



August 2025  
FCS Newsletter

VOL. 2025-08

Cooperative Extension Service

Wayne County  
255 Rolling Hills Blvd.  
Monticello, KY 42633  
(606) 348-8453  
Fax: (606) 348-8460  
wayne.ca.uky.edu



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Disabilities  
accommodated  
with prior notification.





# Nutrition Notes.....

(Alta) Gaye Hutchison,  
NEP Assistant

(Nutrition Education Program)

August 2025

Nutrition  
Education  
Program

## Slow Cooker Asian Pork Tacos

**Pork prep time: 10 minutes**

**Pork cook time: 3-7 hours** (depending on temperature of slow cooker)

**Slaw prep time: 20 minutes**

### Pulled Pork Tacos

- Nonstick cooking spray
- 2 pounds pork tenderloin
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ginger powder (or 1 tablespoon fresh ginger)
- 1 teaspoon garlic powder (or 3 whole garlic cloves smashed and peeled)
- 1 cup hoisin sauce
- 12, 6-inch tortillas for serving

### Asian Peanut Slaw

- 1/4 cup vegetable oil
- 2 tablespoons white vinegar
- 1 tablespoon honey
- 1 tablespoon low-sodium soy sauce
- 1 bag (12 ounces) coleslaw or broccoli slaw
- 1/2 cup dry roasted unsalted peanuts, chopped (optional)
- 2 green onions, chopped
- 1 cup cilantro, chopped

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Coat a slow cooker with nonstick cooking spray. Place pork tenderloin in the slow cooker and season with salt, pepper, ginger, and garlic. Wash hands after handling raw meat.
3. Pour the hoisin sauce over top of the pork. Cover and cook on high for 3 to 4 hours or low for 5 to 7 hours until the pork reaches a minimum internal temperature of 145 degrees F using a food thermometer.



4. Transfer the cooked pork to a plate and shred with two forks. Return to slow cooker and stir it together with the sauce. Leave in the slow cooker on "warm" until ready to serve.
5. While the pork cooks, make the slaw. In a large bowl, combine oil, vinegar, honey, and low-sodium soy sauce. Add slaw, peanuts, green onions, and cilantro. Toss to combine.
6. To serve, warm the tortillas in microwave for a few seconds, covered with a damp towel to keep them moist. Fill with shredded pork, then top with Asian Peanut Slaw. Roll up and serve.
7. Refrigerate leftovers within 2 hours.

*Note: If you don't have hoisin sauce, you can substitute: 1/2 cup ketchup, 2 tablespoons brown sugar, 1/2 cup low-sodium soy sauce, 1 teaspoon garlic powder, 1/2 teaspoon ginger powder, 1/2 teaspoon salt, 1/4 teaspoon pepper, and a dash of hot sauce.*

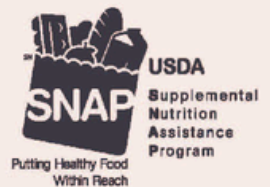
Makes 12 servings

Serving Size: 1 taco

(1/3 cup pork on tortilla with 1/3 cup slaw)

Cost per recipe: \$10.44

Cost per serving: \$0.87



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

### Nutrition facts

#### per serving:

250 calories; 10g total fat; 1.5g saturated fat; 0g trans fat; 50mg cholesterol; 350mg sodium; 20g total carbohydrate; 2g dietary fiber; 5g total sugars; 4g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

#### Source:

Rosie Allen, NEP  
Special Projects,  
University of Kentucky  
Cooperative Extension



# Scrumptious Strawberry Salad

**Servings:** 8

**Serving Size:** 2 cups



## Ingredients:

- 5 cups spinach
- ½ large cabbage head, chopped
- 1 cup golden raisins
- 1 cup halved red grapes
- 1 pint sliced strawberries
- ½ small red onion, sliced
- 1/2 cup toasted and chopped pecans (optional)
- \*¾ cup plain non-fat Greek yogurt or plain regular yogurt
- \*3 tablespoons honey
- \*6 tablespoons apple cider vinegar
- \*3 tablespoons olive oil
- \*½ teaspoon Dijon mustard
- \*1 teaspoon poppy seeds
- \*1 teaspoon salt



## Directions

1. Combine all salad ingredients together in a large bowl.
2. \*Prepare salad dressing by mixing all ingredients together in a jar, cover, and shake well to combine.
3. \*Pour dressing over salad mixture and toss to combine.

