiber Arts Guild MTG, 6:30 pm
- 11—Holiday Seminar, Boyle CO EXT, 9am-2pm
- 12—2nd Saturday Quilting, 9am to whenever
- 13—2nd Sunday Movie Night with SAGE, 7pm
- 14—COUPON SWAP MEET, 5:30 pm
- 16—Community Meeting at...  
DIXVILLE FIRE DEPARTMENT, 5pm  
Free Chili—share your ideas with us!
- 17—Community Advancement Partnership, 10am
- 18—LUCI at the Senior Center, 11:30 am
- 22—Healthy Meals on a Budget, 10am
- 22—Community Meeting at...  
BURGIN INDEPENDENT SCHOOL, 6pm  
Free Chili—share your ideas with us!
- 23—Deck the Halls of Extension with us, 9am
- 24—THANKSGIVING
- 28—Area Homemaker Council MTG, 6:30 pm
- 29—LUCI, LIVE on ABC CH 36 around 12:30



### DEC

- 1—Interagency MTG, 12noon
  - 6—Holiday OPEN HOUSE, 3-6pm
  - 8—Fiber Arts Guild MTG, 6:30 pm
  - 11—2nd Sunday Movie Night with Sage, 7pm
  - 12—COUPON SWAP MEET, 5:30 pm
  - 13—Diabetes Support Group, 11 am
  - 13—Wilderness Trace Quilt Guild, 7pm
  - 15—Community Advancement Partnership, 10am
  - 16—DAY OF HOLIDAY FUN, pre-registration and pre-payment required
  - 16—LUCI at the Senior Center, 11:30 am
- All events listed are open to the public. For more info, call the Mercer County Extension Office at 859.734.4378**



## Medicare Open Enrollment Period

Source: Jennifer Hunter, Extension Specialist for Family Finance, University of Kentucky College of Agriculture

Health insurance coverage is a top priority for many people. Medicare is health insurance available for people over the age of 65 as well as those under the age of 65 with certain disabilities. The primary Parts of Medicare are A, B and D. Part A is known as hospital coverage and assists with expenses for inpatient care and skilled nursing facility, hospice and home health care.

Medicare Part B is general medical insurance which assists with expenses associated with doctors' visits, outpatient hospital care and home health care. Part B also covers some preventative medical services.

Part D is Medicare prescription drug coverage. You also have the option to enroll in the Medicare Advantage Plan, or Part C, which is offered by private companies approved by Medicare. The advantage plan normally includes Parts A and B as well as additional benefits such a vision or dental insurance. The majority of advantage plans will also include Part D.



If you or a loved one currently receive Medicare benefits, it is important to know that Medicare health and prescription drug plan costs and coverage can change every year. You should review your Medicare plan on a yearly basis to ensure that it meets both your medical and financial needs.

The fall open enrollment period for 2012 is October 15 through **December 7**. It is important that you review the changes in Medicare for the new year prior to this time period so that you can compare available coverage options. Your new coverage will begin on January 1, 2012. If you retain your same plan from 2011, new costs and coverage will also begin January 1, 2012.



There are also other enrollment periods in which you may be eligible to enroll; your local Social Security office will be able to provide you with enrollment guidelines as well as additional information regarding Medicare coverage and benefits. You can learn additional information about comparing Medicare drug and health

plans at [www.medicare.gov](http://www.medicare.gov). Medicare.gov is a government resource which maintains up-to-date information regarding Medicare benefits.

References: Medicare.gov, [www.medicare.gov](http://www.medicare.gov); Medicare and You, 2011 Official U.S. Government Medicare Handbook, <http://www.medicare.gov/Publications/Pubs/pdf/10050.pdf>

## Aluminum Tab Collection: SEPT-OCT Donations



Edna Knight  
Margaret Lowe  
Vicki Robinson  
Danny Ransdell  
Ann Morgan

**A BIG THANK YOU TO ALL!**

**FYI:** Tab collection for last year totaled 1310 pounds and a check for \$982.50 was sent to Indian Summer Camp

## What's Happening?

...every month at the Extension Office  
...you can count on it!

### Homemaker Clubs:

Join an existing club or start your own. Membership Drive NOW thru December 1st, 2011!

