

Family & Consumer Sciences

# TAYLOR COUNTY FCS EXTENSION NEWSLETTER

February 2024



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**Cooperative Extension Service**  
Taylor County  
1143 South Columbia Avenue  
Campbellsville, KY 42718  
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## START THE NEW YEAR WITH THESE FOUR EASY STEPS FOR A CLEAN FRIDGE

When it comes to food safety, one of the most important items in your kitchen is the refrigerator. Unfortunately, it is the least likely for you to clean. Refrigerators keep food cold to prevent harmful bacteria from growing. It only makes sense that you should clean it regularly to keep food safe.

Follow these simple steps:

- Removing all food items and placing them in a cooler with ice or gel packs to keep them cold while you're cleaning. During the removal phase, throw out anything that is visibly spoiled, leaking, or has an unpleasant odor. This is also a suitable time to check dates on dairy products and condiments and replace them if necessary.
- Wash with hot, soapy water after removing any drawers or shelves. Allow anything glass or ceramic to come up to room temperature before washing to avoid breakage. Clean all inside surfaces, including the doors and rubber gaskets, with hot, soapy water. Wipe with clean water to rinse off soap and dry with a clean towel. If you need to sanitize your refrigerator, wipe it down with a diluted bleach solution made from one tablespoon unscented bleach in 1 gallon of water.
- Place clean shelves and drawers back in the refrigerator along with any food items you removed. Wipe all containers and bottles with a warm cloth to remove any stickiness or residue before returning to the clean fridge. Put a thermometer inside the refrigerator to make sure the temperature is at or below 40 degrees F to prevent bacteria from growing.
- Cleaning up spills as soon as they occur and keeping track of leftovers. The United States Department of Agriculture recommends storing leftovers for no more than three to four days. It is also good practice to wipe down door handles and control dispensers with a disinfecting wipe daily to remove bacteria left by hands.

**Source: Annhall Norris, Extension Specialist, Food Preservation and Food Safety**

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Agriculture and Natural Resources  
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Disabilities  
accommodated  
with prior notification.

2024  
FEBRUARY  
Events

**KENTUCKY**  
NEAFCS  
Extension Association of  
Family and Consumer Sciences



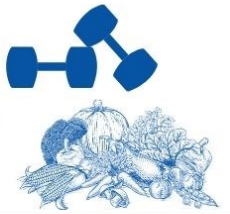
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<p>Classes with a fee must be paid in advance to reserve your spot! Stop by the office to sign up for these classes before the day of the class!</p>				1 Leader Lesson 8:30 AM Low Impact Fitness Club 3:30 PM	2	3 Chemo Turban Project 9:00 AM
4	5 Pinterest 101 1:00 PM	6	7 Pizza & More 1:00 PM Fun with Kitchen Towels 5:30 PM \$5 Fee	8 Safe Food Handling Training 10:00 AM Low Impact Fitness Club 3:30 PM Cooking Through the Calendar 5:30 PM	9 Super Bowl Charcuterie Boards 1:00 PM \$5 Fee	10 Stop the Bleed 10:00 AM
11 	12	13 Fun with Kitchen Towels 1:00 PM	14 HAPPY VALENTINE'S DAY Crafternoon 1:00 PM \$5 Fee	15 Blankets 1:00 PM Decluttering & Organizing Series 1:00 PM Low Impact Fitness Club 3:30 PM	16	17
18	19	20 Soup Luncheon 11:00 AM - 2:00 PM	21	22 Low Impact Fitness Club 3:30 PM	23	24
<p> Kentucky Volunteer Forum </p>						
25	26 Chop Suey Class 1:00 PM	27	28 Taylor County Homemakers Cultural Arts Competition Entries are due! Lunch & Learn 11:00 AM	29 Taylor County Homemakers Cultural Arts Competition Judging & Viewing 8:30 AM		

<p><u>Circle of Friends:</u> Second Tuesday Monthly, 6:30 pm</p>	<p><u>Harmony Club:</u> Second Tuesday Monthly, 12:30 pm</p>	<p><u>Mannsville:</u> Second Thursday Monthly, 6:00 pm</p>	<p><u>Mastering Skills:</u> Second Monday Monthly, 12:30 pm</p>
<p><u>Modern Day Homemakers:</u> Second Monday Monthly, 6:30 pm</p>	<p><u>Saloma Road:</u> Second Thursday Monthly, 10:00 am</p>	<p><u>Quilters Group:</u> First Tuesday Monthly, 9:00 am</p>	<p><u>Quilts of Honor:</u> Fourth Wednesday Monthly, 10:00 am</p>
	<p><u>Sidetracked Homemakers:</u> Second Tuesday Monthly, 6:00 pm</p>	<p><u>Bunco Club:</u> Third Tuesday Monthly, 6:00 pm</p>	



