

# FAMILY & CONSUMER SCIENCES



**VOL. 23-07**

COOPERATIVE EXTENSION



## Cooperative Extension Service

Wayne County

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*happy 4th*  *of july*

INDEPENDENCE DAY



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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.



# Nutrition Notes.....

(Alta) Gaye Hutchison,  
EFNEP Assistant

(Expanded Food and Nutrition Education Program)

Recipe from the  
July 2023 Food and  
Nutrition Calendar

## Tuscan Chicken and Pasta

- 1 pound boneless and skinless chicken breasts
- 2 pints cherry tomatoes, halved
- 3 tablespoons olive oil
- 1/4 cup balsamic vinaigrette or Italian dressing
- 1 tablespoon dried basil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 bag (6 ounces) spinach, chopped coarsely
- 8 ounces whole-wheat pasta or spaghetti
- Parmesan cheese (optional)



1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash produce under cool running water and dry before preparing for the recipe.
3. Preheat the oven to 400 degrees F. Line a large baking sheet with parchment paper or aluminum foil.
4. If using thick chicken breasts, slice crosswise into thinner cutlets. Place the chicken breast and halved tomatoes on the baking sheet. Drizzle with the olive oil and balsamic vinaigrette (or Italian dressing). Sprinkle with basil, garlic powder, onion powder, salt, and black pepper.
5. Wash hands after handling raw chicken.
6. Place baking sheet in the preheated oven and cook for about 30 to 40 minutes or until the chicken reaches an internal temperature of 165 degrees F using a meat thermometer. Note: The thickness of the chicken will impact the cooking time; always use a meat thermometer to check for doneness.

7. While the chicken and tomatoes cook, prepare the pasta according to package directions.
8. Once done, remove chicken and tomatoes from the oven. Add chopped spinach to the baking sheet. Cover and allow the spinach to steam and the chicken to rest for about 10 minutes or until the spinach wilts.
9. Cut the chicken into thin strips or bite-sized pieces. Combine cooked pasta with the chicken, tomatoes, and juices from the baking pan. Sprinkle with parmesan cheese, if desired.
10. Refrigerate leftovers within 2 hours.

**Note:** If you have the time and want more flavor, marinate the chicken in an additional 1/4 cup balsamic vinaigrette or Italian dressing in the refrigerator for up to 12 hours before cooking it.

**Makes 6 servings**  
**Serving size: 2 cups**  
**Cost per recipe: \$11.52**  
**Cost per serving: \$1.92**



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

**Nutrition facts per serving:**  
350 calories;  
13g total fat; 2g saturated fat; 0g trans fat; 55mg cholesterol; 350mg sodium; 35g total carbohydrate; 3g dietary fiber; 4g total sugars; 0g added sugars; 24g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

**Source:**  
Brooke Jenkins,  
Extension Specialist,  
University of Kentucky  
Cooperative Extension Service

# Slow Cooker Fajitas



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

- 1 pound boneless, skinless chicken breasts, sliced lengthwise into strips
- 1 to 2 teaspoons cumin
- 1 to 2 teaspoons chili powder
- ¼ teaspoon ground black pepper
- ¼ teaspoon garlic powder
- 3 medium bell peppers\*, any color or variety
- 1 medium onion\*
- 1 (10 ounce) can diced tomatoes and green chilies
- 6 (8-inch) whole-wheat flour tortillas

\*Two (12 to 14 ounce) bags of frozen fajita mix vegetables may be used in place of fresh bell peppers and onion.

**Optional toppings:** cheese, cilantro, guacamole, lettuce, salsa, sour cream

1. Place chicken in a medium-size slow cooker.
2. In a small bowl, combine cumin, chili powder, black pepper and garlic powder. Sprinkle seasoning over chicken.
3. Remove stem and seeds from bell peppers and peel from onion. Slice peppers and onion into ¼ inch strips and add them to slow cooker, covering chicken. Pour tomatoes and green chilies over veggies.
4. Cover slow cooker with lid and cook on high heat for 4 hours or on low for 6 to 8 hours.