### Wilderness Trace Quilt Guild:

2nd Tuesdays at 7pm

### Saturday Quilting:

2nd Saturdays from 9am to whenever...

(usually lunch)

**Fiber Arts Guild:** 2nd Thursdays at 6:30 pm

### Knit One, Crochet Too!:

EVERY Tuesday at 2 pm

### Evening Sewing Circle:

EVERY Thursday from 5 pm to 9 pm

(come and go as you desire)

### Fun Friday Sewing Projects:

9am to 12 noon  
NOV 11—Serge Basics: learn how to get it out of the box and more.

DEC 16—Holiday Apron and Decorative Pillow classes as a part of the Annual Day of Holiday Fun.

JAN 13, FEB 10, MAR 9, APR 13, MAY 11-TBA

### Diabetes Support Meetings:

2nd Tuesdays at 11 am

### Coupon Swap Meets:

2nd Mondays from 5:30-7:30 pm

(come and go as you desire)

### ZUMBA by Sheri:

EVERY Monday & Wednesday at 9am & 5 pm,

EVERY Thursday at 9am

**CHANGE: NO MORE THURSDAY NIGHTS!**

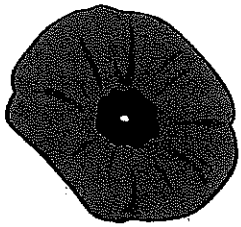
## Remembrance Day

Source: Amy Hosier, Extension Specialist for Family Life, University of Kentucky College of Agriculture

Originally Remembrance Day was set aside to remember and honor those who gave their lives in the wars of 1914-18 and 1939-45, but today we remember those who fought and died in all wars.

Remembrance Day originated on November 11, 1918, at 11 a.m. (the eleventh hour, of the eleventh day, of the eleventh month) when peace was declared to end the hostilities of World War I. The next year, three minutes' silence was observed throughout the contending countries to remember those who lost their lives.

In 1920 an unknown soldier was buried with full military honors at the Arc de Triomphe, Westminster Abbey and the Arlington Cemetery in Washington DC. Since this day, each year at 11 a.m. on November 11, there is a two-minute silence and wreaths are laid at war memorials.



Poppies are a common symbol of Remembrance Day. They symbolize the hundreds of poppies that flowered after the battle on Flanders Field and help us remember those who gave their all for their

country. Another way to remember, honor and celebrate the men and women who fight for our country is to reminisce and discuss why this day is special.

- ◆ Do you have relatives or friend in the forces?
- ◆ Are they comfortable talking to you about their experiences?
- ◆ Where were they stationed?
- ◆ What do they recall of those times at home or in the forces?
- ◆ Do they have any medals or wartime memorabilia (ration books, demob cards, recipe books, postcards from abroad, uniforms) that they might be willing to share?

Story-telling and sharing is a powerful method for honoring and celebrating those who served our country.

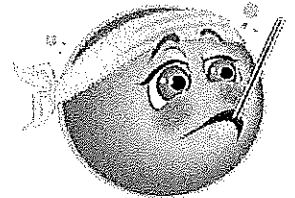
Reference: Bowden, A., & Lewthwaite, N. (2009). *The Activity Yearbook*. Philadelphia: Jessica Kingsley Publishers.



## Winter is Coming: How to Support a Home-Bound Friend

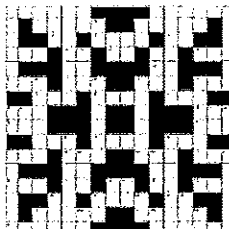
Source: Amy Hosier, Extension Specialist for Family Life, University of Kentucky College of Agriculture

People can become confined to their home for many reasons—sickness, recovery from surgery, chronic illness, disability and even weather. With limited access to the outside, a person's world can shrink considerably and create a disconnect from people and the community.



