

Family & Consumer Sciences



Cooperative Extension Service
Carroll County
500 Floyd Drive, Carrollton, KY 41008
(502) 732-7030 Fax: (502) 732-7032

FAMILY & CONSUMER SCIENCES

EXTENSION HOMEMAKER NEWSLETTER

January 2025



CHRISTY'S CORNER

Happy New Year! Ringing in a new year means new beginnings and endings. January is the perfect month to clean out your refrigerator. There's nothing as comforting as a warm, hearty bowl of soup in the winter. That's why **January is National Soup Month**—a time to celebrate this beloved comfort food. While we enjoy our favorite soups throughout “soup season,” January was officially designated as National Soup Month in 1984 by Campbell Soup Company. January is also **National Hot Tea Month**. Don't forget about the health benefits of tea. What are the health benefits of tea? Tea offers numerous health benefits – it's a relaxing drink that helps increase our attention and focus, is heart-friendly, good for the gut and may help manage blood sugar. Tea is a useful option if you are looking for a flavorful, low-calorie, unsweetened hot drink with less caffeine than coffee. Grab a cup of hot tea and a book to read. What a wonderful way to enjoy a couple of hours of reading. **The 3rd Monday in January is Martin Luther King Jr Day**. The day honors the American clergyman, activist, Civil Rights Movement leader. In addition, the office will be closed that day. Don't forget to check on others during the month. People tend to get depressed after the holidays. Stay warm while outside and come out to the Extension Office for programs if time permits!

Sincerely, Christy

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Christy Eastwood

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



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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Dates to Remember

January 2025

January 9	1pm	A Taste of Italy	CCES
January 15	10am	Radon in Kentucky	CCES
January 17	Noon	Lunch & Learn	CCES
January 23	1pm	N. KY Area The Artful Palette	Boone Co. Enrichment Center (Must RSVP)
January 29	10am	Health Literacy for the Win	CCES
January 31	11am	Lunch Bunch	
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	6pm	Soup and Snowflake Homemaker Event	CCES
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 20	10am	Cooking with a Purpose series	(CANCELLED)
February 24	10am	WITS Workout for Brain Health	CCES
February 27	10am	Cooking with a Purpose series	CCES



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

SNOW POLICY

Extension, Homemaker & 4-H countywide sponsored activities are CANCELLED when Carroll County Schools are closed due to bad weather. Call the Extension Office if you have questions.

(502) 732-7030.



The 2025 Food and Nutrition Calendars are here! Stop by the Extension Office anytime Monday-Friday 8am-4:30pm and pick your free calendar up.

There are many things I want,
but few things I need.

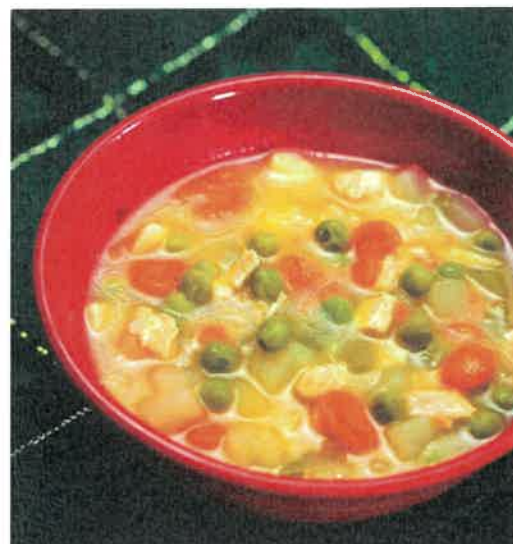
Chicken and Dumpling Soup

Servings:10 Serving Size:1 cup Recipe Cost:\$9.63 Cost per Serving:\$.96

Here's a healthier version of your mom's classic. Serve it anytime you need a little home lovin'.