5. Remove chicken from the slow cooker and let it cool slightly. Use two forks to shred the chicken. Add shredded chicken back to the slow cooker and mix with the peppers and onions.
6. Serve in tortilla with optional toppings if desired.

**Prep time:** 20 minutes  
**Cook time:** 4 to 8 hours  
**Makes 6 servings**  
**Serving size:** 1 fajita  
**Cost per recipe:** \$7.90  
**Cost per serving:** \$1.32

**Nutritional facts per serving:**  
220 calories; 4.5g total fat; 1.5g saturated fat; 0g trans fat; 50mg cholesterol; 600mg sodium; 26g carbohydrate; 6g fiber; 7g sugar; 23g protein; 10% Daily Value of vitamin A; 100% Daily Value of vitamin C; 2% Daily Value of calcium; 10% Daily Value of iron.

\*Nutrition facts do not include optional toppings

**Source:** Nancy Kelley, Area Nutrition Agent for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

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Taken from: July 2017 Food and Nutrition Recipe Calendar



## Extension Homemaker Club Meetings

**Sunnybrook** - No meetings in June, July, & August

**Country Charmers** - No meetings in June, July, & August

**Pots & Pans** - No meetings in June, July, & August

**Charity** - No meetings in June, July, & August

**Crafter's Anonymous** - July 12th @ 1:30 p.m. - Downstairs Meeting Room

**Odds 'N Ends** - No meetings in June, July, & August

**Creative Characters** - July 18th @ 12:30 p.m. - Downstairs Meeting Room

**Happy Chippers** - July 20th @ 12:30 p.m. - Downstairs Meeting Room

**Mudslingers** - July 24th - Assigned Appointments Only - Contact Seth Hart

**Mudslingers** - July 25th @ 12:30 p.m. - Downstairs Meeting Room

**Reminder: PLEASE turn in your monthly reports!**

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### Extension Homemakers - Volunteer Hours

Volunteer service hours from July 1, 2022 through June 30, 2023 need to be turned in to the Extension Office by July 15, 2023. Thank you for your commitment to serving the community. Your dedication is greatly appreciated!



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### Blood Drive!

Tuesday, July 25, 2023

Aspire Center

Country Charmers 12:45 p.m.-3:15 p.m.

Crafter's Anonymous 3:15 p.m.-5:30 p.m.



We mourn the passing of a dear friend and asset. Since 2015, Carson Payne was an active member of our community. He was passionate about the Extension Service, especially toward the arts. With a deep range of talent, he inspired many through his music and storytelling. Over time, we also came to know and appreciate his specialty for woodworking. He even started one of our newest clubs, Happy Chippers--a woodworking group that he often led. With a smile and joke to tell, he was enthusiastic about life and his craft. As we reflect on Caron and his service, continue to lift up his family in your thoughts and prayers.



Woodworking: Comfort Birds - Presented by Carson Payne:

[https://www.youtube.com/watch?v=twsiWqs\\_6k0&list=PL9UvEHv8h9gLwyVHsShbzMGaQo2edPo4c&index=48](https://www.youtube.com/watch?v=twsiWqs_6k0&list=PL9UvEHv8h9gLwyVHsShbzMGaQo2edPo4c&index=48)

Carson records for Happy Chippers:

[https://www.youtube.com/watch?v=Ijzt02Rx\\_d0&list=PL9UvEHv8h9gLwyVHsShbzMGaQo2edPo4c&index=46](https://www.youtube.com/watch?v=Ijzt02Rx_d0&list=PL9UvEHv8h9gLwyVHsShbzMGaQo2edPo4c&index=46)

To watch his instruction video, go to: Carving Tips/Easter - Presented by Carson Payne

<https://www.youtube.com/watch?v=EzUDwK53tp0>

## July is 4th of July Holiday,

### Family Picnics, and Vacations!

Reach out to a neighbor, friend, shut-in, local family, etc. Go for a visit, send a card, or make a call. Giving feeds the soul and makes our community a better place!

