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Cooperative Extension Service

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Raising Kids, Eating Right, Spending Smart, Living Well

TIMELY TIPS

DECEMBER 2018

CELEBRATE FAMILY AND CONSUMER SCIENCES DAY

What is family and consumer sciences? Family and consumer sciences (FCS) is an interconnected collection of disciplines that help people gain knowledge and make informed decisions about their well-being, relationships and resources to improve and enhance quality of life. The field includes:

- | | |
|---------------------------------|------------------------------------|
| Human Development | Parenting and Family Communication |
| Nutrition and Wellness | Personal and Family Finance |
| Housing and Interior Design | Textiles and Apparel |
| Consumer issues and Consumerism | Food Science |

Family and consumer sciences is also known as human environmental sciences. Family and consumer sciences professionals are dedicated to improving the quality of life for individuals and families.

“Dine In” With Us! What you can do! (choose one or more)

1. Commit to “Dining In” on December 3 at: aafcs.org/fcsday/home
2. Prepare and eat a healthy meal with your family on December 3.
3. Ask your friends and family to “Dine In.”
4. For a healthy selection of recipes using Kentucky produce visit: plateitup.ca.uky.edu
5. Take a photo of your family preparing a healthy meal and post it to Facebook or Twitter using #FCSday

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Source: www.aafcs.org

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Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

A PUBLICATION OF NORTHERN KENTUCKY FAMILY & CONSUMER SCIENCES AGENTS

Cooking With A Pressure Cooker

Source: Debbie Clouthier, UK extension associate

At the end of a busy day, many of us would love to quickly produce a tasty, nutritious, home-cooked meal with minimal effort. One way you can achieve this is by using an electric pressure cooker.

Some of you may be hesitant about using a pressure cooker. As long as you correctly follow the manufacturer's operating instructions for the cooker, you can cook most foods very safely. Today's pressure cookers include more safety release valves and interlocking lids, which makes them safer than older models. Electric pressure cookers have their own heat sources that are automatically regulated to maintain the desired pressure.



In an electric pressure cooker, foods cook three to 10 times faster compared to conventional cooking methods because the cooker does not allow air and liquids to escape the container below a pre-set pressure. As the pressure builds, the temperature inside the cooker rises above the normal boiling point. This not only helps the food cook quickly, but it helps food retain nutrients and requires less liquid. It also results in less energy used to prepare foods. You can cook multiple foods at the same time.

In addition to following the manufacturer's directions, never fill a pressure cooker more than two-thirds full or more than halfway full for soups or stews. Realize that the hotter a food or liquid is going into the cooker, the quicker it will cook. Brown meat or poultry before putting them into the pressure cooker for best results.

Generally, foods that expand as a result of foaming and frothing, such as applesauce, cranberries, rhubarb, cereals, pastas, split peas and dried soup mixes, should not be cooked in a pressure cooker.

Cleaning methods will vary depending upon the type of pressure cooker you have. Follow manufacturer's guidelines for cleaning.

Store pressure cookers in a cool, dry place with the lid inverted on the body. Failing to do so can result in unpleasant odors and cause wear and tear on the lid's seal.

Remember you should not try to use a pressure cooker as a pressure canner to preserve food. The quick come-up and cool-down times may not be long enough to kill all harmful microorganisms, which can cause foodborne illnesses from eating the canned foods.

It's Not Too Late to Develop a Holiday Budget

Source: Alex Elswick, extension associate for family resource management

The holidays are quickly approaching. While holidays give people time to spend with loved ones, all the extra purchases for gifts, food and decorations can quickly escalate. If you have not been saving all year, you might be starting to feel the financial pinch that can come with the season.

Developing a budget can help start your financial preparation for the holidays. Budgets give you a great idea of the amount of money you will need to get through the holidays and will help you avoid impulse buying. It is important for you to include all holiday purchases when developing a budget. Think of all the events, travel, charitable donations and gifts that you have planned for the season.

