

➤➤➤ **Hardin County Extension FCS Newsletter** ◀◀◀

THE HAPPY, HEALTHY

Hardin County Extension
Homemaker
January 2025



➤➤➤ **NEWSLETTER NEED TO KNOWS:**

AREA NEWS ◀◀◀

BALLOTS DUE APRIL 4!

Homemaker Council Meeting
Wed. February 5 @ 10:00 a.m.

Followed by:

International Day
February 5 @ 1:30p.m.

Join us for a
presentation on

Fun in Finland

given by Sheila Wilkinson



Area Council Meeting

Tues. February 4
@ 10:00 a.m. in Marion Co
Snow Date= Tuesday Feb.11

Remember!!

KEHA State Contests
are due by March 1, 2025

Layna Fentress
Hardin County FCS Agent

UPCOMING LESSON LEADER TRAININGS

MARCH LESSON

"PATHWAYS TO WELLNESS"
FEBRUARY 26 @ 1:00 P.M. ET
LARUE COUNTY

APRIL LESSON

"MEALTIME RUT"
MARCH 31 @ 10:30 A.M. ET
HARDIN COUNTY

MAY LESSON

"PHOTOGRAPHY"
APRIL 21 @ 1:30 P.M. ET
LARUE COUNTY



If you are interested in becoming a Vendor at our Spring Bazaar, please stop by our office and pick up the paperwork that will give you all the details.

**Registration opens
February 3 at 8 am!**

Caregiver Support Group

2025 Dates

**Meeting 1st Tuesday
of each month**

**MEETINGS ARE FROM
1:00 - 3:00 PM**

THERE WILL BE TIME TO
SHARE EXPERIENCES
AFTER THE SPEAKER IF
YOU FEEL COMFORTABLE
DOING SO!

**FREE TO
ATTEND**

LEARN TO SEW

Next Sewing Class
\$5.00 per person
supply list given at
registration

RSVP begins February 4
February 20 from 5-8 pm

OR

February 27 from 12-3 pm

**COME SHOP
LOCAL AT THE**

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

HARDIN COUNTY EXTENSION HOMEMAKERS

SPRING
BAZAAR
2025



MARCH 15

9:00 AM -
3:00 PM



Hardin County Extension Homemakers
Spring Bazaar
March 15, 2025 from
9:00 am to 3:00 pm
111 Opportunity Way
in Elizabethtown

**SUPPORT
LOCAL
ARTISTS
AND LOCAL
STUDENTS!**

 Follow

**RSVP TO OUR EVENT ON SOCIAL MEDIA
FOR THE BEST INFORMATION!**



IDEAS FOR GUIDING

GRANDCHILDREN THROUGH THE COOKING PROCESS:

➔ CREATE GROUND RULES AROUND SAFETY



Children need supervision. Start by checking with parents about safety concerns and boundaries in the kitchen. ... Next, teach or review basic food safety rules throughout the cooking process.

Grandparents are an important role model for showing and explaining food safety practices like correct hand washing techniques and checking the temperature of food with a food thermometer. Encourage tasting while cooking, but have rules about no double dipping. Have everyone pull back long hair and wash their hands. Be sure to clean all work surface areas and work with children to clean up along the way.

➔ SET THEM UP FOR SUCCESS



Children of all ages can help with food preparation, table set up, and clean up. With very young children, the experience is all about senses and teaching safe kitchen practices. Over time, children

will gain skills and independence. [The next page] shows a general idea of age appropriate skills. ... A 6 year old can try everything listed on that level and above. Selecting tasks that match a child's skill level can build confidence and limit frustration. It is important to remember each child develops at their own pace.

➔ ENGAGE IN CONVERSATION



Focus on listening instead of talking. Describe what you are doing. Talk about where the food or recipe came from. Ask children questions and help them problem solve. Teach them about

safety in the kitchen. Share observations throughout each food preparation step. Telling stories can create and build strong bonds.

➔ WORK THROUGH THE MESS



It is important to remember, children need help learning new skills. One can expect some messy moments during the learning process. Doing things together over and over will supply the practice and

guidance needed to master a skill. As cooking skills improve, there should be less mess. Learning how to clean up messes is also an important life skill for children to learn...

➔ MAKE IT A HABIT!



 Cooperative Extension Service

February
LESSON

INSPIRING GRANDCHILDREN TO BECOME GRAND COOKS

Courtney Luecking, PhD, MPH, RDN, Assistant Extension Professor for DHN

Introduction

.....Getting children involved with cooking supports their development in many ways. Cooking helps children develop fine and gross motor skills. It inspires creativity and problem solving. Cooking can also help children practice following directions and gain independence. Language and literacy can develop through talking and reading about what they are cooking. Cooking increases children's confidence and can increase their willingness to try and ultimately eat more fruits and vegetables. Learning cooking skills at an early age has lasting impact on attitudes about cooking, skills, diet quality, and health in adulthood.

