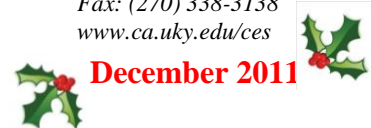


FAMILY & CONSUMER SCIENCES

Muhlenberg County Newsletter

Cooperative
Extension Service
Muhlenberg County
3690 State Route 1380
Central City, KY 42330-5512
(270) 338-3124
Fax: (270) 338-3138
www.ca.uky.edu/ces

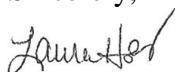


Dear Homemaker,

November was a busy month for Muhlenberg County Homemakers. The Election Day Bash was a success; we welcomed 8 new Homemakers who became members that day. Homemakers collected 537 pair of shoes for our Nike Reuse-A-Shoe recycling project, prepared lunch bags and served lunch to all the county 6th graders at Ag Day, \$705 was raised from our bread sales, 151 food items were donated to the local food pantries, Homemakers have a Christmas tree at the Duncan Center, and you had your club meetings. Have I missed anything? Thank you for representing Homemakers and making a difference in Muhlenberg County.

Merry Christmas and enjoy the season.

Sincerely,



Laura Holt
County Extension Agent
Family & Consumer Sciences



Mark Your Calendar

- Dec. 1-Dues to office
- Dec. 4-MCTI Christmas program
- Dec. 6-Area MCV meeting
- Dec. 7-Basket class, 9-12, office
- Dec. 8-Christmas Trip
- Maple Manor Birthday-Council, 2:00

- Dec. 9-Winter Fantasy Ball
- Dec. 12-Graham Club meets
- Dec. 13-Neighborhood meets
 - Apron Friends Club meets
 - Coupon Class, 6:30, office
- Dec. 14-Harmonizers Club meets
 - Forever Young Club meets
- Dec. 15-Food Explorers at Bremen
- Dec. 20-Imitation Club trip
- Dec. 26-Jan. 2-Office Closed
- Jan. 4-Kentucky Folklore Lesson, 10:00 office

Jewelry Sale

The deadline has been extended until this Friday, December 2. Please call Freda Reeves by December 2 at 3:00 with your order. The jewelry makes great Christmas gifts and orders placed can be picked up on December 13 at 1:00 at the office.



Aprons for the Nursing Home

Each Homemaker Club needs a member to represent their club in the project. The first meeting will be December 14 at 9:30 a.m. at the Extension Office. We will pick our patterns and begin to cut out the fabric. Please try to attend. There will be a job for everyone.

Winter Fantasy Ball

The Muhlenberg Arts Advisory Council is hosting a Winter Fantasy Ball Friday, December 9 from 6 to 9:30 p.m. at the Central City Convention Center. Proceeds go to support the Muhlenberg County High School Band and Arts Departments. Tickets are \$25 each and may be purchased at the Extension Office.



'Twas the Night Before Christmas

We will be going to see *'Twas the Night Before Christmas* Sunday, December 4 at 2 p.m. It will be performed at MCTI in Greenville. Cost is \$10. Please contact JoNell Mallay at 657-2361 or email at momhillvet@aol.com if you want to reserve a seat, we will have 10 saved in the middle section for homemakers.



Candles in the Wind

Candle groupings are lovely to look at, but they can create an excess of soot that clings to surrounding surfaces. Candles that are subject to a draft, that are too close to an adjoining surface, or that didn't have the wicks trimmed before lighting can also create soot problems. Don't try to rub the soot off, as that may smear it around, causing bigger problems. Instead, the first step is to vacuum off the surface soot, using the brush attachment. If candle soot is a frequent problem, invest in a dry-cleaning sponge. Made of natural rubber, this chemically impregnated sponge scoops up and absorbs dirt and soot into its pores. It is used dry. Do not wring out the sponge with water or clean it, as this will ruin the chemical treatment. If you don't own a sponge or if any residue remains after using the sponge, clean the area with a surface-appropriate cleaner. Most candles use paraffin wax, which is made from petroleum products and emits soot. To avoid this

problem in the future, consider using candles made from soy or beeswax.



Homemakers decorate cakes at our class on Nov. 14.



Homemakers serve lunch during the Election Day Bash on Nov. 8.



Twenty six boxes, 537 pairs, of shoes were collected for the Nike Reuse-A-Shoe recycling project.



How Much to Buy

Figuring out how much to buy can be tricky. It depends if you want leftovers or not and how many foods you will be serving. Generally the more different sides you have the less of each one will be eaten. Here is a starting point for planning. (This does not include extras for leftovers.)