Source: Plate it up! Kentucky Proud Project

Nutrition Information: 240 calories, 10g fat, 1g saturated fat, 0mg cholesterol, 340mg sodium, 33g carbohydrate, 4g fiber, 27g sugar, 6g added sugars, 5g protein

## Extension Homemaker Club Meetings 2025

Busy Bees - August 7th 3rd @ 1:00 p.m. - Downstairs Meeting Room  
Country Charmers - No Meeting in August  
Sunnybrook - No Meeting in August  
Pots & Pans - No Meeting in August  
Charity - No Meeting in August  
Crafter's Anonymous - August 13th @ 1:30 p.m. - Downstairs Meeting Room  
Odds 'N Ends - No Meeting in August  
Creative Characters - August 19th @ 12:30 p.m. - Downstairs Meeting Room  
Happy Chippers - August 21st @ 12:30 p.m. - Downstairs Meeting Room  
Mudslingers - August 25th - Assigned Appointments Only-Contact Seth Hart  
Mudslingers -August 26th @ 12:30 p.m. - Downstairs Meeting Room

*Reminder: PLEASE turn in your monthly reports!*



Discover KEHA  
“A Hidden Treasure”  
August 2025



Thought for the Day: “Some things you have to do every day. Eating seven apples on Saturday night instead of one a day just isn’t going to get the job done.” - Jim Rohn

Roll Call: August is National Wellness Month. What is your favorite healthy food?



### Blood Drive!

August 19, 2025

Aspire Center

Country Charmers ~ 12:30-3:00 p.m.

Odds 'N Ends ~ 3:00-5:30 p.m.







## **AUGUST SCHEDULE**

**August 19 - Homemakers & Officers Leadership  
Retreat Day - 10 a.m. - Downstairs**

**August 21 - District Board Meeting - 6 p.m. -  
Downstairs**

**August 22 - Featherweight Friday @ State Fair -  
10 a.m.-4 p.m.**

**August 25 - Radon Class - 10 a.m. - Downstairs**

**August 26 - Farm to Table Event - Downstairs**

**August 27 - Featherweight Class with Dave  
Kinnard - 10 a.m. or 6 p.m. - Downstairs**

**August 28 -Missouri Star Trip Meeting - 10 a.m.  
- Downstairs**

***“Let the sunshine of  
August inspire you to  
shine your brightest.” ~  
Unknown***

# Upcoming Events

## SEPTEMBER EVENTS

September 1 - Office Closed - Labor Day Holiday

September 8-12 - Missouri Star Quilt Retreat

September 16-18 - Master Clothing Volunteer State Training @ Cave City

September 18 - Wayne County 75<sup>th</sup> Annual Homemaker Meeting

September 19 - In-Stitches Quilt Class (Seasonal Placemats) - 10 a.m. - Downstairs



September 22 - Paint A Paver Class - 5:30 p.m. - Downstairs

September 25 - LCA Homemaker Event @ Taylor County

September 26 - "Call Me Bag" Sewing Class - 10 a.m. - Downstairs

September 30 - Feather Together - 10 a.m. - Downstairs



## OCTOBER EVENTS

October 2 - Dining with Diabetes - 1 p.m. - Upstairs

October 10 - Amelia Quilt Class - Special Guest Teacher Sheryl Bowling - 10 a.m. - Downstairs

October 17 - In-Stitches Quilt Class (Geese in the Garden) - 10 a.m. - Downstairs