Remember to list food and other entertaining costs if you plan on hosting holiday celebrations. Be sure to list each person you plan to give a gift to and the amount you plan to spend on them—no matter how small.

Once you have established a budget, review it. If you are not comfortable with the amount of money the season's festivities are going to cost, a budget can help you find areas where you can make cuts. For example, maybe you can make decorations instead of buying them or use your own utensils, plates and glasses instead of purchasing paper or plastic. You may also have some people on your gift list that might enjoy a nonmonetary gift, (like assistance completing a project or just your time). If you still need to tighten your belt further, prioritize your purchases. Your family may rather have a big meal together than lots of presents.

Remember your budget as you head to the stores. Consider keeping a copy of the budget in your wallet to keep you on track and to avoid impulse purchases. Try to use cash or your debit card whenever possible to avoid paying interest on credit card purchases well after the season has ended.



Grandparent and Adult Grandchildren Relationships Mutually Beneficial

Source: David Weisenhorn, senior extension specialist, and Amy Kostelic, associate extension professor

One of the many benefits of living longer is grandparents get to see their grandchildren become adults.

A study conducted by Boston College researchers showed that close emotional bonds between grandparents and their adult grandchildren is associated with fewer symptoms of depression in both generations. Researchers also found that grandparents who helped out their grandchildren and received assistance from their grandchildren had the fewest symptoms of depression. Grandparents who received support but could not reciprocate, had the most depressive symptoms.

Another study, led by a University of Texas researcher, looked at the frequency of grandparents offering support to their adult grandchildren. Researchers found that listening, emotional support and companionship were the most common things grandparents gave to their adult grandchildren. The study also found that grandparents were a greater means of support to their grandchildren when the child's parent was experiencing life problems or was unemployed. Grandparents listening, advice and companionship with their adult grandchildren ran hand-in-hand with parents providing these same types of support to the child.

As we age, it's important not to forget the strong bonds that formed years ago as grandparents and young grandchildren. Everyone gets busy, but it's important for us to take time to enjoy these relationships as much as possible. Whether over the phone or in person, continuing these relationships can be helpful to both generations in ways neither can imagine.

Keep Warm This Winter

Source: Amy Kostelic, UK extension specialist in family life education

As the mercury drops on the thermometer, remember to stay warm both indoors and outdoors for your health.

Not staying warm enough can lead to hypothermia. This condition occurs when your body temperature drops too low. For older adults, that number is around 95 degrees F. Hypothermia can lead to many other health problems including heart attack, kidney problems and liver damage. According to the Centers for Disease Control and Prevention, more than half of all hypothermia-related deaths are in adults 65 years and older.

You may not notice early signs of hypothermia. They include cold hands and feet, a puffy or swollen face, pale skin, confusion, anger and sleepiness. Later signs of hypothermia include trouble walking or clumsiness; stiff, jerky arm and leg movements; slow heartbeat; slow, shallow breaths and blacking out. Shivering can be an early sign of hypothermia but is not a guarantee. In fact, some people experiencing hypothermia do not shiver at all.

Being outside during cold weather or even inside a chilly house can cause hypothermia. Try to stay inside on chilly days, especially those that are also windy and damp. If you cannot stay in, remember to dress in loose fitting layers to keep yourself warm and wear a hat and scarf as you tend to lose a lot of body heat from your head and neck. Keep your thermostat set at 68 degrees F or higher to make sure you stay warm enough inside during the winter. Remember to also wear warm clothes while inside and use blankets for additional warmth. If you are worried about heating costs, close off doors and vents in unused rooms. Keep the basement door closed at all times, and put rolled up towels by doors to block drafts.

Medical conditions including thyroid disease, diabetes, Parkinson's disease, memory loss and arthritis can make it harder for you to stay warm. Some prescription and over-the-counter medications can also affect body heat. Talk to your doctor about ways to stay warm if you have these conditions and before you start or stop any medication.



