

FAMILY & CONSUMER SCIENCES

Muhlenberg County Newsletter

**Cooperative
Extension Service**
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January 2012

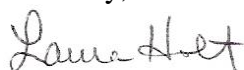
Happy New Year Homemaker!

The holidays are behind us, families have gone home, the tree may or may not be out of sight, and you might be thinking about what you can do to make this year a good one. From exercising, eating right, getting enough rest, spending wisely, volunteering in your community and just enjoying life, I hope 2012 will be a year that you take care of yourself and have fun doing it.

There will be plenty going on at the Extension office, from Homemaker lessons, line dancing, special interest classes and more so check our web site to learn more about what is happening here:

www.ces.ca.uky.edu/muhlenberg

Sincerely,



Laura Holt
County Extension Agent
for Family & Consumer Sciences

Calendar:

- January 4 - *Folklore* lesson, 10:00; office
- January 5 - Heart Chase committee meeting, 10:00
- January 9 - LEAP at preschools
- January 10 - District Board, 4:00, office; Agent at Longest; Saving Money on Food



- January 12 - Community Recycle committee, 8 a.m.; Basket Class canceled; Coupon Class, 6:30, office
- January 12 - Maple Manor birthday, Forever Young Club
- January 13 - agent at Greenville Elementary
- January 16 - office closed
- January 17 - Agent at Career Day at East; Agent at Longest for budget lesson
- January 19 - Paying for College 101, office, 5-7 p.m.
- January 24 - Agent at Longest for budget lesson
- January 26 - LEAP at preschools
- January 30 - *Fun and Funky Fondue* lesson, 2:00, office
- January 31 - Food Explorers at Bremen Elementary
- February 23 - Homemaker Council



Winter Weather Policy

If school is closed because of bad weather, homemaker activities are cancelled. If in doubt, contact the Extension Office for county activities or your club president.

Pennyrile Area Cultural Arts

This exhibit is scheduled for February 23, 2012, from 9:00 a.m. – 1:00 p.m. at the UK Research and Education Center in Princeton. Exhibits will be taken from 9:00-10:00 that morning and you can view the display from noon-1:00 p.m. A class entitled “Sharing Stories – An Introduction to Oral History” will be presented by Marsha Parker, Christian County FCS agent, and Loretta Fitzgerald, Caldwell County Homemaker from 10:00-11:00 while judging is taking place. You don’t have to enter items to come to the class.

All items submitted must be the Homemaker’s original work and must have been completed during the past two years. Items receiving a purple ribbon from previous years in each category or subcategory are not eligible. You must provide your own materials for properly exhibiting your item. Nothing can be hung on walls. If you would like a complete copy of the rules, call me at the Muhlenberg County Extension Office.

I would like to encourage all of our homemakers to look at what they have created this past year and consider entering. If you have something you would like to exhibit, but cannot make it to Princeton the day of the contest, please let me know and I would be glad to take it for you. Enclosed you will find the categories and subcategories for the exhibit.

Spring Trip

Your Homemaker Travel committee has lined up a spring trip for April 13, 2012. It will be a day in Madison, Indiana. We will travel with Lifestyle Tours and will tour Lanier Mansion, Clifty Falls State Park, downtown Madison and more. A complete itinerary will be

included in the February newsletter. Mark the date now.



Want to get moving?

We all think about keeping our bodies in better shape for today and the future. If you aren’t walking, think about starting a walking program following the following steps.