To help a homebound friend or relative stay engaged in life, you can:

- Plan to call or visit when you are not rushed for time
- Arrange a regular date to get together
- Encourage the person to express emotions and to listen
- Encourage self-care (adequate nutrition, rest, medical appointments) and help when you can (bring over a meal, drive to an appointment)
- Ask, don't guess, what kind of help will be most valuable (dust, vacuum, laundry). If your assistance is declined, continue to express your desire to help
- When appropriate, take it upon yourself to shovel the driveway, rake leaves, bring in the garbage cans or bring over dinner
- Deliver a surprise gift (flowers, a favorite movie, a gift certificate to a take-out restaurant, books from the library)
- Help a female friend or relative feel good about her appearance (offer to paint her nails, comb her hair or bring a new accessory)
- Encourage stimulating pastimes (word puzzles, journaling, drawing, crafting, reading) that bring pleasure and mental activity
- Facilitate connections with the outside world by sharing news about family, friends and current events. Share the newspaper and current magazines
- Encourage your friend or relative to get a computer and help the person connect to the world through the internet (social networks, online education courses, current events, shopping, health-related information)
- Help make sure the home is a safe environment (free of fall risk factors, clean, sanitary, functional)
- If mobility issues are preventing the person from leaving, encourage the purchase and use of mobility aides. Help the person connect with a physical therapist and public transportation.
- Offer to get information on community services and resources (meals on wheels, healthcare services, friendly visiting programs, shopping services, accessible recreation and leisure programs)



Reference: Petsche, L. M. (2010). A dozen ways to support a homebound friend: Caring actions can cheer up a confined person. *Living Well 50+*, 6(1), 23.

# DAY OF HOLIDAY FUN



Friday, December 16th, 2011

Make a  
customizable  
Holiday Apron,  
1 pm, (limit 10)  
\$5.00

Make a  
Decorative  
Holiday Pillow,  
1 pm, (limit 10)  
\$5.00

Fun  
Homemade  
Holiday gifts...  
Bath Salts and/or  
Cocoa in a bag  
9am, (no limit)  
\$3.00 each

SO  
MUCH  
FUN!

Traditional  
Holiday Candy  
Making,  
1 pm, (limit 8)  
\$5.00

Fresh  
Greens  
Variety class,  
1 pm, (limit 15)  
\$20.00

Call  
to find out  
what else  
has been  
scheduled...

Easy  
Holiday  
Appetizers,  
9am, (limit 8)  
\$5.00

Pre-registration with pre-payment REQUIRED.

**Register no later than December 2nd**

by calling the Mercer County Extension Service at 859.734.4378.

We are located at 1007 Lexington RD, Harrodsburg, KY 40330.

# Stay off the SoFAS this Holiday



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

The holidays are here again! While being active is important in maintaining a healthy weight, staying off the SoFAS has a different meaning and focus, in terms of weight management. SoFAS are calories from **S**olid **F**at and **A**dded **S**ugars. It is a new term used in the 2010 Dietary Guidelines for Americans.

Solid fats are found in fatty animal-based foods such as fatty meat, poultry skin, bacon, sausage, butter and whole milk products. They are also found in foods made with vegetable oils such as cookies, donuts, pastries and crackers. These products are normally high in trans fats and saturated fats. Solid fats should be replaced with polyunsaturated or monounsaturated fats, such as liquid vegetable oils, like canola, olive, peanut and soybean and high-fat plant-based foods like nuts, seeds, olives and avocados.

Added sugars are added to foods during processing, preparation or are consumed separately. Names for added sugars include: brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, malt syrup, molasses, raw sugar, turbinado sugar, trehalose, and sucrose. Reading the food label can let you know if a food product is high in added sugar. Added sugars do not include naturally occurring sugars such as those in fruit or milk. So what does staying off the SoFAS mean for holiday eating and cooking?

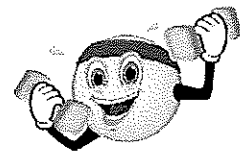
- Choose foods prepared with little or no added sugars or solid fats. Identify the amount of calories from added sugars and solid fats contained in foods and drinks at <http://www.myfoodapedia.gov>. When you have foods and drinks with added sugars and solid fats, choose a small portion.
- Eat fewer refined grains products such as cakes, cookies, other desserts and pizza as these are generally high in calories from solid fats and/or added sugars. When you have these products have smaller portions.
- Drink few or no regular sodas, sports drinks, energy drinks and fruit drinks. These drinks and foods are the major sources of added sugars for Americans. Replace these drinks with water, fat-free milk, 100 percent fruit juice or unsweetened tea or coffee.
- Save those high-calorie desserts for special occasions for example, the Thanksgiving or Christmas dinner. And again, choose smaller portion sizes.