Ingredients:

- 2/3 cups cooked chicken, cubed
- 4 carrots
- 3 stalks of celery
- 3 medium potatoes
- 1/2 yellow onion
- 1 clove garlic
- 2 tablespoons olive oil
- 2 (32-ounce) boxes of low sodium chicken broth
- 2 cups frozen peas
- 1 (12-ounce) package frozen dumplings
- Salt and pepper, optional



Directions:

1. Chop vegetables into bite sized cubes; chop onion and garlic finely.
2. In a large soup pot, heat olive oil over medium-high heat and sauté the onion and garlic until tender.
3. Add the carrots, celery and potatoes and stir for a few minutes, being careful not to burn them.
4. Pour in the broth and bring to a boil. Add dumplings, a few at a time.
5. Turn down heat and simmer for about 15 minutes, stirring often, until the vegetables have softened.
6. Add chicken and raise heat to medium-low for 10 minutes.
7. Add frozen peas during the last five minutes. Add salt and pepper to taste.

Source: Jennifer Duty, Clark County Extension Volunteer

Tips

1. Save money by cooking the chicken at home and making your own broth.
2. Pay attention to hunger and fullness cues before, during, and after meals. Use them to know when to eat and when you have had enough.

Nutrition facts per serving: 220 calories; 5 g total fat; 1 g saturated fat; 0 g trans fat; 35 mg cholesterol; 200 mg sodium; 23 g carbohydrate; 4 g fiber; 19 g protein; 50% Daily Value of vitamin A; 24% Daily Value of vitamin C; 8% Daily Value of calcium; 10% Daily Value of iron

The Hidden Health Benefits of Tea

What are the Health Benefits of Tea?



People all over the world have been drinking tea for thousands of centuries, and for good reason. Numerous [studies](#) have shown that a variety of teas may boost your immune system, fight off inflammation, and even ward off [cancer](#) and [heart disease](#).

While some brews provide more health advantages than others, there's plenty of evidence that regularly drinking tea can have a lasting impact on your wellness.

Put the kettle on, because we're sharing some of the biggest benefits hidden in the world's most popular teas.

White Tea Benefits

Known to have a delicate flavor, white tea comes from the *Camellia sinensis* plant that's native to China and India. It is also the least processed tea variety.

[Research](#) shows it may be the most effective tea in fighting various forms of cancer thanks to its high level of antioxidants. White tea may also be good for your teeth since it contains a high source of fluoride, catechins and tannins that can strengthen teeth, fight plaque, and make it more resistant to acid and sugar.

This variety also offers the least amount of caffeine, making it a smart choice for tea drinkers who want to avoid or limit their caffeine consumption.

Herbal Tea Benefits

Herbal teas, sometimes called tisanes, are very similar to white teas, but they contain a blend of herbs, spices, fruits or other plants in addition to tea leaves. Herbal teas don't contain caffeine, which is why they're known for their calming properties.

There are numerous types of herbal teas, all with their unique benefits. Some of the most popular herbal teas include:

- Chamomile tea—Helps to reduce menstrual pain and muscle spasms, [improves sleep](#) and relaxation, and reduces stress
- Rooibos—Improves blood pressure and circulation, boosts good cholesterol while lowering [bad cholesterol](#), keeps hair strong and skin healthy, and provides relief from allergies
- Peppermint—Contains menthol, which can soothe an upset stomach and serve as a cure for [constipation](#), [irritable bowel syndrome](#) and motion sickness. This tea variety also offers pain relief from tension [headaches](#) and [migraines](#).
- Ginger—Helps to fight against morning sickness, can be used to treat chronic indigestion and helps to relieve joint pain caused by [osteoarthritis](#)
- Hibiscus—Lowers blood pressure and fat levels, [improves overall liver health](#), can starve off cravings for unhealthy sweets, and may prevent the formation of [kidney stones](#)

Green Tea Benefits

Green tea originates from China, where the leaves are processed with heat using a pan-firing or roasting method and Japan, where the leaves are more commonly steamed.