Turkey: For a turkey less than 16 pounds, estimate 1 pound per serving (this accounts for bone weight.) For larger birds, a bit less is fine; they have a higher meat-to-bone ratio. But, if your goal is to have ample leftovers, aim for 1 ½ pounds per person whatever the turkey size. The safest way to thaw a frozen turkey is in the refrigerator. You will need about 24 hours per 4 to 5 pounds of turkey. **Carrots:** A 1 pound bag of carrots makes 4 to 5 servings. **Lettuce:** One head of lettuce serves about 6 people. **Potatoes (white or sweet):** One medium potato per person. **Gravy:** Plan for 1/3 cup of gravy per person. **Green Beans:** 1 ½ pounds of green beans makes 6 to 8 servings. **Mashed Potatoes:** A 5 pound bag of

potatoes makes 10 to 12 servings. Rolls: Figure 1 ½ to 2 rolls per person. Stuffing: A 14 ounce box of stuffing makes about 11 servings. Pie: Most pies are cut into 8 servings.



Washing Dishes by Hand?

For anyone who thinks that washing dishes by hand is a better ecological alternative, Nancy Bock, Vice-President of Consumer Education at the American Cleaning Institute® points to a study conducted by the Institute of Household Technology of Bonn University. After taking a close look at people's dishwashing habits, the study observed that modern dishwashers now consume about 2.7 gallons of water and well below one kilowatt-hour of energy per wash cycle. These favorable consumption values are practically impossible to achieve when washing dishes by hand. In addition, most automatic dishwashers save about an hour's time per day, which adds up to almost 50 working days a year.



Clean Ideas: Here's to Greener Holidays! Twelve Ways to a Sustainable Season

Although it wouldn't be the holiday season without a bit of excess, just a little thoughtful effort and imagination can keep the celebration high and the environment impact low.

1. A real tree can be a more sustainable option than an artificial tree. Because the latter is often made from petroleum products (PVC), when discarded, an artificial tree ends up in a landfill, where the plastic content makes it last forever. A real tree, on the other hand, can be turned into mulch, which protects plantings and returns the tree to Mother Earth.

2. Instead of a large cut tree, consider a smaller, live potted tree. Depending on your circumstances, you may be able to reuse the tree for two or three years without having to plant it or re-pot it. Once it gets too tall or too heavy for indoor use at the holidays, plant it outside.

3. In a household where someone suffers from allergies or asthma, an artificial tree may be a better choice because it doesn't have the allergens of a real tree. To insure a longer life for this type of tree, follow the tree manufacturer's instructions for removing dirt and dust. Invest in a storage bag or bin so that when the season is over, the tree can be stored in a dust-free environment.

4. When doing your holiday shopping, take along some canvas tote bags so you can leave the paper and plastic shopping bags in the store.

5. Switch from standard holiday lights to the new, longer-lasting, lower-energy-use LED lights. Visit www.earth911.com to find out how to recycle your old strings of holiday lights. There are programs that remove and recycle the copper, glass and plastic these lights contain.

6. Stock up on cleaning supplies so you don't run out during the busy holiday season. Take advantage of the concentrated products that are on the market. It's the greener alternative because a little bit of product goes a long way and you're using less packaging while getting more cleaning power.

7. Some of the best gifts don't come from a store! Consider gift certificates redeemable for activities that draw on your talents, time or energy-like cooking a meal, cleaning the car inside and out, organizing the garage, or doing the laundry once a week for several months. Busy moms and dads, as well as older relatives who have more than enough "stuff," will be particularly appreciative.

8. Wrap green. Avoid foil or metallic wrapping papers, as they are difficult to recycle. Instead, look for eco-friendly gift wrap made from

recycled paper. When unwrapping large gifts save the paper for reuse; it can often be cut down for smaller presents. Creased wrapping paper can be ironed flat. And if you keep the use of adhesive tape to a minimum, more of the wrapping paper will be reusable.

9. Ribbons and bows are ultimately destined for the garbage bin. So give them as many lives as you can before they are trash-bound. Fabric ribbon, in particular, can be ironed and reused many times.

10. When the festivities are over, make sure all glass, plastic and aluminum containers from your holiday cheer go into the recycling bin. If your entertaining calls for plastic utensils, buy the thicker, more expensive versions. They are actually dishwasher safe, so you can reuse them many times before disposing them in the recycle bin. In the long run, this makes them a more economical choice and better for the environment than the cheaper versions.

11. Hold off on running the dishwasher until it is full. Frequent small loads wastes detergent, water and energy.

12. Keep stain sticks and stain wipes in convenient locations around the house so that even if the laundry has to pile up, stains can be treated promptly. This will help preserve those special holiday items so you can enjoy them again next year.