## Make recipes healthier:

- Reduce sugar in recipes. The amount of sugar in recipes can often be reduced by 25 to 30 percent without much change in flavor. This reduction will result in significant calorie savings. Adding cinnamon and vanilla can give the impression of sweetness.
- Use low-fat or fat-free milk and cheese for holiday recipes.
- Substitute one-third to one-half of the butter or oil with unsweetened applesauce.
- Use oils to replace solid fats where possible.

# Diabetes and Physical Activity



Source: Nicole Peritore, Program Coordinator for Get Moving Kentucky, University of Kentucky College of Agriculture

November is American Diabetes Month! Physical activity is an important part of managing type 2 diabetes. If you or someone you know is pre-diabetic or has diabetes, it is important to stay active. If you have not been active, here are some important tips to get you on your way:

- Talk to your healthcare provider. For almost everyone, starting a new active lifestyle is not a problem. However, if you have pre-diabetes or are diabetic, you may also have heart problems. It is important that you talk to your healthcare provider. The American Diabetic Association suggests that you get your doctor's OK before you start an exercise program.
- Do something that you enjoy. If you are told that you need to start a walking program, but do not like to walk, how long to do you think you will stick with it? Probably not very long. If you are not sure what you like to do, talk to other people in your community and just give something new a try. You might find that you really enjoy a certain activity that you would have never tried otherwise. Take it one step further and find an activity that you like to do when you are inside and an activity that you like to do when you are outside. That way you will always have something activity to do no matter whether it is too hot or too cold.
- Start Slowly. Even though it is recommended that you should be physically active 30 minutes a day, 5 days a week, if you have not been very active that may be hard to do. Start slowly by just doing your activity for 10 minutes, 3 days a week. You can build up to five days a week and then start adding to the amount to time that you are spending doing that activity. Everyone progresses at their own rate, so take your time and add additional time slowly.
- Find a partner or join a group. You may think that it is hard to stay active when you have to do it by yourself all the time. If possible find a friend to be active with or join a group. If there is not a local group that you can join — try out an online support group.
- Find Ways to be Active All Day Long. Think of ways that you can be active every day. Is there any way that you can add more steps? Can you park at the back of the parking lot when you go shopping? Can you take the stair instead of an elevator? Can you stretch or get up and move when there are commercials on TV?

It is important to add physical activity to your day. Not only will you feel better but it will help prevent diabetes if you are pre-diabetic or control your diabetes if you already have it.

Reference: <http://www.diabetes.org/food-and-fitness/fitness/fitness-management/be-active-but-how.html>

# Supporting Families with Loved Ones in the Military

Source: Kerri Ashurst, Senior Extension Specialist, University of Kentucky College of Agriculture

Veteran's Day is on November 11, 2011.

Do you know any military families in your community? Not all military families live in



certain places, like military bases. They live in every county in our state. In fact, sometimes the ones who need the most support are the ones who do not live on bases. These families may not have other families close to them who are going through similar experiences and may feel alone. Here are some ideas for ways to honor military families.

- We can help plan a Military family recognition in our communities. This can be done as a separate program or event. However, it can also be done as a part of a church service, school program or other community event.
- We can offer a program or event for all families to come together and have fun with each other. Military families need these opportunities to have fun while a family member is deployed.
- We can help organize a Hero Pack project. Hero Packs are backpacks filled with items to connect children with deployed family members. Presenting Hero Packs to kids is a way to show appreciation to military children for their strength and sacrifices while a parent is deployed.
- We can talk to military children in our communities and encourage them to get involved in local programs like 4-H or YMCA.
- Finally, we can simply say thank you to people in our communities who have served our country and to their families.

References: Mead, J.M.(November 2004). Supporting families with loved ones in the Military. CYFERnet Hot Topic. Available at <http://www.cyfernet.org/hottopic/november04.html>.

Operation: Military Kids. United States Department of Agriculture. <http://www.operationmilitarykids.org/public/heropacks.aspx>.