Green tea is exceptionally high in flavonoids that can help boost your heart health by lowering bad cholesterol and reducing blood clotting. [Studies](#) show this type of tea can also help lower blood pressure, triglycerides and total cho-

lesterol.

Other [research](#) has found that green tea has a possible impact on [liver](#), [breast](#), [prostate](#), and [colorectal cancers](#). This tea variety has also shown to be anti-inflammatory, which helps keep your skin clear and glowing.

In recent years, matcha—a form of green tea—has grown in popularity. Matcha is a very fine, high-quality green tea powder made from the entire leaves of tea bushes grown in the shade. Since it is the only form of tea in which the leaves are ingested, matcha contains even more antioxidants than regular green tea. In fact, some have suggested that one cup of matcha is the equivalent to 10 cups of regular green tea.

Black Tea Benefits

Black tea is made from the leaves of the *Camellia sinensis* plant, the same plant that's used to make green tea. However, the leaves are dried and fermented, giving black tea a darker color and richer flavor.

Unlike many other varieties, black tea is caffeinated, so it's important to monitor your intake. When you do pour yourself a cup of black tea, you benefit from flavonoids that combat inflammation and support healthy immune function.

However, you don't have to merely drink black tea to benefit from its healthy properties. It can be steamed, cooled and then pressed on minor cuts, scrapes and bruises to relieve pain and reduce swelling. A black tea bath can also ease inflammation caused by skin rashes and conditions such as poison ivy.

Oolong Tea Benefits

Oolong tea is a traditional Chinese tea variety that's made from the same plant used to make green and black teas. The difference is how the tea is processed: Green tea is not allowed to oxidize much, but black tea is allowed to oxidize until it turns black. Oolong tea is somewhere in between the two, so it is partially oxidized. This partial oxidation is responsible for oolong tea's color and characteristic taste.

Oolong tea is notable for containing L-theanine, an amino acid that reduces anxiety and increases alertness and attention. [Scientists have found](#) that L-theanine can help prevent cognitive diseases such as [Parkinson's](#) and [Alzheimer's diseases](#).

Oolong tea is also high in polyphenols, which are linked to lowering inflammation, preventing the growth of cancers and [decreasing type 2 diabetes risk](#).

Teas to Avoid

While a majority of teas are beneficial for your health, you may want to steer clear of these varieties:

- Detox teas made for fad diets that suggest you will quickly lose weight. These teas often come laced with laxatives that can be harmful to your health.
- Fancy tea lattes and drinks from your favorite chain store. While some of these drinks, such as a green tea latte, may appear healthy, they are loaded with sugar.
- Trendy bubble teas that are also loaded with sugar, calories and carbs, and have little to no nutritional value.
- Herbal teas that may potentially trigger allergies. Many herbal teas contain different types of fruits, herbs, spices and flowers that some people are allergic to. If you have [allergies](#), always read the ingredients on the package before you consume a new herbal tea.

Source: Penn Medicine



"A Taste of Italy!"