# Upcoming Classes



## Pinterest 101

Learn all about Pinterest and how to best use the app with Cindy Williams. Join us on Monday, February 5th at 1:00 PM. Participants will need to bring an iPad, phone, or laptop. Please RSVP by calling the Extension Office at (270) 465-4511.

## Kitchen Towels Sewing Series

Join us each month to sew a fun, festive pattern onto kitchen towels! On Wednesday, February 7th at 5:30 PM and Tuesday, February 13th at 1:00 PM, we will be sewing on heart patterns. Two pattern options will be offered. **Kits will be provided for a \$5 fee.** Please pay for your kits at the office before the day of the class to reserve your spot.



## Pizza & More

Learn how to make pizza dough from scratch and different uses for pizza dough! Join Cindy Williams on Wednesday, February 7th at 1:00 PM. Spots are limited! Please call the Extension Office at (270) 465-4511 to RSVP.

## Safe Food Handling Training

If you are a Homemaker or volunteer who handles food regularly, this training is perfect for you! Join Wayne County FCS Agent, Debbie Shepherd, for a Safe Food Handling Training at the Taylor County Extension Office on Thursday, February 8th at 10:00 AM. Please RSVP by calling the Extension Office at (270) 465-4511.



## Cooking Through the Calendar

Learn how to make the monthly Food and Nutrition Calendar Recipes! We will be making and taste-testing Everything Tuna Melts on Thursday, February 8th at 5:30 PM. Spots are limited! Please call the Extension Office at (270) 465-4511 to RSVP and to let us know if you have any allergy concerns or questions regarding the recipe.

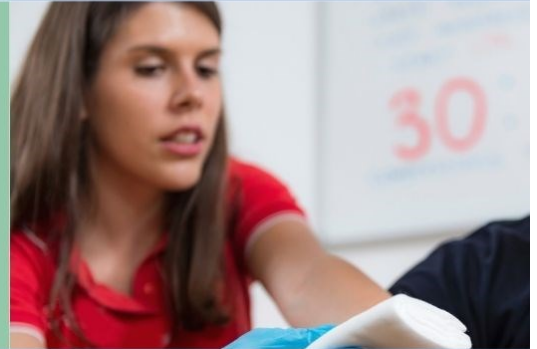


## Super Bowl Charcuterie Boards

Super Bowl Sunday is almost here! Join FCS Agent, Charley Scott, to make and take your own charcuterie board for Game Day on Friday, February 9th at 1:00 PM. **Participants must pay a \$5 fee due to the cost of supplies.** Please pay for your kits at the office before the day of the class to reserve your spot.

## STOP THE BLEED Training

Bleeding is the #1 preventable cause of death after injury. Learn how to save a life by stopping bleeding in 3 quick actions. Join Campbellsville Taylor County EMS on Saturday, February 10th at 10 AM at the Extension Office. Please RSVP by calling (270) 465-4511.



## Chemo Turban Community Project

In continuation of January's Chemo Turban Community Project, we will be meeting again on Saturday, February 3rd at 9 AM to make more turbans to donate to Taylor County Cancer Center patients. Anyone is welcome to volunteer! Please call the Extension Office to let us know if you plan on attending.

## Chop Suey Class

If you are looking for an easy recipe that anyone can make, this class is perfect for you! Join Mrs. Jane Horn on Monday, February 26th at 1 PM to learn all about making chop suey. Spots are limited! Please call the Extension Office at (270) 465-4511 to RSVP.



## Low Impact Fitness Club

Join us for low-impact exercises every Thursday at 3:30 PM at the Extension Office! This program will be designed for seniors and adults with mobility or cognitive barriers, but all individuals are welcome. Please call (270) 465-4511 or e-mail [taylor.ext@uky.edu](mailto:taylor.ext@uky.edu) if you have any questions!

All classes will be held at the Taylor County Extension Office at 1143 S Columbia Ave., Campbellsville, KY 42718. Spots are limited! Call (270) 465-4511 to sign up. Classes with fees must be paid to sign up!