# Healthy Holiday Eating

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

The holiday season is a time for enjoying the company of friends and family, a time for frequent parties and social gatherings and a time when high-fat, high-calorie foods are available. As a result, there are many opportunities for putting on extra pounds. Research shows that the average American gains about 1 to 2 pounds during the holidays. This may not seem like a lot, but the problem is that this weight is kept on and it can accumulate with each passing year. Avoiding the family gathering or office party may not be an option, but 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:

## Eat healthy each day

- Start your day with a healthy breakfast that includes whole grains, fruit, dairy foods and protein like eggs, ham or peanut butter. Eating a healthy breakfast is a good way to avoid weight gain.
- Increase fruit and vegetable intake. Include a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas.
- 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. Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.
- Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils.

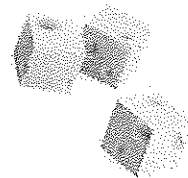
## Eat healthy at parties

- 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. This could be as simple as whole grain crackers and cheese, raw vegetables, fruit or low-fat yogurt.
- 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. You can still enjoy your dessert but have less of it.
- Prepare and bring a healthy dish to the party or social gathering.
- Alcohol contains calories so use in moderation—up to one drink per day for women and two drinks per day for men—and only by adults of legal drinking age. It is wise to begin with a calorie-free, nonalcoholic beverage to satisfy your thirst before having an alcoholic drink.

## Eat healthy and be realistic

Traditions are an important part of the holidays and many involve special meals, food and beverages. The American Dietetic Association suggests that we should be realistic around this holiday season. Their advice:

- Don't try to lose weight during the holidays—this may be a self-defeating goal.
- Strive to maintain your weight by balancing party eating with other meals.
- Eat small, lower-calorie meals during the day so you can enjoy celebration foods later without overdoing your total calorie intake.
- Have fun around the holidays. Enjoy traditional holiday meals and party foods with family and friends while maintaining a healthy lifestyle, too.





# Food Safety for the Holidays

Reference: Recommended Food Storage Times Cold and Dry Refrigerated and Frozen Foods, Sandra Bastin, PhD, RD, LD, CCE, Extension Food and Nutrition Specialist.



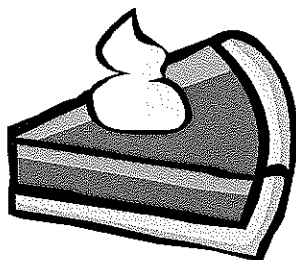
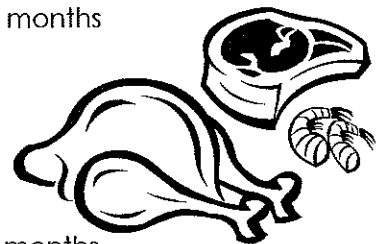
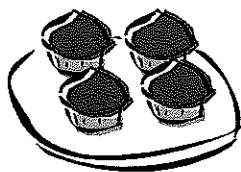
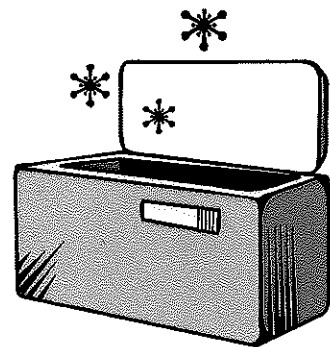
Americans lose money every day because of improper storage of food. The recommended storage time of food depends on what kind of food it is and the length of time and temperature the food is stored, before and after you purchase it. Properly storing food results in improved nutritional quality, reduced waste from spoilage, decreased risk in food borne illness when eaten, and fresher, better tasting food. Food that is held past the recommended storage time may still be safe, but the quality may have begun to deteriorate. The tables below give the recommended storage times for maintaining good quality. Always start with high quality food. Refrigerator temperature should be kept below 40°F and freezer temperature below 0°F. Some food may not freeze well, resulting in changes in appearance, texture, color, or moisture, but they may still be safely frozen. Remember to rotate your foods using the FIRST IN, FIRST OUT rule.

Some foods may have open dates on the package to assist the consumer in proper storage. The most commonly used open dates are the sell-by date, use-by date, expiration date, or pack date. The sell-by date is the last recommended day of sale, but it allows for home storage and use. Breads and baked goods commonly have sell-by dates. Use-by dates recommend how long the food will retain top quality after you buy it. Packaged foods often have use-by dates. An expiration date indicates the last day the food should be eaten, commonly found on egg cartons. Canned or packaged foods may have pack dates that indicate the date of processing or the food may have a coded date that only the manufacturer understands. These dates offer no safety or quality information.