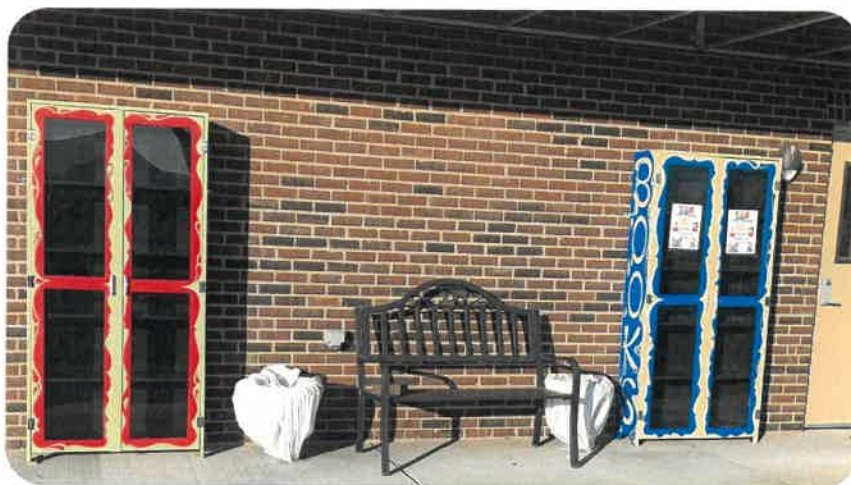


## "Book Towers"

Our "**Book Towers**" have become a tremendous success with our community, providing books and games to local families. We need your help with items for the **Red Book Tower** which holds games, puzzles, and media. Items in the **Red Book tower** are slowly being depleted. We would appreciate it if you would consider contributing some of the following items to our **Red Book Tower**.

- Children's coloring books & crayons.
- Adult coloring books & color pencils.
- Games & Puzzles
- Any craft kits or art supplies.

Thank you to everyone who has been donating. Your support is key to helping our community with access to free books and family activities. Stop by and check out what's available. Help spread the word it's FREE. Sharing & Caring!



*\*\*Participation in these community service projects can count as volunteer service hours.*

## Crafter's Anonymous Homemaker Club

We are the Extension Office's newest Homemaker Club. Our club members immediately banded together to organize a fundraiser that netted more than \$500. That alone demonstrates what our club members and team leaders look like. We hope to grow even more so that we can donate more. We want to join forces with our 4-H leaders to reduce some of the cost of their 4-H camp fees.

Our club meetings are always fun. We have made gnomes, wooden tree decorations, salt dough ornaments, and painted rocks. Every month is jam-packed with enjoyable crafts and friendship. For our July meeting, we will be decorating a "faux cake" and making garden stakes in August. We will be updating our wooden outdoor Christmas decorations during a "Christmas in July Paint Party" on July 26, 2023. All club members are welcome to attend, and new members are welcome to join as well.

We put our trust in our elected club officials, but each individual member consistently performs like "shining stars." We are a fun group that loves our Wayne County Extension Office and our community! Join us every second Wednesday of the month at 1:30 p.m. in the Extension Office's downstairs meeting room. We hope to see you there!





**Crafter's Anonymous Extension  
Homemaker Club**

**Wednesday, July 12, 2023 @ 1:30 p.m.  
Downstairs Meeting Room**

**Crafting Corner Project - Faux Cake**  
All supplies provided (there will be no cost for the supplies).  
To receive a craft kit, PLEASE call and let us know if you will be attending.