Source: www.cleaninginstitute.org



Rethinking Your Wardrobe in a Down Economy

As families face a new economic “normal,” they are shifting toward financial conservatism. This conservative behavior is illustrated by the rise in families who clip coupons, buy store brands, frequent discount stores and delay purchases.

Many family budgets now emphasize essential purchases, reducing debt and increasing saving and limit treats and luxuries.

Clothing is not exactly a luxury, but it can eat up a large portion of a family budget. To save money, many people are rethinking the items in their closets to come up with creative ways to make clothes last and seem “new.”

Follow these tips for basic repairs, maintenance and attentive care to extend the lifespan of your garments.

- Allow shoes to rest in between wearing, and clean them before they are stored. Using a shoe tree will help maintain shape. 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, wrinkles relax and naturally deodorize. Minimize washing and dry cleaning to extend the lifespan of clothes. Invest in a clothes brush and try airing and brushing your garments to refresh them, particularly woolens.
- Properly store clothes, using appropriate hangers. Promptly remove the dry cleaner’s plastic bag. Leave closet doors open to promote airflow and leave room in each drawer, rather than stuffing it full.
- Get the most out of your clothes washer, using proper water temperatures and settings as well as the correct amount of detergent and whitener.
- Wash soiled clothes promptly to avoid letting stained or soiled areas become permanent. If you cannot wash immediately, pre-treat stains promptly.
- Instead of drying, consider a clothesline. Use it to dry clean clothing as well as to air out woolens, quilts and rugs.
- Ironing can give you a significant savings if you forgo the dry cleaner. Choose “no wrinkle” shirts and easy care, wash-and-dry clothing.

- Learn to mend clothing. Basic repairs and maintenance are quick and easy. Plus, sewing on buttons, snaps and repairing tears or holes will save money.
- Learn to sew. You will be able to reinvent your wardrobe, revamping collars, hems, sleeve lengths and even turning shirts into skirts. Your imagination is the limit.

Source: Marjorie Baker, UK Extension Associate, Textiles and Clothing

Stay off the SoFAS this Holiday

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 solid fat and added sugars. 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.

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

Holiday Apple Salad

¼ cup lemon juice
2 tablespoons sugar
2 large firm red apples, such as Gala or Cameo
2 large green apples, such as Granny Smith or Crispin
½ cup dried cranberries or raisins
½ cup reduced fat mayonnaise

1. In a large salad bowl, mix together lemon juice and sugar until sugar is dissolved.
2. Wash apples and dice into ½ inch cubes.
3. Stir apples in sweetened lemon juice to coat.
4. Drain excess lemon juice mixture from apples.
5. Add cranberries or raisins and mayonnaise.
6. Mix together and refrigerate until serving time.

Makes 16 Servings
Serving Size: ½ cup
Cost Per Recipe: \$3.51
Cost Per Serving: 22 cents

In Season: Frozen orange juice, potatoes, tangerines.

Tip: Try to shop alone. Children may encourage you to get foods that are not on your shopping list and distract you from making the best buys.



6 NEW USES FOR HAIR SPRAY

1. Lipstick Remover: Kiss that smudge of Really Red good-bye. If the fabric is machine washable, saturate the spot with hair spray, let it sit for 10 minutes, then dab with a damp cloth or sponge to remove. Launder as usual to wash out any residual stain and spray.
2. Stocking Saver: The polymers that hold up an updo can also reinforce the toes of your hose. Spray after each wash to help prevent nylons from running.

3. Artwork Protector: Hanging kid's art in a high-traffic area, like the refrigerator door? A light coating of hair spray will keep chalk or dried, flaky paint from brushing off.

4. Petal Preserver: Spray fragile dried flowers to help them stay put on their stems. (Here's hoping your wedding bouquet sees its silver anniversary.)

5. Gum Unsticker: Free chewed Juicy Fruit from the carpet without wasting a wad of time. Douse the gum with hair spray to harden it quickly, then scrape it off with a knife.

6. Shoeshine Fix: A light spritz of hair spray gives newly polished loafers a longer-lasting patina. Test on a small area first before spraying the whole shoe.

*Source: Andra Chantim, Julia Edelstein
Real Simple Magazine*



*Two pans were left behind at the Bean Supper.
Are these yours?*



COOPERATIVE
EXTENSION
SERVICE



Cooperative Extension Service
University of Kentucky
Muhlenberg County
3690 State Route 1380
Central City, KY 42330-5512

PRESORTED
STANDARD
US POSTAGE PAID
CITY KY
PERMIT ###

RETURN SERVICE REQUESTED