Sample Walking Program

Warm Up Time	Fast Walk	Cool Down	Total Time
Week 1			
Walk slowly 5 min	Walk briskly 5 min	Walk slowly 5 min	15 min
Week 2			
Walk slowly 5 min	Walk briskly 8 min	Walk slowly 5 min	18 min
Week 3			
Walk slowly 5 min	Walk briskly 11 min	Walk slowly 5 min	21 min
Week 4			
Walk slowly 5 min	Walk briskly 14 min	Walk slowly 5 min	24 min
Week 5			
Walk slowly 5 min	Walk briskly 17 min	Walk slowly 5 min	27 min
Week 6			
Walk slowly 5 min	Walk briskly 20 min	Walk slowly 5 min	30 min

Walking Fun Facts:

1 mile = 2,000 – 2,500 steps

10,000 steps = 4-5 miles

Nine holes of golf, no cart = 8,000 steps

One city block is about 200 steps

90-minute soccer game = 8,000 -10,000 steps

Most people walk about 1,200 steps in 10 minutes.

Time yourself to find out how far you walk in 10 minutes!

5 Great Baking Tips

1. Baking recipes usually require large eggs.
2. Before creaming butter and sugar, soften butter to 65-68 degrees F.; melted butter won't cream properly.
3. Reduced fat margarine or butter spreads won't substitute for real butter.
4. Fluff up flour or confectioners' sugar before spooning into a measuring cup.
5. Pre-heat oven at least 5 minutes before baking breads, cakes, pastries or cookies. Avoid over-loading oven. Pans should not touch each other or oven sides.

From www.homebaking.org

Baking Pan Substitution Guide

Options when you need a pan substitution.

- Find pan capacity (volume) by filling pan to rim with water; then measuring water quantity in a liquid measuring cup.
- Reduce baking times when batter/dough is divided into smaller or shallower pans.

Pan Size	Pan Capacity	Substitute Pan
Loaf pan – 8 ½ x 4 ½ in.	6 cups	Three 5 x 2 in. loaf pans Two 2 ¾ x 1 3/8 in. Muffin tins Three 2 ¾ x 1 1/8 in. muffin tins
Loaf pan – 9 x 5 x 3 in.	8 cups	Two 8 x 4 x 2 ¼ in. loaf pans Three 5 ½ x 3 ½ in. loaf pans
Round cake pan – 9 x 2 in.	8 cups	one 8 x 2 in. square pan
Bundt® pan – 10 x 3 ¼ in.	12 cups	One 10 x 4 in. tube pan Two 8 ½ x 4 ½ x 2 ½ in. loaf
Rectangle pan – 13 x 9 x 2 in.	14 to 15 cups	Two 9 x 2 in. round cake pans Two 8 x 2 in. square pans
Jelly-roll pan – 15 x 10 x 1 in.	10 cups	Two 7 x 11 x 1 ¼ in. brownie pan Two 8 x 1 in. round pans

From www.homebaking.org

Recipe

Slow Cooker Swiss Steak

- 2 pounds boneless round steak
- 8 medium new potatoes
- 2 cups baby carrots
- 1 medium onion
- Cooking spray
- ½ teaspoon seasoned salt
- 1/8 teaspoon pepper
- 1 (15 ounce) can diced tomatoes with Italian seasoning, drained
- 1 (12 ounce) jar home-style beef gravy



1. Cut round steak into 8 pieces.
2. Wash new potatoes and remove eyes.
3. Wash, scrape and trim carrots if needed.
4. Slice onion.
5. Spray a 12-inch skillet with cooking spray and heat over medium heat.
6. Sprinkle beef with seasoned salt and pepper. Cook beef in skillet 6-8 minutes, turning once, until browned.
7. Layer potatoes, carrots, beef and onion in a slow cooker.
8. Mix tomatoes with gravy and spoon over mixture in slow cooker.
9. Cover and cook on low for 7-8 hours or until beef and vegetables are tender.

OPTION: Make beef stew from leftovers by dicing beef and vegetables and adding cooked peas.

Source: Sarah Brandl, Extension Specialist for Nutrition Education Programs, University of Kentucky Cooperative Extension Service

In Season for January: Oranges, Tangelos, and Split peas.