A Cultural and Culinary Experience

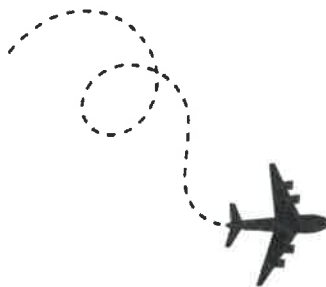


January 9, 2025

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**



Cooperative Extension Service

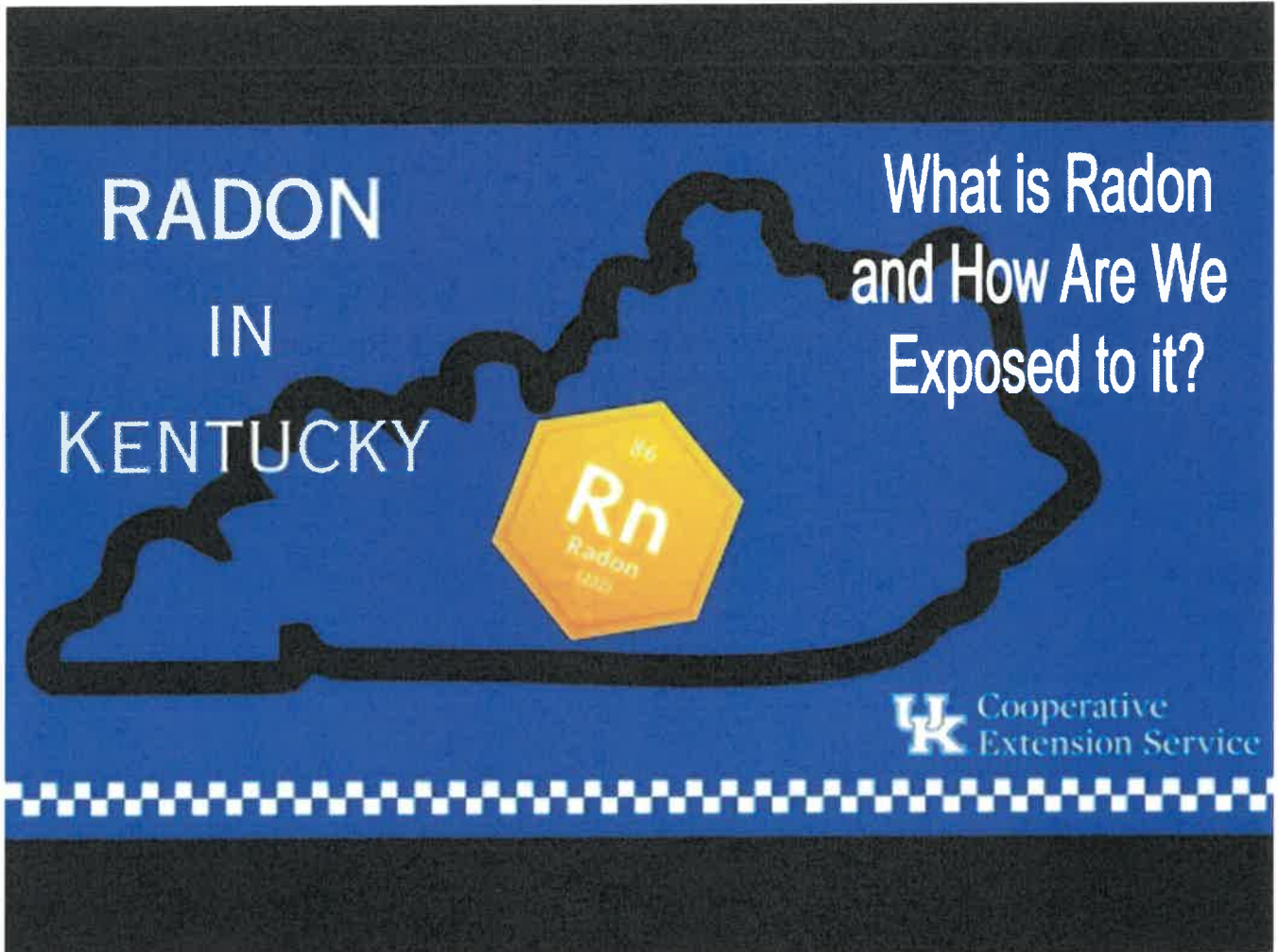
Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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with prior notification.



January 15, 2025
10:00 a.m.

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

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12 NOON - 1:00 P.M.

Carroll County Extension Service
500 Floyd Drive, Carrollton
(502) 732-7030

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.



Lunch & Learn



NEW DAY - Now on Friday



Come and check out
what's new in 2025!