**Creative Writing Class**

**Instructor: Ranny Grady**

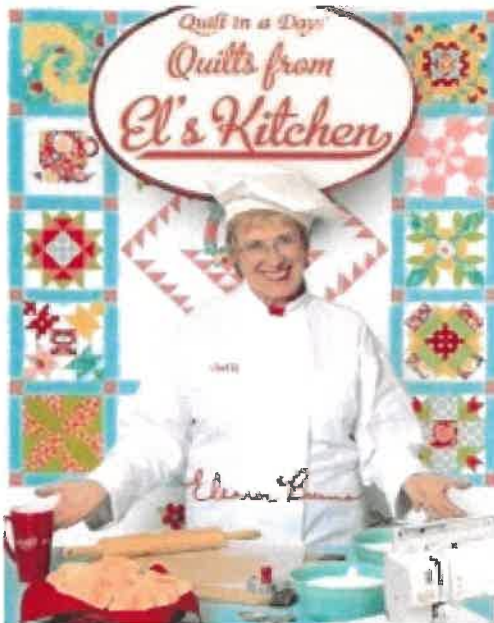
**Thursday, July 13, 2023 @ 10:00 a.m.**

**Small Upstairs Meeting Room**

Class is FREE & open to the Public.

Everyone is welcome to attend.

Please call to register.



**Quilts from El's Kitchen!  
Sit & Sew**

**Wednesday, July 19th @ 10:00 a.m.**

Wayne County Extension Office

Downstairs Meeting Room

Please arrive by 9:30 a.m. to set up your sewing station so class can begin at 10:00 a.m. We will be wrapping up El's Kitchen. This will be a time to finish up your blocks, get help with set-up and borders, or any other unfinished project you would like to bring to work on.



**Home preservation is an excellent way to prevent food waste, save on your budget, be more food secure, a safe healthy way to feed your family and much more. Take a look at our upcoming classes.**



### **Freezing Basics**

**July 13, 2023 @ 5:00 p.m.**

Upstairs Meeting Room

Registration Fee: \$5.00 (Prepaid)

Please call to register.

Freezer corn and other garden produce will soon be ready for the freezer. Freezing is an excellent way to preserve your produce.

### **All Dried Out**

**Drying Your Foods for Preservation.**

**August 10, 2023 @ 5:00 p.m.**

Upstairs Meeting Room

Registration Fee: \$5.00 (Prepaid)

Please call to register.

Fruits, veggies, herbs; drying produce for long term storage is an excellent and space saving way to preserve foods to feed your family.



### **Canning & Freezing Publications**

The Cooperative Extension Service has FREE canning and freezing publications available for those who preserve home-grown food or fruits and vegetables purchased from Farmers' Markets or other producers. Call 606-348-8453 to request copies or stop by our office. We also check canner gauges for accuracy (the type with a numbered gauge with a needle, (Presto), not the "jiggler" type). This service is also FREE!



## Wayne County Farmers' Market



The Farmers' Market located at 112 Harper Drive in Monticello is now open on Saturdays from 8:00 a.m.-12 noon. Vendors will have a good selection of vegetables, flowers, eggs, and products all produced locally in Wayne County. Please come support your local farmers and vendors on Saturdays.

### **"Christmas in July Paint Party"**

**July 26, 2023**

**Beginning at 10:00 a.m.**

**Wayne County Extension Office**

**Paint Party for all Extension Homemaker Clubs & Mailbox Members.**

**Let's make outdoor decorations beautiful again!**

- We will have a Potluck Lunch (if you have had the safe food handling class, please bring a dish. If you haven't, please bring something pre-packaged or prepared.)
- Dirty Santa Game - If you would like to participate in the Dirty Santa Game, bring something from home that you no longer use.
- The paint party will be outside weather permitting or in the downstairs meeting room at the Extension Office.