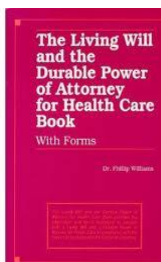
January Tips: According to the U.S. Department of Health and Human Services, adults need at least 30 minutes of moderate level physical activity every day to be healthy. Children need one hour every day.



Recipe for a Family Mealtime

1. Start with one busy family.
2. Add a strong desire to share more time together.
3. Blend in creative ideas about when and where to eat.
4. Stir in compliments and pleasant conversation topics.
5. Sprinkle with good manners.
6. Add a dash of thanks.
7. Serve with a variety of simple, healthy foods.

Source: Iowa State University Extension and Outreach



Be Prepared for a Medical Emergency

If you were to suddenly become sick and unable to speak for yourself, you probably would want someone who knows you well to decide on your medical care. To make sure this happens, think about giving someone you trust and respect permission to discuss your health care with your doctor and make necessary decisions. One way to do this is through a durable power of attorney for health care. A durable power of attorney for health care allows you to name a health care proxy—someone to make health care decisions for you any time you can't. This is part of an advance directive. Another part of an advance directive, called a living will, allows you to decide in advance how much or how little care you want near the end of life.

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



January is National Radon Action Month

The U.S. Environmental Protection Agency has designated January as National Radon Action Month. Radon is a radioactive gas produced from the natural breakdown of uranium, which is found in soil, rock and water. Radon can move up through the soil and enter homes through cracks in the foundation, floors and walls, gaps around service pipes and by way of construction joints. Once inside radon can build up. Any home, whether new or old, well-sealed or drafty, with a basement or without, can have radon problems. Breathing air containing radon can be harmful to your health. According to the Surgeon General, radon is the second leading cause of lung cancer in the United States. Take action this January by testing your home for radon. Many county health departments throughout Kentucky provide free radon test kits to residents. If your county does not offer free test kits contact the Kentucky Radon Program at (502)564-4856 to request a free test kit.

Source: Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues, University of Kentucky College of Agriculture

Home Decorating Tips that Reduce Energy Use

A fresh coat of paint and new window treatments may add style to your home décor, but did you know that they can also conserve energy and reduce your utility bills? Follow these home decorating tips to reduce your energy consumption and utility costs:

- Place furniture, such as reading chairs, desks and sewing machines, in areas that take advantage of daylighting. Daylighting is the practice of using

windows and skylights to bring natural lighting into your home, thereby reducing the need for artificial lighting. In addition, make sure furniture and window treatments do not block air vents.

- Avoid setting TVs and lamps near thermostats. The air conditioner thermostat senses heat from these appliances. This may cause the air conditioner to run longer than needed.
- When painting a room, consider a light color for walls. Lighter colors minimize the need for artificial lighting.
- Use window treatments, such as curtains, blinds, shades or interior shutters. In winter months, open curtains and shades during the day to allow in the warmth of the sun, and close them during the night to prevent heat loss. In summer months, close curtains on south- and west-facing windows during the day to keep heat out. During warmer months, consider white shades, drapes or blinds, as they will reflect heat away from the house.
- Use multiple layers of bedding during colder months.
- Use throws. Throws not only accent your home décor but can help keep you warmer during cooler months without adjusting your thermostat.
- Use area rugs on tile, wood or laminate floors.
- Install glass fireplace doors to reduce drafts and loss of heated or cooled air.
- Replace outdated faucets and shower fixtures with low-flow faucets and showerheads.
- Use a circulating fan, such as a ceiling fan, table fan or floor fan. During summer months, ceiling fans allow you to increase your thermostat by around 4 degrees F, while maintaining the same level of comfort. However, when you leave the room, turn off your ceiling fan. Ceiling fans cool people, not rooms, by producing a wind chill effect.

In 2009 the average American family spent roughly \$1,900 on home utility bills. Not only is this amount a burden for the family bud-

get, but it is also costly to the environment. By making a few simple changes in regards to your home décor you can conserve energy, reduce your utility bills and help the environment.

