

# FCS Extension News

Hickman County  
329 James H. Phillips Dr  
Clinton, KY 42031  
270-653-2231  
[www.ca.uky.edu/ces](http://www.ca.uky.edu/ces)



## September/October 2023

My wife and I recently loaded up our dog and went to visit my family in Lexington. It was nice to get away from the stresses of our respective schooling and workloads and just be able to enjoy ourselves. We usually end up playing 20 Questions in the car, complete with possibly unsafe levels of laughter, different opinions on what “good” music is, and make the most of stressful travel. My takeaway for everyone is to try and find time to rest and relax, break free from stress even if it means missing out on something. But, if you can ensure a little stress so many wonderful memories can be made, with family, friends, pets, etc. Be sure to take the time to enjoy life with those you care for.



## Upcoming Dates

- 9/04 - Labor Day - Office Closed
- 9/12 - Diabetes Workshop at the Hickman County Senior Center
- 9/19 - Diabetes Workshop at the Hickman County Senior Center
- 9/19 - Purchase Area Homemaker Meeting
- 9/21 - Laugh and Learn @ Hickman County Memorial Library
- 9/22 - Waterbath Canning Food Preservation Workshop @ Hickman County Extension Office
- 9/26 - Diabetes Workshop at the Hickman County Senior Center
- 9/27 - Planning Thrifty & Healthy Holiday Meals
- 9/28 - PASTA Kinship Group
- 9/30 - Farmer’s Market Food Demo
- 10/17 - Story Walk at Rotary Park
- 10/24 - Self Care and Self Pampering
- 10/26 - PASTA Kinship Group

# Upcoming Lessons!!



## Oct - Planning Thrifty & Healthy Holiday Meals

*With Kelly Alsip - McCracken County FCS Agent*

Cooking during the holidays Doesn't have to be stressful or expensive. This lesson will focus on healthy meal planning strategies and ways to stay within your budget when preparing for a large holiday meal. You learn learn kitchen time management strategies to reduce the hassle of cooking, ways to prepare low-cost and delicious recipes, holiday food safety tips, and how to maximize your leftovers to avoid waste.

Graves County - 9/26    Marshall County - 9/28

Hickman County - 9/27    McCracken County - 9/29

## Nov - Self Care and Self-Pampering

*With Brooke Hogancamp - Carlisle County FCS Agent*

Self-care is about realizing and prioritizing one's own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you.

Graves County - 10/25    Marshall County - 10/27

Hickman County 10/24    McCracken County - 10/26

## Jan - Time Well Spent: Organizing Tips for Increased Productivity

*With Denise Wooley - Graves County FCS Agent*

Productivity allows us to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. Through this lesson, you will learn how clutter and disorganization can negatively affect your productivity. You also will gain ideas for better ways to organize your time and workspace.

Graves County - 12/1    Marshall County - 11/29

Hickman County - 11/28    McCracken County - 11/30

**A full list of this year's classes, dates, and locations are listed on the next page. Please be sure to contact the Hickman County Cooperative Extension at 270-653-2231 if you would like to attend any of these lessons so we can have your paperwork prepared for you. If you plan to attend at a different county location, please be sure to stop by the Hickman County office to pick up your paperwork.**

# PURCHASE LESSON SCHEDULE 2023-2024

	Lesson Hubs	Graves	Hickman	Marshall	McCracken
<b>Lesson</b>	Cosmetics				
<b>SEPT</b>	Sarah Drysdale	8/30	8/29	9/1	8/31
<b>Lesson</b>	Planning Thrifty and Healthy Holiday Meals				
<b>OCT</b>	Kelly Alsip	9/26	9/27	9/28	9/29
<b>Lesson</b>	Self-Care and Self-Pampering				
<b>NOV</b>	Brooke Hogancamp	10/25	10/24	10/27	10/26
<b>Lesson</b>	Time Well Spent: Organizing Tips for Increased Productivity				
<b>JAN</b>	Denise Wooley	12/1	11/28	11/29	11/30
<b>Lesson</b>	Elements and Principles of Art				
<b>FEB</b>	Vicki Wynn	1/30	1/29	2/1	1/31
<b>Lesson</b>	Handy to Have: Emergency Health Information Cards				
<b>MAR</b>	Debbie Hixon	2/26	2/27	2/28	2/29
<b>Lesson</b>	Savor the Flavor: Seasoning with Spices				
<b>APR</b>	Mike Keller	3/26	3/25	3/27	3/29
<b>Lesson</b>	Strong Bones for Life: Prevent Osteoporosis				
<b>MAY</b>	Anna Morgan	5/1	4/30	5/2	5/3
<b>Lesson</b>	Radon: A Silent Killer				
<b>JUNE</b>	Mail Out				