### **The Quilt Show of the Little Mountains**

Friday, September 1, 2023 -

9 a.m.-5 p.m. EDT

Saturday, September 2, 2023 -

9 a.m.-4 p.m. EDT

The quilt show is hosted annually by the Contented Heart Quilt Guild at the Aspire Center in Monticello, Kentucky. The show features: Juried quilt contest with ribbons and cash prize awards, block contest with ribbons and cash prize awards, vendor's mall, quilting demonstrations, quilt give-away.

Quilts to be entered in the show will be accepted at the Quilt Shoppe for several days prior to the show.

Quilts will be accepted August, 23, 24, 25, and 26 from

10 a.m. until 4:00 p.m. at the Quilt Shoppe, 24 North Main St.,

Monticello, KY 42633

Phone (606-340-0015)





Seth Hart,  
Program Assistant  
for Community Arts

# Barn Quilt Painting Workshop

**BARN QUILT PAINTING WORKSHOP**

Instructor: Seth Hart

**Monday,**  
**August 07**  
4:00 - 9:00 pm EST

SIZE OPTIONS

**2 ft x 2 ft ... \$40.00**

**4 ft x 4 ft ... \$75.00**

*DESIGNED FOR ALL SKILL LEVELS*

*ALL MATERIALS AND SUPPLIES  
WILL BE PROVIDED*

*\$5.00 DISCOUNT TO WAYNE COUNTY HOMEMAKER MEMBERS*

*CLASS SIZE LIMIT: 15 SPACES*



***Deadline to Register:***  
*Friday, July 21*

**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*



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.



Joy McGinnis,  
FCS Program Assistant



Grilling is a summer activity everyone enjoys. It is a healthy way of cooking, and you can grill pretty much anything. Burgers, chicken, seafood, and even fruits and vegetables are all delicious when cooked on the grill. No matter what you're cooking though, follow the tips below to prevent foodborne illness and keep your family healthy.

**Thaw Safely:** Never allow food to thaw on the counter at room temperature. If you are starting with frozen meat or chicken, thaw it completely for more even cooking. Place your frozen product in the refrigerator for a nice safe, slow thaw. This may take a day or two, so plan accordingly. For faster thawing, place the frozen product under cold running water, or in a sink of cold water that is changed frequently. You also can thaw your frozen product in the microwave as long as you place it on the grill immediately.

**Marinating:** Always marinate food in the refrigerator, not on the counter at room temperature. You can marinate chicken and stew meat for up to two days. Beef, steaks, tenderloins, roasts, and chops can be marinated for up to five days. Throw away the marinade after soaking. You should not eat marinade that has been in contact with raw meat or chicken as a sauce on cooked food.

**Cook Thoroughly:** Always use a meat thermometer to check for doneness. Meat and chicken cooked on a grill will appear done because of quick browning on the outside. However, just because it looks done, doesn't mean it's safe to eat. Cuts of beef, pork, lamb, and veal including steaks, chops, and roasts should reach an internal temperature of 145 degrees F with a three-minute rest time. Ground meats (beef, pork, lamb, and veal) should be cooked to an internal temperature of 160 degrees F. All chicken and poultry should reach an internal temperature of 165 degrees F.

**Keep it Clean:** Start with clean hands, and make sure there are plenty of clean plates and utensils. Never use the same platter or utensils for both raw and cooked meat and chicken. Always use a clean platter when removing food from the grill. Bacteria in the raw meat juices can contaminate food that you have safely cooked.

**Keep it Hot:** After cooking, keep food hot at 140 degrees F or warmer until served. Place food to the side of the grill, where there is no direct heat, or on the small rack above the grill, if there is one. You can also place food in an oven set at 200 degrees F or a warming tray until eaten. Once you serve the food, it should not sit out for more than two hours. If the day is above 90 degrees F, food should not sit out for more than one hour.