October 23 - LCA Homemaker Council Meeting @ Adair County

October 30 - Photography Class - 10 a.m. - Downstairs



## NOVEMBER EVENTS

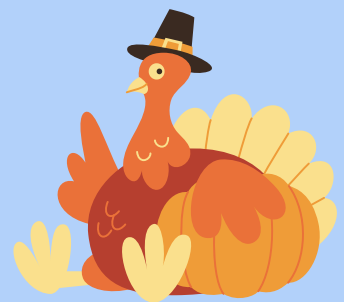
November 6 - Dining with Diabetes - 1 p.m. - Upstairs

November 13-15 - Feather Together Retreat

November 21 - In-Stitches Trip Around the World

November 22 - Jingle All the Way

November 27-28 - Thanksgiving Holiday - Office Closed



## DECEMBER EVENTS

December 5 - Breakfast With Santa

December 11 - Dining with Diabetes - 1 p.m. - Upstairs

December 12 - "Swoon" Quilt Class with Sheryl Bowling - 10 a.m. - Downstairs

December 15 - Ovarian Cancer Screening

December 16 - Ovarian Cancer Screening

December 24-January 2 - Office Closed for Holidays







## Wayne County Extension Homemakers 75th Year Celebration!

The Wayne County Extension Homemakers will be celebrating 75 years. Each Homemaker Club will be hosting a special activity to commemorate this milestone.

Month	Club	Activity
<u>2025</u>		
July	Debbie Shepherd	Educational Adventure - Danville
August	Busy Bees	Community Service - Tea Luncheon
September		Homemakers 75 <sup>th</sup> Annual Meeting
October	Odds 'N Ends	Hands-On Educational Activity
November	Charity	Community Service Activity
December	County Executive Officers	Christmas Party Fellowship
<u>2026</u>		
January	Happy Chippers	Hands-On Educational Activity
February	Crafter's Anonymous	Community Service
March	Mudslingers	Hands-On Activity - Pinch Pots
April	Country Charmers	Community Service
May	Creative Characters	Hands-On Educational Activity
June	Pots & Pans	Community Service

If you would like to join the Wayne County Extension Homemakers, please stop by the Wayne County Extension Office to pick up an enrollment form. Membership dues are \$10 for the 2025-2026 program year. This is going to be an EXCITING and ACTIVE year for Wayne County Extension Homemakers! Don't miss out! Join today!



Wayne County Extension  
Homemakers 75<sup>th</sup> Annual Meeting!

To: Wayne County Extension Homemakers Only

Date: Thursday, September 18, 2025

Time: Registration @ 5:30 p.m. ~ Meeting at 6:00 p.m. ET

Location: Aspire Center, 90 Airport Rd., Monticello, KY

Guest Speaker: Anne Shelby portraying "Aunt Molly Jackson" *Pistol Packin' Woman* - Kentucky Chautauqua  
Speaker

Registration: \$15.00 Per Person (Due by September 2nd)

Dinner Menu: Ham, Turkey, Dressing, Green Beans, Corn, Rolls, Dessert, Ice Tea, Coffee, & Water

RSVP By: September 2, 2025

*Come join us to celebrate this milestone!*







**RADON CLASS**  
**MONDAY, AUGUST 25, 2025**  
**10:00 A.M.**  
**DOWNSTAIRS MEETING ROOM**



Radon is a naturally occurring radioactive gas that you can't see, taste, or smell. Radon exposure is harmful to your health. It is the second leading cause of lung cancer. Do you know that it is very prevalent in Kentucky?

This class is to raise awareness about radon in Kentucky and its negative health effects. Contact the Wayne County Extension Office to register for the class.



**Feather Weight Workshop**  
**Instructors: Dave & Sue Kinnaird**  
**Dave's Feather Weights**  
**Wednesday, August 27, 2025**  
**10 a.m. or 6 p.m.**



**Registration Required: \$25**

Class size is limited so register soon. Please indicate which time you are attending when you register. Registration is held when payment is received. Class will be approximately 2 hours long. Participants will learn all about the workings of their Feather Weight machine. Dave & Sue will have LED light bulbs, belts, etc. available for sale for those who need items for their Feather Weight machine.