Brussels Sprouts Gratin

Yield: 8, 1/2 cup servings

- 2 pounds (4 cups) Brussels sprouts
- 6 slices turkey bacon
- 2 medium onions, diced
- 3 tablespoons butter
- 3 tablespoons flour
- 1/2 cup low sodium chicken broth
- 1 1/2 cups skim milk
- 1 cup shredded Parmesan cheese (packed)
- 1 teaspoon salt
- 1 teaspoon black pepper

Directions: Preheat oven to 400 degrees F. Wash Brussels sprouts and remove the outer leaves. Using a paring knife, score the core end of each sprout. In a large saucepan over medium-high heat, boil sprouts 3-5 minutes or until just tender. In a skillet over medium heat, cook turkey bacon until crisp. Remove from pan. Add the onions to the pan and cook until tender, about 5 minutes. Remove from pan. Melt butter in skillet. Add flour and stir until smooth. Using a whisk, slowly add chicken broth and milk. Stir until thick and smooth. Add cheese and stir until smooth. Add bacon and onions. Season with salt and pepper. Coat a 9-by-13 inch pan with non-stick spray. Place Brussels sprouts in pan and pour the gratin sauce over the top. Bake 25 minutes or until the top is lightly brown.

NEWS...FROM BOONE COUNTY COOPERATIVE EXTENSION SERVICE

Bake it before you bite it

With the holiday baking season getting into full swing it is a good time to be reminded of some basic food safety tips.

It seems we've been told for years to not eat raw cookie dough and we presumed it was because of the raw eggs. In recent years we've learned that the raw eggs aren't the only problem with raw dough. Raw, uncooked flour has been linked to foodborne illnesses, too.

Raw flour might be in cookie dough, but it may be showing up in other recipes also. Raw flour may be contaminated with harmful bacteria such as *E. coli*.

Recipes from a variety of sources that feature uncooked cake mixes may also present a risk. Commercial cake mixes may contain raw or unheated flour. Eating the cake mix, the raw batter, or uncooked items made with the raw cake mix may cause foodborne illness.

The Centers for Disease Control offers the following advice:

Do not eat or play with flour, raw dough, or raw batter. This includes "homemade play dough" that may be made in the home for young children to create with.

Do not add flour to foods that will not be cooked, such as milkshakes or ice-cream mixes.

Do not taste flour, raw dough, or raw batter. Eating even a small amount can make you sick.

Use separate measuring utensils and bowls for raw flour ingredients and the batter or dough.

Bake or cook items containing flour, raw dough, or raw batter thoroughly before eating them, including flour used for thickening.

Follow package directions on mixes for proper cooking temperatures and times.

Wash all items used in the preparation of the food and the countertops to help prevent cross-contamination and potential illness.

As always, during this busy time of year, it is best to be known as the wonderful cook, not the cook that sent someone to the doctor or hospital because of poor food handling practices.



JANUARY 2019

HORTICULTURE FOR EVERY BODY

SAT, 1/12/19, 10:00 AM – 2:00 PM (Snow Date: SAT, 2/2/19) (**Boone County Cooperative Extension Enrichment Center, 1824 Patrick Drive, Burlington, Lower Level**) Join the Northern Kentucky Area Homemakers to discover the physical, emotional and mental benefits of gardening for adults in all stages of life. Speakers, exhibits, and demonstrations will address topics on growing plants to fit your lifestyle, and the latest trends in home horticulture. Registration is required. Contact the Kenton County Extension Office to register or for information: 859-356-3155 or DL_CES_KENTON@EMAIL.UKY.EDU

FRIDAY FOOD FUN: BLUE ZONES

FRI, 1/25, 10:00 AM–NOON. (**Boone County Enrichment Center, 1824 Patrick Drive, Burlington, Upper Level**) We'll learn about the world's "blue zones" and explore their foods.

FOR MORE INFORMATION CONTACT

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