Children need more time in the kitchen.

...Even though cooking at home is on the rise, children are not usually helping. Mothers report extra stress when children are in the kitchen because they feel a lack of control and that children are a distraction. They also report safety concerns and not wanting to clean up messes. ...With fewer occasions to learn and practice cooking, there are concerns that cooking skills will be lost in younger generations.

Grandparents can teach cooking skills.

...Grandparents do not need to be expert chefs. They just need to share time, patience and experience with children.

INSPIRING GRANDCHILDREN TO BECOME GRAND COOKS



UNDER 2 YEARS

Very young children are not quite ready to help in the kitchen. They can play nearby with pots, pans, or storage containers as well as toy foods or kitchen sets. Talk about what is going on in the kitchen.



2-3 YEARS

Cooking skills: Wash fruits and vegetables, knead and mix with hands, tear or break foods into pieces, use a rolling pin, use a cookie cutter, roll mixtures into a ball, squeeze lemons and limes

Kitchen skills: Put things in the trash



3-5 YEARS

Cooking skills: Add ingredients to a bowl, stir and mix, mash foods, cut, chop, or slice with plastic, kid safe knives, spread butter with a butter knife, scrape batter down a bowl, brush oils on food with a pastry brush, cut green onions and herbs with blunt kitchen scissors, peel fruits and vegetables with peeler, deseed fruits and vegetables with a spoon

Kitchen skills: Put things away, fill drink cups, help set table, move dirty dishes to the sink, wipe tables and countertops, explore the garden



6-7 YEARS

Cooking skills: Measure ingredients (with help), crack eggs in a bowl, shuck corn, snap green beans, grease pans, peel fruit with fingers, skewer foods, bread, flour, and dip foods, sprinkle ingredients, juice lemon, lime, or orange using a juicer

Kitchen skills: Make guided menu choices, gather ingredients, load dishwasher, wash dishes, help dig, plant, and harvest the garden, help find items while grocery shopping



8-9 YEARS

Cooking skills: Weigh and measure ingredients, beat eggs, open cans with can opener, use food thermometer to check temperature of food, use an oven or microwave, pound foods with a kitchen mallet, pour from a container, drain canned foods, shake liquids in a closed container, use a hand mixer

Kitchen skills: Set the table, store and refrigerate leftovers, help plan gardens



10 YEARS OR OLDER

Cooking skills: Follow a recipe, cut, slice, and chop with kitchen knives, simmer ingredients on stovetop, boil pasta, bake foods in oven

Kitchen skills: Become the expert of a family recipe so that it passes down generations. Once children show they can follow kitchen safety rules, they can begin doing things on their own.

Conclusion

Children need more time and guidance in the kitchen to reap the lifelong benefits of knowing how to cook. Grandparents are a valuable resource for teaching cooking skills. The special moments that occur when cooking together can supply benefits for both grandparents and grandchildren. Sharing stories about family recipes exercises memory, gives children a sense of connection, and passes family heritage from generation to generation. Most of all, giving children time, space, and support to gain confidence in the kitchen yields priceless experiences that will last a lifetime.

Homemaker Lesson Leader Ballot

This is due back to the office no later than **April 4, 2025!**

Please mark the NUMBER of votes each lesson topic gets. An X or check mark does not help us tally votes! Members can vote for as many different topics as they want. If 1 person votes for it, please put a 1. If 17 people vote for it, please put 17. This is how we determine which topics get selected for the year!

Laughter is a Must in Life

Did you know laughter serves as a powerful tool for building and maintaining healthy, happy relationships? This lesson will test your knowledge on laughter, identify the short and long-term benefits of laughter, explore what keeps you from laughing, and share ways to increase laughter in your relationship.

---Number of Votes

Mental Health Matters

Mental health is important for overall health at every life stage—from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being.

---Number of Votes

Indoor Air Quality + Carbon Monoxide

This lesson seeks to increase knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health, and steps for improvement, as well as how to keep safe from carbon monoxide poisoning.

---Number of Votes

The Big Freeze

Freezing is the easiest, most convenient, and least time-consuming method of preserving foods. It is a great way to extend the shelf life of many foods, including leftovers. When done correctly, freezing preserves nutrients and maintains quality. This lesson will help you get the most out of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and save time.

---Number of Votes

Build a Better Smoothie

Smoothies are a refreshing meal, snack, or treat that come together in a matter of minutes, are flavorful, and can be packed with important nutrients. This lesson takes you through the basic steps for building a smoothie without a recipe and with ingredients you may have on hand in your home.

---Number of Votes

Build a Better Bowl

Often, we think about building a balanced meal on a plate. We have resources to serve as a visual guide for building a balanced plate. But how does that translate when we use a different dish? This serves as a guide for building a balanced meal that fits inside of a bowl – ranging from sweet bowls, with oatmeal or yogurt as a base, to savory dinner ideas using grains, greens, and more as a base.