**Farm to Fork Event**  
**Tuesday, August 26, 2025 @ 5:30 p.m.**  
**Downstairs Meeting Room**

**Registration Required by: Friday, August 22, 2025**



A banquet at the Extension Office beginning at 5:30 p.m. During the banquet, FFA members will give a brief description of the vegetables grown in the school garden and how they are used in the community. We will present a virtual tour of the school garden. We will be serving food from our local Kentucky Proud Producers and from the FFA School Garden. We will be accepting donations for the Wayne County FFA chapter for FFA conventions and other FFA activities.







## Fellowship Gathering for Featherweight Friends

September 30th @ 10 AM

DOWNSTAIRS MEETING ROOM

If you love Featherweights, bring your Featherweight and something to sew on!  
We will have fun & fellowship! We will discuss whether there is enough interest  
to meet on a regular basis for sewing, fun, fellowship, information, and  
adventure!



## INTERMEDIATE PHOTOGRAPHY CLASS THURSDAY, OCTOBER 30, 2025 10:00 A.M. DOWNSTAIRS MEETING ROOM

This is a free hands-on learning experience class. It's highly recommended to bring a physical camera. You can use your phone camera if you don't have a physical camera. Spots are limited. Register soon!



The Wayne County  
Extension Office  
will be closed on  
Monday,  
September 1, 2025.



# OVARIAN CANCER SCREENINGS

**DATES:**  
**DECEMBER 15 & 16, 2025**  
**JANUARY 5 & 9, 2026**

**Space for each date is limited. MUST register!**  
**If you cannot attend, you MUST contact us in time to fill your slot. We want our spaces FILLED, and we don't want anyone to miss out on the opportunity to have their Ovarian Cancer Screening.**

**We will leave the Extension Office at 8:30 a.m. ET prompt. Please arrive by 8:15 a.m. ET to complete paperwork. We will travel to Lexington, potential shopping stop, and lunch in Lexington (will be on your own). Then we will proceed to Markey Cancer Center for screening.**



**606-348-8453**







**Seth Hart**  
**Program**  
**Assistant**  
**for**  
**Community Arts**

## **The Barn Quilt Wall**

*More barn quilts are displayed at the Wayne County Extension Office, featuring a variety of new designs that fill the remaining wall space. From the left, these blocks range from 8 feet x 8 feet and gradually shrink to 10 inches x 10 inches in a staircase fashion.*

*Wayne County's Extension barn quilt wall not only recognizes our barn quilt program, but also the local interest and appreciation for this art form, along with the heritage it represents.*



Coffee Mug (10 inches x 10 inches)

Card Trick (12 inches x 12 inches)

Mariners Compass (16 inches x 16 inches)

Green Apple (18 inches x 18 inches)

Multicolored Apple (24 inches x 24 inches)

Red Apple (30 inches x 30 inches)

Kentucky Star (3 feet x 3 feet)

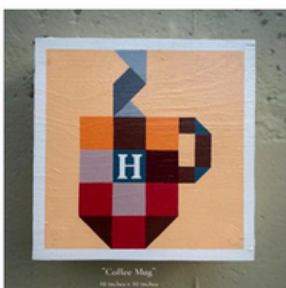
Churn Dash (4 feet x 4 feet)

Wayne County Fine Arts (5 feet x 5 feet)

Celebrating 100 Years of Extension (6 feet x 6 feet)

Wayne County, KY (8 feet x 8 feet)

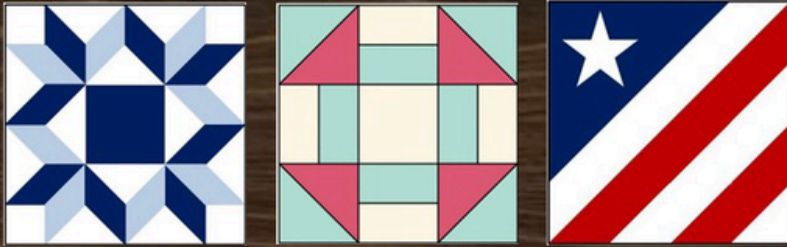
Extension for All Seasons, for All Ages (8 feet x 8 feet)





