

Family & Consumer Sciences



Cooperative Extension Service
Carroll County
500 Floyd Street, Cave City, KY 41008
75921 741-7536 Fax: 75921 741 7562

FAMILY & CONSUMER SCIENCES

EXTENSION HOMEMAKER NEWSLETTER

February 2025



CHRISTY'S CORNER

"February's crisp, cold air is a gentle reminder that winter still lingers, but that shouldn't stop us from staying active and making the most of this month. Whether it's bundling up for a refreshing walk, trying out indoor workouts, or even joining a local gym, keeping our bodies moving is crucial for our health and spirits. February also brings a plethora of important dates to mark on our calendars—like celebrating love on Valentine's Day, honoring the achievements of African Americans during Black History Month, and embracing the excitement of Super Bowl Sunday. Let's make this month about staying warm, staying active, and celebrating the little joys that February brings our way!"

"February is shaping up to be an exciting month with the launch of our WITS program, designed to inspire and energize our community! We kick off with the Emergency Health Information Cards program on February 5th, ensuring everyone has vital health information readily available. Then, on February 11th, join us for the cozy Soup and Snowflake event, where we can share warmth, delicious soups, and camaraderie. Finally, don't miss the informative session on Osteoporosis on February 18th, where we'll delve into prevention and management of this important health issue. Let's come together, learn, and stay active this February!"



Sincerely, Christy



The University of Kentucky Martin-Gatton College of Agriculture, Food and Environment news and communications team provides monthly Extension Exclusives in the categories of Horticulture, Agriculture and Natural Resources, 4-H and Family & Consumer Sciences. To see more exclusives, visit <https://exclusives.ca.uky.edu>.



Christy Eastwood

Christy Eastwood, Carroll County Extension Agent for
Family & Consumer Sciences Education

XOXO

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Dates to Remember

February/March 2025

Remember to call the office at (502) 732-7030 to sign up!

February 3	10am	WITS Workout for Brain Health	CCES
February 5	10am	Emergency Health Info Cards	CCES
February 6	10am	Cooking with a Purpose series	CCES
February 10	10am	WITS Workout for Brain Health	CCES
February 11	5:30 pm	Soup and Snowflake Homemaker Event	CCES
<i>Join us for soup and fellowship. Please bring a dish that will go with soup.</i>			
February 13	10am	Cooking with a Purpose series	CCES
February 14	Noon	Lunch & Learn	CCES
February 17	10am	WITS Workout for Brain Health	CCES
February 18	1:30pm	Strong Bones for Life: Prevent Osteoporosis	CCES
February 25	5:30pm	Painting with the Homemakers	CCES
February 24	10am	WITS Workout for Brain Health	CCES
February 27	10am	Cooking with a Purpose series	CCES
March 10	1:30pm	Bingocize	CCES
March 11	6:00pm	Homemaker International Dinner	CCES
March 13	1:30pm	Bingocize	CCES
Week of March 17 th		Recipes for Life (Need volunteers)	CCES
March 24	1:30pm	Bingocize	CCES
March 27	1:30pm	Bingocize	CCES



Baked Egg Cups

Servings:6 Serving Size:1 egg cup Recipe Cost:\$3.00 Cost per Serving:\$.50

Who says you can only eat these at breakfast? They're so good, you may find yourself craving them for dinner.

Ingredients:

- Cooking spray
- 6 slices of thin cut deli style turkey or ham
- 6 eggs
- Pepper
- ½ cup finely shredded 2% cheddar cheese
- ½ cup diced red and green bell pepper (or vegetables of choice)

Directions:

- Preheat oven to 350°F.
- Spray 6 muffin tin cups with cooking spray.
- Arrange meat slices so they line the muffin cup.
- Break an egg into each cup, gently breaking the yolk with a sharp knife.
- Season lightly with pepper, if desired, and sprinkle in diced peppers (or vegetables of choice).
- Place muffin tin in oven and cook for 15 minutes. If eggs are not firm, return to oven and check them every minute until they are firm.
- Remove from oven and quickly sprinkle with shredded cheese. Serve right away.