# Save the Dates

## *New Monthly Programs*



### Crafternoon

A new monthly series dedicated to crafts, friends, & fun. Join us every month on the second Wednesday at 1 PM. In February, we will be crafting Valentine's Yarn & Ribbon Wreaths on the 14th. **There is a \$5 fee for supplies.**



### Decluttering & Organizing Series

Join us every month for this new series on decluttering and organizing your home one room at a time. We will meet monthly on the third Thursday at 1 pm. We will meet in February on the 15th.



### Lunch & Learn

Learn how to make the monthly recipe from the Food & Nutrition Recipe Calendar, grab a bite to eat, & learn a new skill! Join us every month on the fourth Wednesday at 11 am. On February 28th, we will be eating Everything Tuna Melts and learning about self-love.

## Book of the Month

### *Demon Copperhead*

By Barbara Kingsolver (2022)

A retelling of Charles Dickens' bildungsroman (class of novel that depicts and explores the manner in which the main character develops morally and psychologically) David Copperfield, but with a twist. This story transports readers to the mountains of southern Appalachia where a young man faces foster care, child labor, derelict schools, athletic success, addiction, disastrous loves and crushing losses.

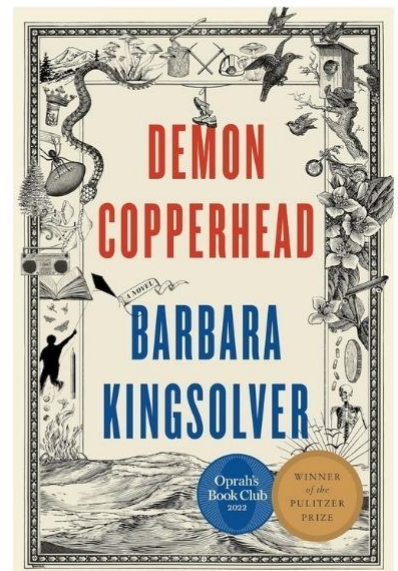
Set in the Appalachian Mountains, *Demon Copperhead* is a story of a young boy born to a teenaged single mother that lived in a single-wide trailer, with no assets beyond his dead father's good-looks and copper-colored hair, a caustic wit, and a fierce talent for survival.

Through it all, he deals with his own invisibility of a culture where rural people abandoned because of today's culture.

One of the best books I've read about the struggle of an underprivileged child.

*Jackie Thomas, Mailbox member and Taylor County Homemakers' President*

*This book is found in the fiction category of the KEHA Booklist and is available at the TC Library.*



# REMINDERS

## Cultural Arts Competition

Taylor County Homemakers' Cultural Arts Competition will be held on Thursday, February 29th at the Extension Office. **All submissions are due by Wednesday, February 28th.** The Lake Cumberland Area Cultural Arts Competition will be held at the Cumberland County Extension Office on Wednesday, March 6th. Please see the Cultural Arts and Heritage Exhibit Categories insert for more details.



## Souper Bowl 2024



Help Taylor County Extension Homemakers tackle hunger in our community in the 4th Annual Souper Bowl.



Look for the Soup Can!

Drive by and drop off Soups, Canned Goods, and Non-perishables through February 29, 2024.

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY 42718



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

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Molecular programs of Kentucky University System are available to all students and all are delivered on the basis of race, color, ethnic origin, national origin, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, or ancestry. Programs administered by the University of Kentucky are available to all students and all are delivered on the basis of race, color, ethnic origin, national origin, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, or ancestry. Programs administered by the University of Kentucky are available to all students and all are delivered on the basis of race, color, ethnic origin, national origin, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, or ancestry.



Taylor County Extension Homemakers

## Soup LUNCHEON

Tuesday, February 20, 2024  
11 AM - 2 PM

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY



**\$10 includes:**  
soup, the fixins, dessert & drink  
Pinto Beans, Potato Soup, Chili & More!

For more information, or to place your take out order, please call (270) 465-4511.

ALL PROCEEDS GO TO THE TAYLOR COUNTY HOMEMAKER SCHOLARSHIP FUND AND TAYLOR COUNTY HOMEMAKER COMMUNITY SERVICE PROJECTS.