# BARN QUILT PAINTING WORKSHOP

Instructor: Seth Hart



Wednesday,  
**September 03**

**1:00 - 5:00 pm EST**  
(Daytime Hours)

## SIZE OPTIONS

1 ft x 1 ft ... **\$15.00**

2 ft x 2 ft ... **\$35.00**

4 ft x 4 ft ... **\$60.00**

**CLASS SIZE LIMIT: 15 SPACES**

**ALL MATERIALS WILL BE PROVIDED**

**\$5.00 DISCOUNT TO**

**WAYNE COUNTY HOMEMAKER MEMBERS**

 Cooperative  
Extension Service

***Deadline to  
Register:***

*Friday, August 22*

## PRE-PAYMENT REQUIRED

Due to limited spacing, our waiting list fills quickly. If you cancel, it must be one week prior to class in order to receive a refund. This will allow us adequate time to notify someone else who wants to join the workshop.

*For more information, contact*

*Seth Hart*

*Extension Program Assistant for Community Arts*

*Wayne County Cooperative Extension Service*

*255 Rolling Hills Blvd.*

*Monticello, KY 42633*

*606-348-8453*

*seth.hart@uky.edu*



**Cooperative  
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Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

## **MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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 Disabilities  
accommodated  
with prior notification.



Connect with state-  
wide experts on  
a range of topics  
surrounding  
dementia care



[bit.ly/UKdementiacaregiver](https://bit.ly/UKdementiacaregiver)

**Thursday, Aug. 28, 2025 | 12:15 p.m.**



## Senior Health Insurance Program

HOW CARE PARTNERS CAN HELP MAKE  
INFORMED CHOICES ON HEALTH CARE



Scan the QR code or visit the  
website below to register.

[bit.ly/SHIPsession](https://bit.ly/SHIPsession)

or contact us at 859-323-5550

For more information contact Sarah Hatch, MSW  
[seha280@uky.edu](mailto:seha280@uky.edu)



**VIRTUAL**  
Dementia Education



Sanders-Brown  
Center on Aging



**Joy McGinnis**



### ***FCS Program Assistant***

We often hear breakfast is the most important meal of the day. But why? Children who eat breakfast do better on tasks that require attention and higher-level brain functions. This means children who eat breakfast focus and concentrate better and have fewer behavior problems. They also have higher school attendance, fewer hunger-induced stomach aches, and better muscle coordination. Children who eat breakfast also tend to have an overall healthier diet.

It is easy to miss or forget breakfast during the rush to get out the door for school. But a little planning and prep will have your family fueled for whatever the day brings. Try one or more of these tips to help make breakfast part of a back-to-school routine that sets children up for success.

- **Prep the night before.** Set out breakfast options before going to bed. This will allow children and adults to easily get started eating or grab something for the road.
- **Set the alarm a few minutes earlier.** A few extra minutes in the morning can provide time for a quick breakfast. It can also provide time for children to wake up and feel hungry or ready to eat.
- **Role model breakfast.** Children copy adults' behavior. Sitting down to eat with children or at least eating while getting ready shows them breakfast is part of the start of the day.
- **Pack breakfast to go.** Breakfast does not have to be eaten at home. You can pack healthy options for the bus or car ride to school and work.
- **Try school breakfast.** Many schools serve nutritious breakfast. Ask your school and encourage children to take advantage of this.

Eating something is better than nothing. But to fuel the body and brain for a day of academic, social, and physical activity, the standout combination is a whole grain, some protein, and either fruit or vegetables. Find whole grains in things like hot or cold cereal, bread, tortillas, muffins, waffles, or even leftover rice or pasta.