# WATER BATH AND PRESSURE CANNING Food Preservation



September 22, 2023  
9:00 AM to 2:00 PM  
Call to Register

270-653-2231

Hickman County  
Extension Office

Space is limited

## Join us for **Learning about Diabetes Workshop**



FREE

### Session Dates & Topics:

- September 12- What is Diabetes/Prediabetes, High and Low blood sugars
- September 19 - Healthy Eating Basics/Planning Meals
- September 26 - Keeping Active, Protecting your Health

11:30-12:30 CST

Adults of all Ages Welcome!

Register by calling  
270-653-4314

Hickman County Senior Center  
212 East North St; Clinton

lunch at 11:00, call for reservations  
\$5 donation suggested for meal

sponsored by Hickman County Health Department

Register  
by Sept.  
8th



# RECIPE CALENDAR

## One Pan Shrimp and Veggies

- Nonstick cooking spray
- 16 ounces frozen uncooked shrimp\*, peeled and deveined
- 2 medium zucchini, halved and sliced
- 1/2 pound (8 ounces) mushrooms, sliced
- 1 medium red bell pepper, sliced
- 4 tablespoons sweet chili sauce
- 1 tablespoon oil
- 1 1/2 tablespoons lime juice
- 1 tablespoon low-sodium soy sauce
- 3 green onions, chopped (optional)
- 1/4 cup cilantro, chopped (optional)
- Brown rice (optional)

\*Using frozen, precooked shrimp (pink in color) may result in shrimp having a dry texture. Frozen, uncooked shrimp (gray in color) is preferred.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool, running water. Follow shrimp's package instructions for proper thawing.
3. Preheat oven to 400 degrees F. Spray a 15-by-10-inch baking pan with nonstick spray. Be sure to use a baking pan with a rim.

4. Place the shrimp, zucchini, mushrooms, and bell pepper on baking pan.
5. Wash your hands after handling raw shrimp.
6. Combine chili sauce, oil, lime juice, and soy sauce in a small bowl and pour over the shrimp and vegetables. Use tongs to toss and combine.
7. Bake 12 to 15 minutes, or until vegetables are tender and shrimp is cooked through and reaches 145 degrees F using a food thermometer. Shrimp will turn pink as it cooks.
8. Top with green onions and cilantro and serve over brown rice, if desired.
9. Store leftovers in the refrigerator within 2 hours.

**Makes 5 servings**  
**Serving size: 1 cup**  
**Cost per recipe: \$9.97**  
**Cost per serving: \$1.99**

Nutrition facts per serving: 290 calories; 14g total fat; 2g saturated fat; 0g trans fat; 135mg cholesterol; 650mg sodium; 22g total carbohydrate; 2g dietary fiber; 10g total sugars; 1g added sugars; 17g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source: Margie Hernandez, Russell County SNAP-Ed Program Assistant Senior

Nutrition Education Program  
 University of Kentucky Cooperative Extension Service

## Italian One Pot Pasta and Beans

- 1 tablespoon oil
- 1 medium yellow or white onion, diced
- 1 large carrot, diced
- 1 stalk celery, diced
- 2 minced garlic cloves, or 2 tablespoons garlic powder
- 4 cups low-sodium vegetable broth or water
- 1 can (15 ounces) no-salt-added diced tomatoes
- 1 can (15 ounces) no-salt-added tomato sauce
- 1 1/2 cups dry elbow macaroni or ditalini pasta
- 2 cans (15 ounces) white beans such as cannellini, undrained
- 1 teaspoon salt
- Parmesan cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool running water and scrub clean with vegetable brush.
3. Over medium heat, add oil to a large pot. Sauté onion, carrots, and celery until soft.
4. Add garlic and Italian seasoning and stir for 1 minute.

5. Add broth, diced tomatoes, and tomato sauce and bring mixture to a boil.
6. Stir in uncooked pasta. Simmer, stirring from time to time for 7 to 9 minutes until pasta is almost cooked.
7. Stir in beans and salt. Simmer another 5 minutes.
8. Ladle into bowls and top with parmesan cheese, if desired.
9. Store leftovers in the refrigerator within 2 hours.

