

**Anderson County Extension
Family & Consumer Sciences
Newsletter
February 2024
Building Strong Families**

Cooperative Extension Service
Anderson County
1026 County Park Road
Lawrenceburg, KY 40342
(502) 839-7271
Fax: (502) 839-9829
anderson.ca.uky.edu



Important Dates:

- February 3**—Basket Guild, 10—3 p.m.
- February 5**—Quilt Guild, 6 p.m.
- February 8**—EH Project Day, 9—4 p.m.
- February 10**—2nd Saturday Sew, 10—4 p.m.
- February 12**—Little Circle, 12 p.m.
Friendship Circle, 5 p.m.
- February 17**—Bazaar/Craft Day, 9—3 p.m.
- February 22**—EH Council Meeting, 10 a.m.
Tastefully Thursday, 11—1 p.m.
- February 24**—Mystery Quilt Class, 10—4 p.m.
- March 1**—"Savor the Flavor", Boyle County, Leader
Lesson for March, Flyer in Newsletter
- April 12**—County Cultural Arts Contest, 8—1 p.m.,
Exhibit Categories in Newsletter
- April 23**—Area Cultural Arts Contest, Franklin
County, Drop items between 8:30—10:30
a.m.

Hello ladies,

I have returned from my vacation and I'm all recharged and ready to start 2024!

We have Tastefully Thursday on the third Thursday of the month. The recipe is in the 2024 Food and Nutrition Recipe Calendar. If you didn't get one please ask Janet or Jennifer in the office.

You do have to call the office and sign up so we know how much food to order. IT'S FREE.

Hope to see everyone soon!

Donna Nicolette, President



Tastefully Thursday

February 22, 11—1 p.m.

RSVP by February 19th

FREE!!

Join the homemakers as club members demonstrate recipes from the 2024 Food and Nutrition Recipe Calendar! They will be sharing "Everything Tuna Melts".



**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Start the New Year with 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.

Start cleaning your refrigerator by 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 good time to check dates on dairy products and condiments and replace them if necessary.

If you can remove any drawers or shelves, do so and wash with hot, soapy water. 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 down with a diluted bleach solution made from 1 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.

Keep your refrigerator clean throughout the year by 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 a good practice to wipe down door handles and control dispensers with a disinfecting wipe daily in order to remove bacteria left by hands.

Reference: CDC <https://www.cdc.gov/foodsafety/communication/clean-refrigerator-steps.html>

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



You are Never Too Old to Build Muscle and Prevent Injury

As you age, you naturally lose lean muscle mass. But the good news is that you are never too old, and it is never too late, to build muscle strength and embrace muscle health. According to the National Strength and Conditioning Association, even older, frail adults can improve muscle strength. Muscle strength in older adulthood is especially important because it can enhance function, mobility, and quality of life. It can help improve balance and prevent falls and other injuries.



The Centers for Disease Control and Prevention recommends weight training twice a week to people 65 and older. In addition to strength training, the CDC reports that regular physical activity "is one of the most important things you can do for your health." The CDC recommends a minimum of 150 minutes of moderate-intensity activity per week. This could include activities like brisk walking or cycling. It is also important to practice balance activities, like standing on one foot or walking a straight line. Being mobile, in addition to being strong and steady on your feet, can help you stay independent longer, enhance your confidence, and improve your overall well-being.

References: CDC. (2023). How much physical activity do older adults need? Retrieved October 6, 2023 from <https://www.cdc.gov/>

[physicalactivity/basics/older_adults/index.htm#Balance](https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm#Balance)

Fetters, A. (2019). Silver Sneakers. How long does it take to build muscle? Retrieved October 6, 2023 from <https://www.silversneakers.com/blog/how-long-build-muscle-older-adults/>

Source: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging

Savor the Flavor

The Savor the Flavor program focuses on flavoring techniques and cooking methods that anyone can use. The goal of the program is to help people make home-prepared meals that are flavorful and exciting. Savor the Flavor allows people to build their skills and confidence in the kitchen through interactive recipe demonstrations, tastings, and other engaging activities. You won't want to miss it! We look forward to seeing you!

Fee: \$3
Payable via **Cash or Check**

March 1st from 10am-3pm
Boyle County Cooperative Extension Services
99 Corporate Drive, Danville, KY

Registration begins at 9:30am.
Lunch and taste testing will be provided.

Call BCCES at (859) 236-4484 to register by Feb. 26th!

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

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

HomeMakers

2024 KEHA State Meeting

Next year's KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. The theme is "Blazing the Way with KEHA." Fort Harrod Area will serve as the host area. Reserve your hotel room now in the KEHA group block! The group rate is \$126/night (1-2 people; scaled pricing for more people per room). Details are on the State Meeting webpage: keha.ca.uky.edu



State KEHA Newsletter Coming Soon!

Watch for the 2024 State Newsletter, which will be mailed to KEHA member households in February. It will be posted online at www.keha.org once the mailing has gone out. The state newsletter has the registration form and details about State Meeting in May. It also has information about upcoming deadlines, state officer elections, and more.

You can view this newsletter & find a variety of other information & upcoming events on our county website.

Visit us at: <http://anderson.ca.uky.edu>

Follow us on Facebook: <http://www.facebook.com/andersoncountyCES>

Let us know if you have any questions about this newsletter or need additional information.

Susan Campbell

Susan Campbell, Anderson County Extension Agent for 4-H/Youth Development