Look for protein, which is often missing from breakfast, in dairy products, eggs, nuts and seeds, beans, or animal meats. Try one of these quick, easy ideas to fuel children's brains and behavior. Or create your own combination!



## Back-to-School Breakfast Ideas (Continued)

- Hot, instant cereal. Add protein by making it with milk instead of water. You can change the flavor based on things you mix in. Want it sweet? Add fresh, dried, or even frozen fruit and nuts.  
Want it savory? Add cheese and an egg with veggies of your choice.
  - Yogurt bowl. Start with a base of plain yogurt and then add fresh, canned, or frozen fruit and whole-grain cereal or granola.
  - Egg sandwich. Have an egg your way with cheese and veggies of your choice on a whole-grain bread, bagel, English muffin, or pita.
  - Smoothie. Blend milk, frozen fruit, and a banana. You can add yogurt or nut butter for more protein and flavor.
  - Tortilla roll. Spread nut butter and your choice of fruit on a whole-grain tortilla. Roll up and enjoy.
  - Cheese and whole-grain crackers. If you feel like snacking for breakfast, try veggies and hummus or fruit with whole-grain crackers and a stick or slice of cheese.
  - Dinner for breakfast. Leftovers are another quick and easy option for breakfast.
- For more ideas, visit your local Extension Office or the [planeatmove.com/recipes](http://planeatmove.com/recipes) website*

## Tailgating Food Safety Q & A



Keeping food safe at a tailgate gathering requires the same safe food handling practices as picnicking outdoors because a refrigerator and running water are probably not available. Include lots of clean utensils for preparing and serving the safely cooked food. In addition to a grill and fuel for cooking food, pack a food thermometer to be sure the meat and poultry reach a high enough temperature to destroy any harmful bacteria that may be present.

**Q. Several of us are planning a tailgate party. How can we handle the food safely?**

**A.** Keeping food at a safe temperature between home, a store or restaurant, and the tailgate location helps prevent foodborne illness. Follow these tips from the U.S.

Department of Agriculture (USDA) to ensure that your food stays safe.

- Carry cold perishable food like raw hamburger patties, sausages, and chicken in an insulated cooler packed with several inches of ice, frozen gel packs, or containers of ice.
- Place an appliance thermometer in the cooler so you can check to be sure the food stays at 40 °F or below.
- When packing the cooler for an outing, be sure raw meat and poultry are wrapped securely to prevent their juices from cross-contaminating ready-to-eat food.

## Tailgating Food Safety Q & A (Continued)

- Perishable cooked food such as luncheon meat, cooked meat, chicken, and potato or pasta salads must be kept refrigerator cold, too.
- If you bring hot take-out food, eat it within 2 hours of purchase (1 hour if the temperature is above 90 °F).
- To keep food like soup, chili, and stew hot, use an insulated container. Fill the container with boiling water, let it stand for a few minutes, empty, and then put in the hot piping food. If you keep the insulated container closed, the food should stay hot (140 °F or above) for several hours.
- If you can't keep hot food hot during the drive to your tailgate, plan ahead and chill the food in the refrigerator before packing it in a cooler. Reheat the food to 165 °F as measured with a food thermometer.
- In addition to a grill and fuel for cooking food, pack a food thermometer so you can check and make sure the meat and poultry reach a high enough temperature to destroy harmful bacteria that may be present.
- It includes lots of clean utensils for preparing and serving the safely cooked food.
- Bring water for cleaning if none are available at the site. Pack clean, wet, disposable clothes or moist towelettes and paper towels for cleaning hands and surfaces.

### *Q. How do you handle marinated meat for tailgate cooking?*

A. Some recipes state to marinate meat and poultry for several hours or days, either to tenderize or add flavor. Acid in the marinade breaks down connective tissue in meats. Always marinate food in the refrigerator, not on the counter. If some of the marinade is to be used for basting during smoking or as a sauce on the cooked food, reserve a portion of the marinade. Don't put raw meat and poultry in it. Don't reuse the marinade from raw meat or poultry on cooked food unless it's boiled first to destroy any harmful bacteria. Transport marinated meat and any reserved marinade in a cooler and keep it cold until grilling it.