Source: Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues, University of Kentucky College of Agriculture

Why Should I be Physically Active?

You may see more and more information on TV, in magazine and newspapers, and online telling you that it is important to be more physically active. Have you ever wondered what all the fuss was about? These days, our lives are filled with many things that we have to do on a daily basis. Making time to be physically active is not always easy. Here are a few reasons that may help you understand why being physically active really is important!

Physical activity can help prevent many chronic diseases. Did you know that there are more than 40 different chronic diseases helped by physical activity to treat and possibly prevent? Many diseases such as heart disease, diabetes, obesity, lower back pain and high blood pressure can be positively influenced by physical activity. The best part is that the physical activity only needs to be 30 minutes a day and it can be done in 10 minute sessions. A quick way to get exercise is to take 3 ten minute breaks during your day. Walk 5 minutes in one direction and turn around and walk back.

Of course, by being physically active for longer than 30 minutes and moving at a faster than regular pace, you will be able to get even more benefits! Adding intensity will help the heart get stronger and muscles get leaner. This can lead to long term weight management and long term disease prevention.

It is very important to talk to your healthcare provider about how active you are and what activities you are doing. If you are not sure what you should be doing, ask your healthcare professional. Many times, healthcare professionals are willing to give you suggestions

for physical activities or refer you to someone who can.

Do not be afraid to try something new. There are so many types of physical activity available. If you do not like to walk, then taking 10 walking breaks is going to be hard to do. If you love to dance try Zumba or ballroom dancing. If you like sports see if there is a league somewhere nearby for you to join. If you like to be out in nature, try a new hiking trail. If it is raining and you are stuck indoors, try an exercise DVD. There will be some physical activity that you will enjoy, as long as you are open to trying new things.

Any physical activity that you do will provide benefits for healthier and more independent living. The more physically active you are, the longer you can expect to live, the less stressed you will be and overall, you will feel good!

Source: Nicole Peritore, HEEL Program Coordinator, University of Kentucky College of Agriculture

To Toss or not to Toss

Many of us are familiar with the “sell-by,” “best if used by” and “use-by” dates that appear on food products. These dates are expiration dates that provide information on the quality of products purchased. Many consumers do not use or throw away products that have passed these dates. Knowing what these dates mean help consumers make better decisions on product quality, what to keep, what to toss and when.

Types of Dates

- The “**Sell-By**” date lets the store know how long they should display a product for sale. It is best to buy food products before this date expires.
- The “**Best if Used By**” or “**Best Before**” date is the date recommended for best flavor or quality of the product. This is not a purchase by or safety date. If you have food in the refrigerator or in home storage and these dates expire, the food item should still be safe to use. However,

the quality of the product begins to decline after this date.

- The “**Use-By**” date is the last date recommended for the use of the product for peak quality. This date, determined by the manufacturer, refers to best quality and not safety dates. Products that pass the “use-by” date are still safe to use if handled properly and kept at a temperature of 40°F or below.
- The “closed or coded dates” are packing numbers used by the manufacturer of the food product.

Because the product dates are not a good indication of whether or not the product is safe the following guidelines should help you tell how long foods can be stored and whether food is still at its best quality.

- Purchase food products before the expiration date.
- Store perishable foods at the correct temperature immediately after purchase.
- If perishable foods are frozen when in a good condition and the date expires while the food is frozen, the food is still safe for use. Foods keep frozen continually are safe indefinitely.
- Follow the direction on the package on how to handle and store foods.

Follow the refrigerator storage time for fresh or uncooked products. Remember, foods must be stored at 40°F or below. After purchase:

- Chicken, turkey, ground beef and uncooked sausage should be stored in the refrigerator no longer than one or two days.
- Processed products, such as cooked poultry, can be stored for three to four days.
- Bacon can be stored for two weeks if unopened and seven days after opening.
- Eggs can be stored for three to five weeks.

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

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