- Jan. 17
- Feb. 14
- March 14
- April 18
- May 16
- June 20
- July 11
- Aug. 15
- Sept. 19
- Oct. 17
- Nov. 14
- Dec. 12



Presented by: Christy Eastwood, Family & Consumer Sciences Agent

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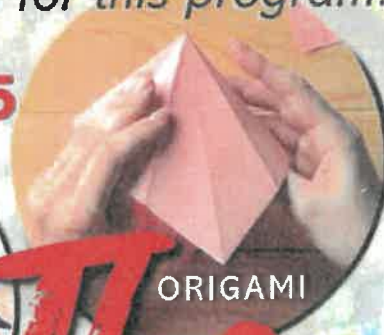


Disabilities accommodated with prior notification.

Join us to listen, learn, and
some hands-on activities for this program.

January 23, 2025

1:00 p.m.



The Artful Palette

*Cultural arts occur
whenever creative
people decide to
artistically enhance
what is around them.*

Location:

Boone County Enrichment Center
1824 Patrick Drive
Burlington, KY 41005

Registration required:

Call: (859) 586-6101

Online: <https://boone.ca.uky.edu/events>

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Accessibility
in compliance with
ADA 504

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	Carrollton	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.

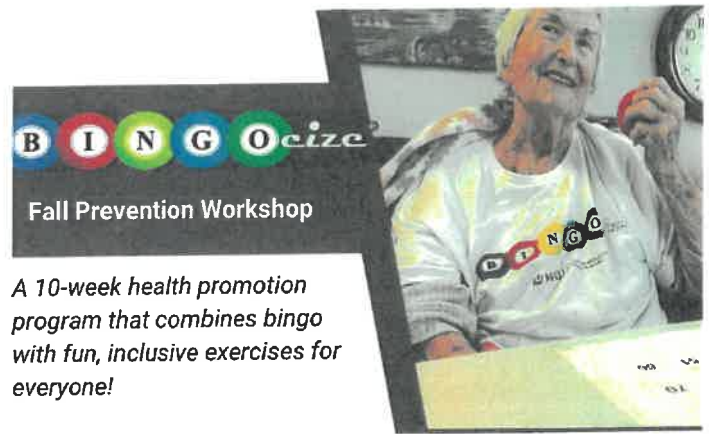
Please sign up each time to get your name on the list.

Cooperative Extension Service

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

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

When: Week 1 Jan. 29 & Jan. 31

- Week 2 Feb. 5 & Feb. 7
- Week 3 Feb. 12 & Feb. 14
- Week 4 Feb. 26 & Feb. 28
- Week 5 Mar. 4 & Mar. 6
- Week 6 Mar. 11 & Mar. 13
- Week 7 Mar. 18 & Mar. 20
- Week 8 Apr. 8 & Apr. 10
- Week 9 Apr. 15 & Apr. 17
- Week 10 April 22 & Apr. 24

Where: Carroll Co. Extension Office

Time: 1:00 - 2:30 p.m.



JOIN THE FUN!

Cooking with a Purpose: Hands on Cooking Class



- February 6, 2025 Knife Safety
- February 13, 2025 Food Safety
- February 20, 2025 Appliance Use and 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!


Cooperative Extension Service


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Cooperative Extension Service
Carroll County

WITS WORKOUT

An Interactive Brain Health Program

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

Cooperative Extension Service

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

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2025 Enrollment Form for
Carroll County Extension Homemaker Association

Homemaker Dues - \$10.00 per year

Make check payable to: Carroll County Extension Homemakers
500 Floyd Drive, Carrollton, KY 41008
(502) 732-7030



Name: _____ Date: _____

Mailing Address: _____

E-mail Address: _____

Please check one: _____ New Membership _____ Membership Renewal

Race (Circle One) _____ Asian _____ Black _____ White _____ Native American _____ Other
Gender _____ Male _____ Female _____
Age Group: _____ 20-24 _____ 25-34 _____ 35-44 _____ 45-64 _____ 65- & Other

Phone Numbers: Home: () _____
Work: () _____
Cell: () _____

I, (Print full name) _____ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc. to interview, photograph, and/or videotape me; and/or to supervise any others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____