### *Q. Can you partially cook food at home, so it grills faster at the tailgate gathering?*

A. No. Partially cooking meat or poultry ahead of time should only be done if the food goes immediately from the microwave or stove to the hot grill. Partial cooking of food without cooking it to a safe temperature allows harmful bacteria to survive and multiply. Once meat or poultry starts cooking, continue cooking until it reaches a safe temperature as determined with a food thermometer.

### *Q. What are the safe temperatures for cooking meat and poultry?*

A. Cook food to a safe minimum internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often brown very fast on the outside. Use a food thermometer to be sure the food has reached the temperatures recommended below.



- Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.
- Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 °F as measured with a food thermometer.
- Cook all poultry to an internal temperature of 165 °F as measured with a food thermometer.

Product	Minimum Internal Temperature and Rest Time
Beef, Pork, Veal and Lamb Steaks, Chops and Roasts	145 degrees F (62.8 degrees C) and allow to rest for at least 3 minutes
Ground Meats	160 degrees F (71.1 degrees C)
Ground Poultry	165 degrees F
Ham, Fresh or Smoked (Uncooked)	145 degrees F (62.8 degrees C) and allow to rest for at least 3 minutes
Fully Cooked Ham (to Reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 degrees F (60 degrees C) and all others to 165 degrees F (73.9 degrees C).
All Poultry (Breasts, Whole Bird, Legs, Thighs, Wings, Ground Poultry, GIBLETS and Stuffing)	165 degrees F (73.9 degrees C)
Eggs	160 degrees F (71.1 degrees C)
Fish & Shellfish	145 degrees F (62.8 degrees C)
Leftovers	165 degrees F (73.9 degrees C)
Casseroles	165 degrees F (73.9 degrees C)

### ***Q. How do you avoid cross-contamination?***

**A.** When taking food off the grill, use a clean platter. Don't put cooked food on the same platter that held raw meat or poultry. Any harmful bacteria present in the raw meat juices could contaminate safely cooked food. In hot weather (above 90 °F), food should never sit out for more than 1 hour.

### ***Q. Are leftovers from a tailgate party safe to eat later?***

**A.** Some people have so much fun at tailgate gatherings, they never actually watch the sporting event. But that doesn't mean it's safe for the food to stay unrefrigerated before, during, and after the event. Holding food at an unsafe temperature is a prime cause of foodborne illness. Store perishable food in the cooler except for brief times when serving. Cook only the amount of food that will be eaten to avoid the challenge of keeping leftovers at a safe temperature. Discard any leftovers that are not ice cold (40 °F or below) after the game. Food should not be left out of the cooler or off the grill for more than 2 hours (1 hour when the outside temperature is above 90 °F).

**2025 Quilt Show of the Little Mountains**  
**Aspire Center ~ 90 Airport Rd., Monticello, KY 42633**  
**Phone: 606-340-9362**

***Celebrating 30 Years!!***

**Presented by Contented Heart Quilt Guild**

***Dedicated to preservation and education for the art of quilting for adults and youth.***

**Labor Day Weekend 2025**

**Friday, August 29<sup>th</sup> - 9 a.m. to 5 p.m. EDT**

**Saturday, August 30<sup>th</sup> - 9 a.m. to 4 p.m. EDT**



**Admission: \$5 per person**

**Children under 12: Free**

*Debbie Shepherd*

**Debbie Shepherd, CEA FCS**  
**Wayne County Extension Agent**  
**for Family & Consumer Sciences**  
***debbie.shepherd@uky.edu***  
**DS/vm**



**We Grow Families.**  
[www.ca.uky.edu](http://www.ca.uky.edu)



**Website:**

**[wayne.ca.uky.edu](http://wayne.ca.uky.edu)**



**Wayne County Cooperative**  
**Extension Family and**  
**Consumer Sciences**



**Cooperative**  
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