



Logan County Homemakers

November 2022



FRYSC Food Pantry Collection

We are collecting food items to help fill the Family Resource food pantries at all of the Logan County and Russellville Independent schools. We will collect one or two specific items each month. During the month of November we are collecting canned soup. You can drop off any donations at the Extension Office.

Look for the "Pack the Pantries" flyer in each monthly newsletter to see that month's food item(s).

FRYSC Christmas Gift Wrapping

The Family Resource in Logan County and Russellville need your help during their Christmas distribution day with wrapping children's Christmas gifts. This event will be held on December 8 from 8 AM – 4 PM. If you are available to help this day and would like too please let me know.

Inside this issue:

Christmas Party	2
Mark Your Calendars	3
Homemaker Highlight	4
Healthy Skin Month	5
Local Food	6
Pack the Pantries	7
Monthly Recipe	8



Rachel Hance

Family & Consumer Sciences
Agent for Logan County



Christmas Party/ Council Meeting

The Homemaker Council meeting and Christmas party has been scheduled for December 15, 2022 at 11 AM at the Logan County Extension Office. The committee has planned a fun day! We will have lunch followed by a brief council meeting before we celebrate the holidays by decorating Gingerbread houses. We will also have an optional ornament exchange. If anyone would like to participate please bring an ornament. The planning committee has decided that each club be responsible for a part of the meal rather than have a boxed lunch and registration fee. I recommend planning for 25 to be safe but I will try to have a rough head count prior to the event. I have listed below the items that the

committee has asked each club to be responsible for:

Rachel will provide paper products, tea and lemonade

All Seasons – Crackers

Corinth – Potato Soup

Neighbors – Cookies

O & H – Hot dogs and buns

Sew Fun – Taco Soup

South Union – Tortilla Chips

Homemaker Leader Trainings

December Leader Training

There will be no leader training in December!

January Leader Training

“Taking Care of Yourself”

Mail Out Lesson

February Leader Training

“Hand Lettering”

February 1, 2023 at 10 AM

Any changes in leader trainings will be announced!

Homemaker Club Meetings

All Seasons

President Sandra Kennedy

270-847-7860

Meets 3rd Tuesday @ 1PM

Neighbors

President Emily Hayes

270-542-4287

Meets 4th Monday @ 4 PM

Sew Fun Quilting Homemakers

President Sandra Lennon

270-726-8806

Meets 3rd Saturday 9 AM—3 PM

Corinth

President Sharon Travis

270-539-4604

Meets 3rd Thursday @ 10 AM

O & H Homemakers

President Donna Washington

270-893-1467

Meets 3rd Monday at 2:30 PM

South Union

President Judy Kirkland

615-337-0999

Meets 2nd Wednesday @ NOON

ATTENTION ALL MEMBERS AT LARGE AND ALL NEW MEMBERS:
OUR CLUBS WOULD LIKE TO INVITE YOU TO ATTEND THE MEETING DAY OF YOUR CHOICE,
WHICHEVER WORKS BETTER FOR YOUR BUSY SCHEDULE.



Follow the Logan County Homemakers on Facebook



Mark Your Calendars

Council Meeting and Christmas Party

December 15, 2022 at 11 AM

Logan County Extension Office

Gift Wrapping for FRYSC Families Christmas

December 8, 2022

Please let me know if you plan to volunteer this day!



Reminders

Your annual Homemaker dues of \$12 are due to the Logan County Extension Office by December 1, 2022!

The Logan County Extension Office will be closed November 24-25, 2022 for the Thanksgiving holiday!



Homemaker Highlight



Left: Logan County had 14 homemakers attend the Mammoth Cave Area Homemaker Annual Day in October! We were very well represented!



Above: The November Leader Training was held at the Extension Office on October 26. The lesson was on Charcuterie Boards and guest speaker Kevin Herndon brought several handmade charcuterie boards.

November is National Healthy Skin Month

November is National Healthy Skin Month, and we invite you to celebrate by learning ways to protect your body's largest organ. In order to protect your skin during National Healthy Skin Month — and all year-round — follow these tips from the American Academy of Dermatology:

- Wash your face every day and after exercising. Use a mild cleanser and lukewarm water.
- Examine your skin regularly for new or unusual spots, as well as anything changing, itching, or bleeding.
- Protect your skin from the sun by seeking shade, wearing protective clothing, and using a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.
- Moisturize daily. Apply lotion or cream while your skin is still damp from bathing to lock in moisture and get the best results.
- Determine your skin type — oily, dry, combination, normal, or sensitive — and choose skin care products tailored to that type

Healthy skin has an enormous impact on overall well-being! Every person's skin is unique and different. If you notice anything suspicious on your skin or if you have a question about skin care, talk to your health-care provider or see a board-certified dermatologist.

References

<https://www.aad.org/public/public-health/awareness-campaigns/national-healthy-skin-month>

<https://www.cdc.gov/cancer/dcpc/resources/features/skincancer/index.htm>

Source: Dr. Natalie Jones, Family Health specialist



Giving Thanks for Local Food

Good food and shared meals are some of life's greatest experiences. Eating is a local act. In a world where many things are now virtual, eating remains necessarily something that must be done in person.

The process of getting food to the right place and ready to eat is the work of many human hands. It depends on natural resources like sun, soil, air, and water. Food consumers are interested in learning more about how their food choices affect other people, the economy, and the environment. They want to know the foods they choose to eat and drink are safe and healthy. Today's food consumer also expects great taste, convenience, and good value. These values inform the decisions people make every day about food.

The process of preparing and delivering safe, delicious food to your home, grocery store, or restaurant has a great impact on many lives and on the earth. The food system operates within, and is influenced by, social, political, economic, and natural environments. Each step in the food system is dependent on human resources. A community food system integrates food production, processing, distribution, consumption, and recycling in order to enhance the environmental, economic, social, and nutritional health of a particular place. Kentucky has a rich history of culinary tradition and family farms. Your support of local food and farmers strengthens your community. Take pleasure in watching people enjoy their favorite dishes and the bounty of the table. Give thanks for good food and shared meals as you gather with friends and family for the holidays. Spread good cheer to all who gather at your table!

Source: Janet Mullins, Extension Specialist for Nutrition and Health



PACK THE PANTRIES



Donate a different food item
each month to help keep our
schools' food pantries stocked.

NOVEMBER'S FOOD ITEMS:
Canned soup

DONATION SITE:
Logan County Extension Office





SHEET PAN DINNER



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:

260 calories;
16g total fat; 4g saturated fat; 0g trans fat; 65mg cholesterol; 720mg sodium; 17g total carbohydrate; 2g dietary fiber; 8g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium.

Source: Central District (1-4) Nutrition Education Program

- 1 package of fully cooked turkey sausage, sliced
 - 3 cups chopped vegetables such as onion, bell pepper, sweet potatoes, zucchini, carrots, and broccoli
 - 2 tablespoons olive oil
 - 2 teaspoons garlic powder
 - Black pepper to taste
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Gently scrub all vegetables under cool running water before preparing them.
 3. Preheat oven to 400 degrees F.
 4. Place sliced sausage and vegetables

on a baking sheet and drizzle with olive oil, garlic powder, and black pepper. Bake for 30 minutes or until veggies are fork tender.

5. Store leftovers in the refrigerator within 2 hours.

Vegetarian option:

Omit the turkey sausage, and use one cup of chickpeas. This reduces sodium by 500 mg.

Makes 4 servings.

Serving size: 3 ounces sausage plus 3/4 cup vegetables

Cost per recipe: \$6.65

Cost per serving: \$1.66