Source: Adapted from Vanessa Lair, Madison County Extension Volunteer

Nutrition facts per serving: 110 calories; 5 g total fat; 2 g saturated fat; 0 g trans fat; 225 mg cholesterol; 360 mg sodium; 3 g carbohydrate; 0 g fiber; 13 g protein; 10% Daily Value of vitamin A; 20% Daily Value of Vitamin C; 6% Daily Value of calcium; 6% Daily Value of iron

Don't Get Caught Out in the Cold, Create a Vehicle Emergency Kit

Source: Annhall Norris, food preservation and food safety extension specialist at the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment

Preparing for an ice/snowstorm, or other potential natural disasters, is important in keeping you and your families safer. Winter storms can create dangerous roads and a higher risk of frostbite, hypothermia and carbon monoxide poisoning.

Having an emergency kit with essential items in your home is the first step to surviving such an event, but you should also think about your car. Creating a vehicle emergency kit can help you and your family be prepared if caught out during a winter storm.

Include these items in your vehicle and have them in a bag, bucket or small tote for easy access:

- Warm clothes (heavy coat, extra socks, gloves, hand warmers, etc.)
- Blankets
- Ice/snow scraper
- Bottled water
- Shelf-stable snacks (choose high protein foods to provide energy)
- Flashlight
- Cell phone charger and battery backup
- Jumper cables or battery-powered jump starter
- Sand or kitty litter (to help with traction if you are stuck in snow)
- Small or collapsible shovel
- Roadside flares or glow sticks
- Flat tire inflation canister (non-explosive)

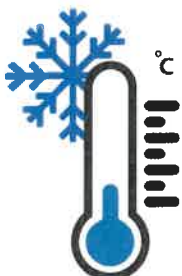


During the winter months, always keep your gas tank full.

- Don't let it get low as you never know when you might be sitting for a while and unable to refuel. If you're stranded, only run the engine for 10 minutes each hour to charge your phone and run the heater.
- Be sure to open a window slightly allowing fresh air to enter the car and avoid carbon monoxide poisoning while it's running.

Keep your vehicle(s) and home safer this winter season with these helpful tips.

Contact your local Carroll County Extension office for more information on preparing for severe weather or other natural disasters.



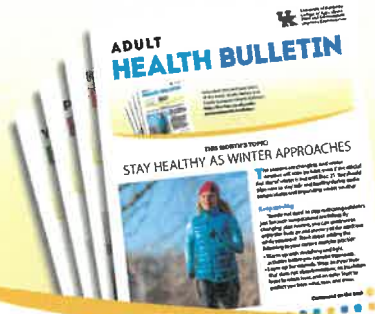
IM NOT GOING OUTSIDE



**UNTIL TEMPERATURE IS
ABOVE MY AGE.**



ADULT HEALTH BULLETIN



FEBRUARY 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Carroll County Extension Office
500 Floyd Drive
Carrollton, KY 41008
(502) 732-7030

THIS MONTH'S TOPIC

CAN YOU STOP CANCER BEFORE IT STARTS?



The Red Cross, the American Association for Cancer Research, and other groups recognize February as National Cancer Prevention Month, a time to tell people about ways you can fight cancer.

For many years, we thought you got cancer just by chance, bad luck, or only because of family traits or certain behaviors. Now we have more research. We know more about what causes cancer. We know how a person's life and environment can play a major role in keeping away cancer. There are things you can do to cut the odds of getting cancer. This will lower the overall rate of cancers moving forward.

The National Cancer Institute says prevention and testing efforts have been the major factors to saving lives, stopping 4.75 million deaths from

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Disabilities accommodated with prior notification.



→ Continued from the previous page

five of the most common cancers (breast, lung, colorectal, cervical, and prostate) from 1975 to 2020. The number of lives saved keeps growing yearly as more people learn how they can prevent cancer or find cancer early while it is most treatable.

Testing

Cancer screenings can look for signs of disease before you have warnings. Some screenings can even look for signs that cancer could likely grow later. All people should be screened for the most common types of cancer (breast, cervical, colorectal). You might need extra or earlier screenings if a parent or family member has cancer, or if you have been exposed to certain other risks.

Avoid tobacco and limit alcohol

Tobacco use is a risk for many cancer types, as is drinking too much alcohol. If you do not smoke or drink, do not start. If you use tobacco products, try to quit. There are many ways to help you quit. Ask your doctor, pharmacist, or local health department. If you drink alcohol, stay within the recommended limit of one drink per day for women or up to two drinks per day for men.

Keep a healthy weight

Obesity is also a cancer risk. You can cut your risk for cancer by reaching and keeping a healthy body weight. Eating a wide variety of healthy

food and being active can help reach a healthy body weight. Talk to your doctor about what is a healthy body weight for you, and how to reach it.