Reference: FoodSafety.gov <https://www.foodsafety.gov/blog/howgrill-safely-summer>

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

### **Make Fun Food for Kids at Picnics**

- Cut triangle-shaped wedges of cucumber and add a stick in the rind end for a fruit popsicle.
- Make sandwich kabobs with small pieces of bread, cheese, grape tomatoes, sandwich meat, and olives.
- Enjoy some “fruit caterpillars.” Place purple and red grapes alternately on skewers.
- Try filling ice cream cones with melon balls for a refreshing treat.
- Enjoy some crunchy veggie flowers. Make four v-shaped cuts on the outside of cucumbers. Slice cucumbers into slices to form flower petals.
- Try some “banana sushi.” Spread a whole-grain tortilla with peanut butter or other spread. Next, place a banana inside and roll. Cut into slices.

Source: Healthy Choices Newsletter May/June 2023



## Save Money on Meals During Summer Travel

Travel can be expensive, especially depending on the size of your family, the length of your stay, transportation needs, and the items on your itinerary. One of the largest costs of a vacation, which can take an estimated 25% of your travel budget, is the cost of meals. There are ways to save money on meals while traveling (so you can put more money toward your adventures).

First, depending on your destination, look for ways to save money on meals by considering different lodging options before booking. For example, does the hotel offer continental breakfast? Do rooms have an in-room refrigerator, microwave, or kitchenette? Are you staying in a rental home or condo that offers a full-size kitchen? What about a campsite with an outdoor grill? Based on the meal-related amenities included with your lodging, you can plan to save money by packing food and/or preparing meals in rather than eating out.

Even if the last thing you want to do on vacation is cook, you can still save money by packing small meals, snacks, and beverages from home. Whether you're traveling by car, plane, or even train, you can bring a reusable water bottle to refill daily for each member of your household, or an insulated thermos for your morning coffee. Bringing nonperishable, small foods that can be easily packed in a suitcase can save money on breakfasts or snacks. Items like granola bars, trail mix, and jerky can fuel your family while cutting down on added food expenses.

Finally, think strategically about food when you vacation. Always check restaurant menus ahead of time when eating out to make sure the food options fit within your budget and taste preferences. If you're traveling with friends or extended family, brainstorm ways to share meal costs, especially if your lodging amenities offer cooking or grilling options.

Reference: Making the Most of Meals while Traveling (#FCS3-632), University of Kentucky, <http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3632/FCS3632.pdf>

Source: Nichole Huff, Ph.D., Assistant Extension Professor, Family Finance and Resource Management



## Helping Older Adults Plan for Natural Disasters

Tornadoes, floods, wildfires, and hurricanes are powerful reminders of Mother Nature's power. Despite their experience and wisdom in navigating nature's wrath, some older adults are more vulnerable to disasters due to things like chronic illness, certain medications, medical equipment needs, mobility issues, functional limitations, and dementia. In addition, it is not uncommon for some older adults to feel overwhelmed. They may even need help understanding safety and evacuation information due to social or economic constraints.

It is crucial for frail older adults and their loved one's plan for natural disasters. Preparedness can reduce fear, anxiety, and loss.

Without proper assistance or support, some older adults may be unable to move away from danger. Support may improve their survival and post-disaster recovery. If an older adult has dementia, they may need help with evacuation and ongoing daily care, mobility, transportation, medication management and supervision. After a disaster, consider conditions like lack of safe water, food, extreme temperatures, stress, infection, proper shelter, medication, mobility, and medical equipment.

The Centers for Disease Control and Prevention reminds older adults, their families, and friends that planning for emergencies can be a matter of life and death. While first responders do their best to assist, it can take time for them to get organized and even longer to reach disaster victims depending on the circumstances. The CDC advises stocking enough non-perishable food, water, and medication for up to three days. Whistles, flashlights, emergency contact numbers, important documents, batteries, a radio, and first aid kit are helpful resources for evacuation. It is helpful to have an emergency disaster backpack or kit with all these items in one accessible place that can be grabbed and carried easily. Waterproof containers can help keep these items and information dry.