**Below are a few common holiday food products with the recommended refrigerator storage time followed by the recommended freezer storage time. A complete listing of foods is available at the Extension Office by requesting the reference publication (FN-SSB.085) or online at [www.ca.uky.edu/hes/fcs/factshts/FN-SSB.085.PDF](http://www.ca.uky.edu/hes/fcs/factshts/FN-SSB.085.PDF).**



- Sour cream, 7-21 days, Freezes poorly
- Whipped cream, 2-3 hours, 1 month
- Whipping cream, 10 days, 2 months
- Canned ham, 6-9 months (unopened), 3-5 months (opened), Freezes poorly, 1-2 months
- Corned beef, in pouch 5-7 days, 1 month, drained
- Ham, slices (fully cooked), 3-4 days, 1-2 months
- Ham, half (fully cooked), 3-5 days, 1-2 months
- Ham, whole (fully cooked), 1 week, 1-2 months
- Cooked meats, casseroles, soups, stews, 3-4 days, 2-3 months
- Gravy and meat broth, 1-2 days, 2-3 months
- Chicken or turkey, whole, 1-2 days, 1 year
- Chicken or turkey, pieces, 1-2 days, 9 months
- Ground poultry and giblets, 1-2 days, 3-4 months
- Duck, goose, game birds, 1-2 days, 9 months
- Fried or boiled chicken, 3-4 days, 4 months
- Cooked poultry casseroles, 3-4 days, 4-6 months
- Cooked poultry with broth or gravy, 1-2 days, 6 months
- Nuggets or patties, 1-2 days, 1-3 months
- Cooked shellfish, 3-4 days, 3 months
- Bread, yeast, Room temperature, 4-6 months
- Biscuits, Room temperature, 2-3 months
- Muffins, Room temperature, 2-3 months
- Quick breads, Room temperature, 2-3 months
- Pancakes and waffles, Room temperature, 1-2 months
- Rolls, yeast, Room temperature, 2-3 months
- Refrigerated biscuits, Use-by date, Do not freeze
- Angel Food Cake, 1-3 days at room temperature 2 months
- Pumpkin pie, 2-3 days, 1 month
- Cheesecake, 3-7 days, 2-3 months
- Fruitcake, 6-8 months, 1 year
- Pound Cake, 3-5 days at room temperature, 6 months
- Iced layer cake, 1-3 days at room temperature, 6 months
- Baked cookies, 5-7 days at room temperature, 4-6 months



COOPERATIVE  
EXTENSION  
SERVICE

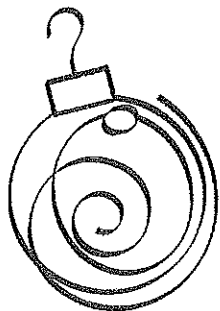


Cooperative Extension Service

University of Kentucky  
Mercer County  
1007 Lexington RD  
Harrodsburg, KY 40330  
<http://ces.ca.uky.edu/mercer>  
[luci.hockersmith@uky.edu](mailto:luci.hockersmith@uky.edu)

NONPROFIT ORG  
US POSTAGE PAID  
HARRODSBURG, KY  
PERMIT # 72

RETURN SERVICE REQUESTED



## Holiday Open House

**Tuesday,  
December 6, 2011**

**3-6 pm**

**Sponsored by the  
Mercer County Extension  
Council**

**Come learn more about Extension  
programs, view demonstrations  
and special exhibits**

## Coming Soon, to a community near you...

To better serve *you*, we are coming to *your* community this month. Help us help YOU by identifying issues that address needs in *your* home, developing solutions and directing us in planning programs for YOU. It's FREE. Join us for FREE homemade chili (or pancakes and sausage on NOV 8), good conversation and FREE door prizes and goodies.

Let us visit with you in your neck of the woods on:

NOV 7 @ 6 pm in SALVISA at the Fire Department  
NOV 8 @ noon in HARRODSBURG at the Mercer  
County Extension Office  
NOV 16 @ 5 pm in DIXVILLE at the Fire  
Department  
NOV 22 @ 6 pm in BURGIN at the Independent  
School