**Makes 12 servings**  
**Serving size: 1 cup**  
**Cost per recipe: \$6.38**  
**Cost per serving: \$0.53**

Nutrition facts per serving: 150 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 420mg sodium; 27g total carbohydrate; 7g dietary fiber; 5g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source: Cathy Fellows, Boone County SNAP-Ed Program Assistant

This recipe is adapted from a Pasta Fagioli recipe that came from Italy. In Italian, pasta fagioli means pasta and beans. Most likely ditalini pasta was used in the original recipe. Any white bean can be used in this recipe.



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.



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# OUTDOOR Cooking


SEPTEMBER 30TH  
SET UP @ 9AM  
DEMO BEGINS AT 9:30AM




CAMPFIRE CHILI



CAMPFIRE  
CORNBREAD



DEMOS WILL BE HELD MONTHLY ON  
THE LAST SATURDAY OF THE MONTH  
AT THE ROTARY PARK FARMER'S  
MARKERT IN HICKMAN COUNTY. WE  
WILL GO OVER BASIC CAST IRON CARE  
AND SAFETY WORK COOKING  
OUTDOORS. SAMPLES WILL BE  
AVAILABLE UNTIL THEY'RE GONE!



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



## What is it?

Bingocize is a program that combines the fun and excitement of bingo with light & easy practical movements and exercises focused towards senior audiences. In person and virtual options will be available after the initial program has concluded. Stay tuned for other upcoming events!

If you are interested in joining us for Bingocize please try to make it to all the sessions. There will be future sessions held at other times to allow everyone to participate in future sessions.

If you have any questions please reach out to Mike Keller

## Contact Info

P) 270-653-2231

E) [mike.keller@uky.edu](mailto:mike.keller@uky.edu)

Info will be put out via the Hickman County Family and Consumer Sciences Facebook page

## Upcoming Sessions

7/19 - Introduction/Session 0

7/25 & 7/26 - Week 1

8/1 & 8/2 - Week 2

8/8 & 8/9 - Week 3

8/16 - Week 4

8/22 & 8/23 - Week 5

9/5 & 9/6 - Week 6

9/12 - Wrap Up/Outro Session

# Mental Exercises!!!

Keeping you mind active is another very important thing. One thing i like to do to keep my mind active is to do Sudoku puzzles. If you have never done one, the goal is to fill in each box with a number 1-9, without repeating the same number is any of the smaller boxes, or the row/column as well.

They can be difficult but rewarding.

				4	5			
1		8	9			7	2	
		3	5				1	6
5	4	7		9	1			
		2		8		1		
			3	7		6	4	5
2	8				9	3		
	3	5			7	4		1
	1		8					

Easy

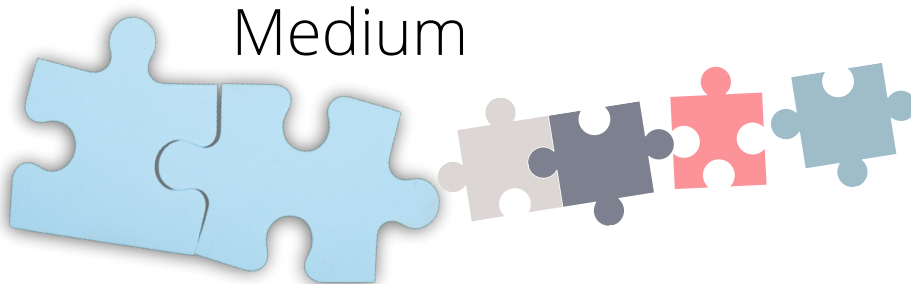


			1	6		3		
4			7	9				
1				8				9
2	3		8			9	5	
	4					8		
8	5				1	7	4	
7				6				2
				1	8			6
	6		4		3			

Medium

			6	8			5	
2				6		9		3
	3							
		7					2	4
	2	8			9		1	6
3	1						8	
								3
4			7		5			2
		1			2	4		

Hard





# Stay Connected

## Homemakers Association

State Website: <http://keha.ca.uky.edu/>

Local Facebook Groups: Purchase Area at Home

Hickman County Extension Homemakers

## Follow us on Facebook

Hickman County Cooperative Extension Service

Hickman County Cooperative Extension Family and Consumer Sciences

## Contact Us

Hickman County Cooperative Extension

329 James H. Phillips Drive

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[mike.keller@uky.edu](mailto:mike.keller@uky.edu)

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If there is anything else you would like to see in these newsletters, or if you ever have any questions, please feel free to reach out to Mike Keller at 270-653-2231 or via email at [mike.keller@uky.edu](mailto:mike.keller@uky.edu). Your input is very important.



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RETURN SERVICE REQUESTED

**Healthy Homes.**

**Healthy Families.**

**Healthy Communities.**

*It starts with us*