---Number of Votes

Making Friends with Food

Can you think of a time that you labeled foods as “good” or “bad”? Or called someone a member of the “clean plate club” or a “picky eater”? The way we talk about food and eating behaviors can have a lasting imprint, for better or for worse. Small changes might have a big impact on mental and physical health. This lesson discusses the importance of and reframing how we talk about food.

---Number of Votes

Gardening Safely

Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. This lesson focuses on the health benefits of gardening, and appropriate tools for the job at hand.

---Number of Votes

Using Your Air Fryer

The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and also is popular for reheating leftovers. This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when buying an air fryer.

---Number of Votes

Ribbons and Regift: Choose from Your Home or Thrift

In this fun and creative workshop, participants will explore the art of making beautiful ribbons, discovering unique gift-wrapping techniques, and thrifting for one-of-a-kind packaging items.

Learn how to transform everyday materials into stunning presentations that add a personal touch to any gift. Whether repurposing items from home or finding treasures at the thrift store, this lesson emphasizes sustainability and creativity. Perfect for anyone looking to save money, reduce waste, and add flair to their holiday gifting. Join us for an inspiring session where wrapping becomes as memorable as the gift itself!

---Number of Votes

The Power of Engagement: Strengthening Communities

In this session, we'll dive into the power of civic engagement and discover how to shape a more vibrant, inclusive community. We will also discuss the impact of community involvement on local decision-making and share practical steps for staying engaged. This session is designed to inspire action and provide tools for making a positive difference in your community.

---Number of Votes

Please vote and turn in to your agent by April 4, 2024!

Please mark the NUMBER (not an X or check mark) of votes each lesson topic gets.

Stretching Your Dollar: What to Do When the Ends Don't Meet

"Making ends meet" is getting harder in today's economy. This lesson will cover how to make your dollars and resources go farther. The lesson will provide tips for managing your money in financially tough times and offer strategies for saving on groceries, gas, utilities, and other household essentials. We will explore ways to manage fixed and variable household costs with tips on spending wisely, prioritizing, and saving when expenses are tight.

---Number of Votes

Healthy Outdoor Cooking Resources

Spending time outdoors is always fun, but it can be even more fun when you include food. This lesson includes food safety information, outdoor activities, and recipes that meet the Dietary Guidelines for Americans. Participants will also learn about "shinrin-yoku," a Japanese method of forest meditation.

---Number of Votes

Selecting Sheets

Cooling? Percate? Bamboo? Sateen? Can someone please tell us what that all means? With so many types of sheets available, it's easy to get confused. Let's put these questions to bed and unravel the mystery of thread count, too!

---Number of Votes

A little brain game for you!

WORD SEARCH

K O O E J T K E H A Y S T S R E A L S M H N A S T
Z S H V U E G G D Y N J S I N Y P W T V O G X N V
S R Q U W C V W O M W U G B F H Q C I K M V J X A
H F J U O W H I T E M I L L S N Z Z T Y E U W O X
O S P B I P W Y I O T F Y O A C T I C R M V T V L
M E C J Q L A P P L I Q U E E X R V H I A L B X K
E T U E O W T Z F Q U V J N Z Z S H E N K C L G K
M P L F R S O S E S K E N T U C K Y R E E K E V N
A B T P X E V W O Z R O C M S C T B S Y R M S H N
K M U A V R A A D F L K R E I R H Q X V S D S T Q
E A R U O V R V H A V F H T W O E T S I I E I F I
R O A P L I I M U D Q A K D P S T U B L N D N F A
S B L U U C A T C L O F L I S S C E B L P O G E V
W L A X N E N E S E O O U O L S T Q M E R U B M T
W U R N T B R Q J J C G N W R T F X S N O B O B E
W E T T E Q E W O A I I X W E I T Y U Q G N X R R
K G S S E D S N V O R K L I O T R P C N R T E O R
D R T H R H E W M M S K Z I D C Y X U K E I S I X
Q A G A Q T A C E B L U V J A H E N A Z S E Y D R
V S A R U H R K R G S W N D H X Z F A D S N X E O
B S T D X Q C D F J E V S B D S C U N K H S T R P
U E Z I O P H I G O Z P G O F X R N M B B M Y Y Y
Y N M N Z A T X C O M M U N I T Y U M E M B E R S
K B L O N G V I E W I D N I N W E S T P O I N T J
X Y T I F O B E H Q F E L L O W S H I P T Q K J H

quilts of valor

cross stitch

fellowship

rineyville

kentucky

ovarian research

bluegrass

blessing boxes

homemakers

white mills

community

longview

cecilia

service

cultural arts

embroidery

volunteer

west point

stitchers

applique

homemakers in progress

fun

dixie

hardin

members

KEHA