Eat healthy foods

Eating a diet of mostly vegetables, fruit, whole grains, and lean proteins limits your cancer risk, and gives your body fuel to feel its best.

Be active

Our bodies are made to move. Cut your cancer risk by being active for at least 150 minutes per week.

Protect your skin

Skin cancer is still a leading cancer in the United States. Limit sun exposure by using sun screen, SPF clothing, and sunglasses. Be careful of spending too much time in direct sunlight. Avoid tanning beds.

Cooperative Extension has a wide variety of information on cancer. Talk to your local Extension agent for more tips about the basics of cancer, cutting your cancer risks, and living a healthy life.

REFERENCE:
<https://prevention.cancer.gov>

ADULT HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



"A Taste of Italy!"

A Cultural and Culinary Experience

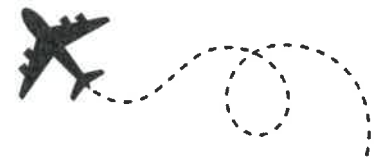
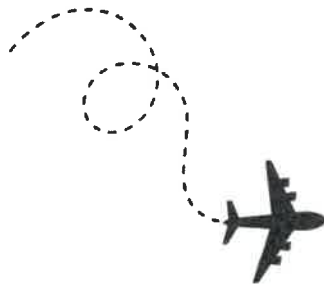


April 3, 2025

1:00 - 3:00 p.m.

**Carroll County Extension Office
500 Floyd Dr., Carrollton
(502) 732-7030**

**Presenters:
Christy Eastwood, Carroll County FCS Agent
&
Devon Fluty**



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Join Us For



Participants pay for their own lunch.

We will leave the Extension Office at 10:30 a.m.

January 31, 2025	Mi Viejo	Carrlilton	502-732-7682
March 28, 2025	Ford Garage	Florence, KY	
May 23, 2025	Claudia Sanders	Shelbyville	3202 Shelbyville Rd. 502-633-5600
July 25, 2025	Knock on Wood Cafe	West Port	7001 Main St. 502-633-5600
Sept. 26, 2025	Our Best	Smithfield	
Nov. 21, 2025	Kellie's Homestead Restaurant	Dry Ridge	1107 Fashion Ridge Dr. 859-903-9477

Space is limited due to transportation. Please sign up each time to get your name on the list.

Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Additional programs of Martin-Gatton Cooperative Extension are: 4-H youth organization of extension or local homes and soil conservation on the basis of soil, water, air, and energy; natural resource, wildlife, and forest management; pest management; and other programs. All programs are provided at no cost to the participant. For more information, please contact your local Extension office. Martin-Gatton Cooperative Extension is a part of the University of Kentucky, which is an equal opportunity institution. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties. Lexington, KY 40506



BINGOsize Fall Prevention Workshop



A 10-week health promotion program that combines bingo with fun, inclusive exercises for everyone!

Carroll County Senior Center	10:00 a.m.	Carroll County Extension Office	1:30 p.m.
3/10/25	5/5/25	3/10/25	5/5/25
3/13/25	5/9/25	3/13/25	5/9/25
3/24/25	5/12/25	3/24/25	5/12/25
3/27/25	5/15/25	3/27/25	5/15/25
4/7/25	5/19/25	4/7/25	5/19/25
4/10/25	5/22/25	4/10/25	5/22/25
4/14/25	5/28/25	4/14/25	5/27/25
4/17/25	5/28/25	4/17/25	5/28/25
4/28/25		4/28/25	
5/1/25			

JOIN THE FUN!

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Cooking with a Purpose: Hands on Cooking Class



- February 6, 2025 Knife Safety
- February 13, 2025 Food Safety
- February 20, 2025 Appliance Safety
- February 27, 2025 Storage Safety



10:00 a.m.-12 Noon
Carroll County Extension Service
500 Floyd Dr., Carrollton, KY
RSVP by calling (502) 732-7030

Space is limited!

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WITS WORKOUT

An Interactive Brain Health Program

Cooperative Extension Service
Carroll County

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

Simply put, coming together and learning new things is good for your noggin! Join the Wits Workout program to engage in all kinds of guided challenging puzzles, learn what you can do in your daily life to keep your brain healthy while interacting with others.

When: February 3, 10, 17, 24, 2025
Time: 10:00—11:15 a.m.
Where: Carroll County Cooperative Extension, 500 Floyd Drive, Carrollton, KY
Register: (502) 732-7030
REGISTRATION REQUIRED.

Led by: Christy Eastwood, Carroll County Cooperative Extension

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