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# REMINDERS

## Blankets of Love

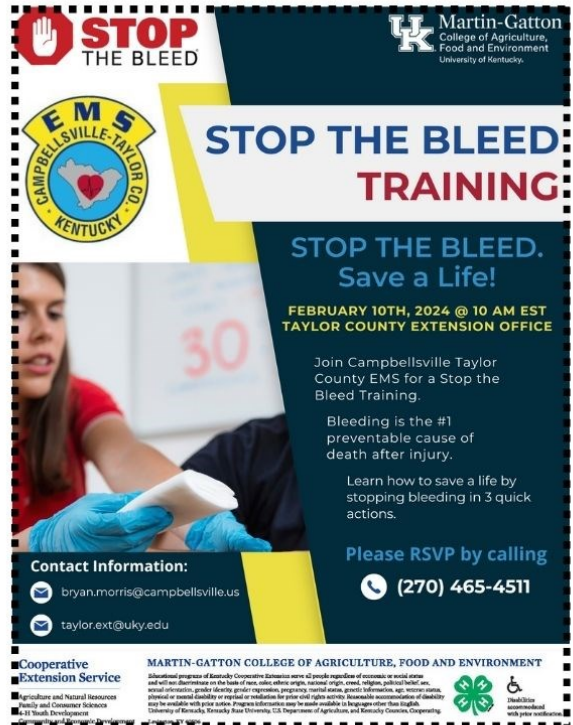
Join the Taylor County Homemakers in making tied fleece blankets to donate to the Taylor Regional Cancer Center on Thursday, February 15th at 1:00 PM. No sewing is required! All are welcome! No sign up is required!

## Puzzles

The Extension Office has puzzles available for checkout! These puzzles are the perfect winter activity. You can stop by the Extension Office to pick out your puzzle of choice for FREE!

## Leader Lesson

Adair County FCS Agent Dylan Gentry will teach the February Leader Lesson on Thursday, February 1st at 8:30 AM. This lesson will provide information for the upcoming Homemaker Cultural Arts Competition. Please come to learn more about the competition and brainstorm entry ideas!



**STOP THE BLEED**  
THE BLEED

**EM S**  
CAMPBELLVILLE-TAYLOR CO.  
KENTUCKY

**STOP THE BLEED TRAINING**

**STOP THE BLEED. Save a Life!**

**FEBRUARY 10TH, 2024 @ 10 AM EST**  
TAYLOR COUNTY EXTENSION OFFICE

Join Campbellsville Taylor County EMS for a Stop the Bleed Training.

Bleeding is the #1 preventable cause of death after injury.

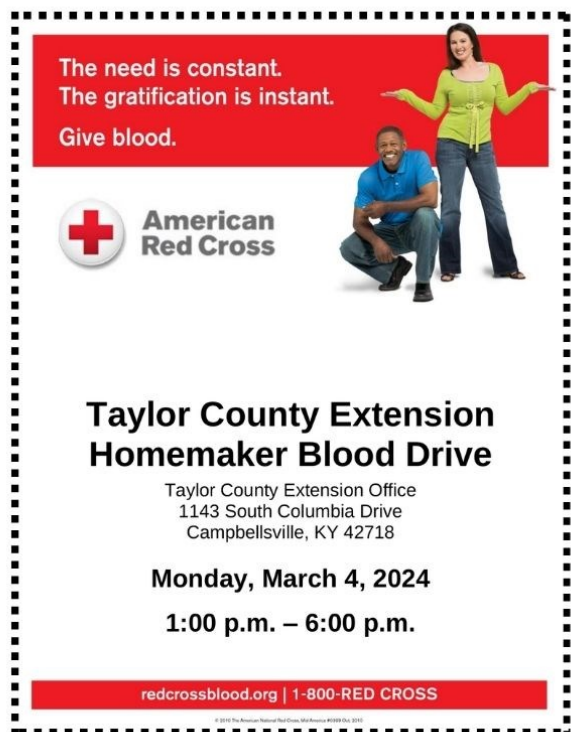
Learn how to save a life by stopping bleeding in 3 quick actions.

Please RSVP by calling **(270) 465-4511**

**Contact Information:**  
bryan.morris@campbellsville.us  
taylor.ext@uky.edu

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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The need is constant.  
The gratification is instant.  
Give blood.