Discuss and prearrange pet care when possible since many emergency shelters often don't allow non-service animals. If you or a loved one has medical needs, pre-plan your evacuation accommodation like staying with family or friends, hotels, or identify medically equipped shelters.

Families of those living in long-term care facilities should ask about a facility's disaster plan, including emergency plans, how emergencies are defined, supplies and generators, evacuation protocol, emergency response plans, and how the facility notifies families of a resident's evacuation.

It's essential to understand local risks. Kentucky residents should prepare for ice, flash floods and tornadoes.

The U.S. Administration on Aging recognizes that natural disasters are unpredictable, but it offers general preparations for most situations. The AOA recommends communicating with family and neighbors, charging cellphones and getting backup batteries, notifying a designated contact if leaving home, staying informed through battery-powered or hand-crank radios, evacuating early to avoid hazardous conditions, identifying a meeting place in case of communication disruptions, stocking up on personal and home supplies, preparing a to-go kit with essentials, wearing an identification band, and carrying a whistle to signal for help. Aging services can help disaster victims and their families. The Kentucky Department for Aging and Independent Living, Area Agencies on Aging, local senior centers, and UK Cooperative Extension Services can help.

For more information on creating an emergency supply kit, visit:

<https://www.cdc.gov/aging/publications/features/older-adult-emergency.html>

For more information about helping older adults during emergencies and other topics, contact the Wayne County Cooperative Extension Service.

Source: Amy Kostelic, Associate Professor, UK School of Human Environmental Sciences

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### **Wayne County Extension Homemakers!**

July 20th – Christmas Village Planning Committee 5 pm Small Upstairs Mtg. Room

**July 25th– Officer Training - Required for all county & club officers.**

August 22nd – Scams – Knowing Scam Types

August 30th – LCA Officer & Chairperson Training - TBA

September 26th – Emergency Preparedness

October 9th – 13th – KEHA Week! Details, times & locations coming soon:

9th – HM Make & Take

10th – HM Movie Night

11th – HM Community Service Day

12th – HM Road Trip

13th – HM Grab & Go!

October 27th – LCA Holiday Event – Adair Co. – More information soon!

October 24th – 26th – Extension Master Clothing Volunteer Training – Cave City

October 31st – LCA Extension Homemaker Council Mtg. 10:30 am EST Adair Co.

October 31st – Transferring Cherished Possessions: Estate Planning for Non-Titled Property

November 28th – Holiday Make & Take

December – Club Choice

January 23rd – Make Your Heart Happy -Valentine’s Hearts & Other Lovey Things!

February 27th – Cultural Arts Lesson

March 26th – Spring Cleaning Your Home & Finances

April 23rd – Entertaining Little Ones

May 28th – Healthy Food Choices





### Crispy Oven Zucchini Fries

Servings: 8    Serving Size: 1 cup

#### Ingredients:

- ½ cup all-purpose flour
- Pinch of salt
- ½ teaspoon black pepper
- 1 egg + 1 egg white
- ½ cup plain or panko breadcrumbs
- ¼ cup grated parmesan cheese
- ½ teaspoon paprika
- Dash of salt
- 4 medium zucchini
- Nonstick spray

#### Directions:

1. Preheat oven to 450° F.
2. In a pie pan, whisk together flour, salt, and pepper. In a second pie pan, beat egg and egg white together. In a third pie pan, whisk together bread-crumbs, parmesan cheese, paprika, and a dash of salt.
3. Slice zucchini lengthwise into 1/2-inch thick pieces. Cut into 4-inch lengths and then into "fries" or strips.
4. Dip zucchini strips into the flour, then the egg, and then through the breadcrumb mixture. Place on a baking sheet treated with nonstick spray.
5. Bake for 10 minutes. Turn slices and continue baking for another 10 minutes until golden-brown and crisp. Serve immediately.