**American Red Cross**

**Taylor County Extension Homemaker Blood Drive**

Taylor County Extension Office  
1143 South Columbia Drive  
Campbellsville, KY 42718

**Monday, March 4, 2024**  
**1:00 p.m. – 6:00 p.m.**

redcrossblood.org | 1-800-RED CROSS

# ADULT

# HEALTH BULLETIN



**FEBRUARY 2024**

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

Taylor County Extension Office  
1143 S Columbia Ave  
Campbellsville, KY  
42718  
(270) 465-4511

## THIS MONTH'S TOPIC

# WHEN AND WHERE TO GET MEDICAL CARE



**T**he types of medical providers has changed rapidly over the past several years. From company name changes and insurance coverage shifts to pop-up clinics and telemedicine, it can be confusing to know which type of provider best suits your needs.

For serious emergencies, always call 911. For example, if you or a person in your care has any of the following:

- isn't breathing or is turning blue,
- is unconscious,
- is having a seizure,
- has a serious allergic reaction,
- has a broken bone that sticks out through the skin,
- took an unknown amount of medicine, or
- has a large cut that won't stop bleeding.

**Continued on the next page** →



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## ***If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center.***



### **→ Continued from the previous page**

Other serious situations need medical attention but may allow for you to transport yourself or someone in your care to an emergency room (ER) or hospital emergency department (ED). Go to an ER if you or someone in your care:

- has trouble breathing,
- has a stiff neck and a fever,
- is experiencing a continuous fast heartbeat,
- ingested a poison, drug, or unknown substance,
- has a head injury and is vomiting,
- has an eye injury, or
- has a serious burn.

Call your primary-care provider's office with any health-related questions or nonurgent health concerns. They can help you decide what steps to take and how. Call for problems such as a fever, ear pain, a sore throat, belly pain, vomiting or diarrhea, a headache that doesn't go away, possible dehydration, rash, wheezing, or a lasting cough. Calling your regular provider for these kinds of concerns supports "continuity of care" (always seeing a provider who knows you).

If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center. Urgent care centers can manage the same problems as your regular health-care provider. These centers also can provide services like X-rays, stitches, and splints.

Telehealth, or telemedicine, are virtual "visits" to a health provider using your phone or

computer through an app or website. You can talk to a provider face-to-face — and the provider can see you on the screen. Your regular health-care provider or health system may provide telemedicine services, and some health insurances offer telemedicine providers. You may want to consider a telemedicine appoint for problems such as:

- rashes
- minor cuts or burns
- pink eye (conjunctivitis)
- colds
- fever
- mild allergic reactions
- vomiting
- diarrhea

If you receive care in an ER, at an urgent care center, or through a telemedicine visit, follow up with your primary-care provider afterward. That way, your provider has the most up-to-date information about your condition and can continue any needed follow-up care.

#### **REFERENCE:**

<https://kidshealth.org/en/parents/emergencies.html>

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**ADULT  
HEALTH BULLETIN**

**Written by:**

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock





## Super Crunchy Salad



Plate it up!



**¾ cup** pepitas (raw pumpkin seed kernels)  
Cooking spray  
**¼ teaspoon** ground cayenne pepper  
Salt and ground black pepper to taste

**1 pound** Brussels sprouts, trimmed and thinly sliced  
**½ pound** curly kale, stems removed and thinly sliced  
**½ pound** Napa cabbage, thinly sliced  
**1½ cups** dried cranberries  
**1** (15-ounce) can Mandarin oranges, drained

**4** green onions, thinly sliced  
**8** strawberries, trimmed and thinly sliced  
**1** (16-ounce) bottle creamy poppy seed dressing  
**1 tablespoon** orange zest  
Juice from 1 orange

**Place** pepitas in a bowl and **coat** lightly with cooking spray. **Sprinkle** with cayenne pepper, salt and pepper. **Toss** to coat. **Place** in a medium skillet over medium-high heat. **Cook** over medium heat, **stirring** often until lightly toasted, about 5 minutes. **Remove** from heat and allow to **cool**. **Combine** Brussels sprouts, kale, cabbage, dried cranberries, Mandarin oranges, green onions, strawberries and toasted pepitas in a large bowl. **Dressing:** **Whisk** together the bottled poppy seed dressing, orange zest, and orange juice in

a small bowl. **Pour** over salad about ½ cup at a time and **toss** until salad and dressing are combined.

**Note:** Sunflower seed kernels can be substituted for pepitas. Green or red cabbage can be substituted for Napa cabbage.

**Yield:** 10, 1½ cup servings

**Nutritional Analysis:** 300 calories, 12 g fat, 2 g saturated fat, 0 mg cholesterol, 430 mg sodium, 43 g carbohydrate, 5 g fiber, 33 g sugar, 6 g protein.