Source: Eat Smart to Play Hard: Cook Together, Eat Together by the University of Kentucky Cooperative Extension Service



### Easy Summer Salad

Recipe Cost: \$3.89    Cost per Serving: \$0.65

#### Ingredients:

- 1 cucumber, peeled and cubed
- 1 red onion, diced
- 2 tomatoes, diced
- 1 garlic clove, minced
- 1/4 cup lemon juice
- 1 tablespoon vegetable oil
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

#### Directions:

1. Mix cucumber, onions, tomato, and garlic in a large bowl.
2. Stir in lemon juice, oil, salt, and pepper until well mixed.
3. Serve at room temperature or chill in the refrigerator for at least 1 hour before serving.

#### Make it a Meal:

Pair this salad with a turkey burger with cheese on whole wheat bun, baked apples, and water for an easy lunch or dinner!

Source: United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015.  
[www.usda.gov/whatscooking](http://www.usda.gov/whatscooking)

45 calories; 2.5 total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 100mg sodium; 6g total carbohydrate; 1g fiber; 3g sugar; 0g added sugar; 1g protein; 0% Daily Value vitamin d; 2% Daily Value calcium; 0% Daily Value iron; 2% Daily Value potassium.



Twelve members of the Pots & Pans Homemaker Club visited the Kountry Kitchen Store in Burkesville. They sampled some dips and crackers and found lots of ideas for canning vegetables and jams. They ate at 5 Broke Girls to discussed ideas for the upcoming homemaker year. Driving back from Glasgow, they came across some zebra in a field. They enjoyed the day out and came up with some good ideas for future meetings and for the Christmas Village.



The Wayne County Extension Office will be closed on Tuesday, July 4, 2023 for Independence Day!

*Note: The office will open on July 4th from 10 a.m.-2 p.m. for EXPO viewing.*

*Debbie Shepherd*

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 DS/vm



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

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



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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

## 2023 DATES to Book in Your Calendar!

Date	Time	Event	Meeting Room Location
July 1st		NEW Homemaker Program Year Begins	
July 3rd		Entry Day & Judging Day for County Fair Exhibits	Whole Building
July 4th	All Day	Office Closed - July 4th Holiday	
July 4th	10:00 a.m.-2:00 p.m.	Public Viewing Days for County Fair Exhibits	Whole Building
July 5th-6th	8:00 a.m.-7:00 p.m.	Public Viewing Days for County Fair Exhibits	Whole Building
July 7th		Pick Up Day for County Fair Exhibits	
July 11th	10:00 a.m.	Bingocize Class Begins	Upstairs
July 12th	1:30 p.m.	Crafter's Anonymous Club Mtg.	Downstairs
July 13th	10:00 a.m.	Bingocize Class	Upstairs
July 13th	10:00 a.m.	Creative Writing Class	Small Upstairs
July 13th	5:00 p.m.	Freezing Basics (\$5 Registration Fee)	Upstairs
July 18th	10:00 a.m.	Bingocize	Upstairs
July 18th	12:30 p.m.	Creative Characters Club Mtg.	Downstairs
July 19th	10:00 a.m.	In-Stitches Sit & Sew	Downstairs
July 20th	10:00 a.m.	Bingocize	Upstairs
July 20th	12:30 p.m.	Happy Chippers Club Mtg.	Downstairs
July 20th	5:00 p.m.	Christmas Village Planning Committee	Small Upstairs
July 25th	12:30 p.m.	Mudslingers Club Mtg.	Downstairs
July 25th	12:45 p.m.-3:15 p.m.	Blood Drive - Country Charmers	Aspire Center
July 25th	3:15 p.m.-5:30 p.m.	Blood Drive - Crafter's Anonymous	Aspire Center
July 25th	10:00 a.m.	Bingocize	Upstairs
July 25th	5:30 p.m.	<b>OFFICER TRAINING NIGHT!</b>	Downstairs
July 26th	10:00 a.m.	Christmas in July Paint Party	Outside or Downstairs
July 27th	10:00 a.m.	Bingocize	Upstairs