

Bell County Family & Consumer Sciences Rebecca Miller-Agent

Bell County Homemaker Newsletter

August/September 2023



"LEARNING HOW TO BE STILL, TO REALLY BE STILL AND LET LIFE HAPPEN-THAT STILLNESS BECOMES RADIANCE." – MORGAN FREEMAN

UPCOMING PROGRAMS & EVENTS

PLEASE CALL OUR OFFICE TO REGISTER FOR THESE EVENTS 606-337-2376

Homemaker Council Meeting

Wednesday, August 2nd at 10:00 am in the 3rd-floor meeting room.

Tasty Tuesday

Join us in office on Tuesday, August 15th at 1:00 pm to make Can-Opener Salsa.

Annual Homemaker Kick-Off

This annual event will be held on August 24th at 5:30 pm, in the

third-floor meeting room. This year the food will be covered, we are asking each club to bring a dessert. During kick-off, the council members are hosting a "House-Hold Shower" for the kitchen of our new building. We have a registry at Walmart if you would like to bring a gift.

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

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Disabilities accommodated with prior notification



Lexington, KY 40506

Area Homemaker Leader Training

Hosted at the Laurel County Extension office on Tuesday, August 29th at 10:00 am. Lessons will be Savor the Flavor, Disaster Preparedness, and Holiday Ideas. Lunch will be served. Each club needs to have a representative there to receive the needed materials for your club meetings this fall. Please let me know who will be going.

County Cultural Arts Competition

Take the opportunity to enter your beautiful handmade items in our Homemaker Cultural Arts Competition on Friday, September 8th from 9:00 am to 12:00 pm. Items winning blue ribbons on the county level will move on to the area meeting in October. Attached to the newsletter is a list of acceptable categories.



Learn, Laugh & Craft

Join us Thursday, September 14th at 1:00 pm in the 3rd-floor meeting room to make Corn Shuck Dolls.

Just a reminder that our office will be closed Monday, September 4th in observance of Labor Day.



Upcoming October Dates

Please call our office to register for these events 606-337-2376

Fall Walking Program- Sunday, October 1st.

Dip On In- Thursday, October 12th at 5:00 pm.

Hiking For Health- Monday, October 9th and 23rd at 10:00 am

Holiday Ideas- Tuesday, October 24th at 5:00 pm





cookbooks are still available for purchase. These will make a great gift for the upcoming holiday season! \$15

September is National Preparedness Month

Since the tragic events of *Sept. 11, 2001*, the federal government has named **September as** National Preparedness Month. This is to remind and encourage all Americans to be prepared for emergencies and disasters either man-made, weather-related, or caused by other sources.

The National Weather Service encourages all households, businesses, and communities to take the following steps to prepare for a possible disaster or emergency.

- 1. Learn Your Risks and Responses- Be and Stay informed!
- 2. Create a Plan- Practice your plan regularly so everyone is clear about their roles.
- 3. Build a Supply/Emergency Kit- Maintain items by checking expiration dates and updating items as needed or based upon your families needs.
- 4. Get Involved- Before disaster strikes, volunteer with your business or local

National Preparedness Month ends Sept 30th, which is National Preparedness Day

community.

Recipe of the Month



Spinach Slaw

2 cups chopped iceberg lettuce 2 cups chopped red cabbage 2 cups chopped green cabbage 11/2 cups fresh spinach 1/4 cup canola mayonnaise

1/4 cup hummus, original flavor 2 tablespoon local honey 1/2 teaspoon garlic powder 1/8 teaspoon salt **% teaspoon** pepper

1. Wash, quarter, and core lettuce, red cabbage mayonnaise, hummus, and green cabbage.

2. Thinly slice lettuce and cabbage quarters; chop slices into small pieces.

3. Wash and tear spinach leaves into small pieces.

> Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

serving.

4. Whisk together

honey, garlic powder,

salt and pepper until

ingredients are mixed

well. **Toss** dressing with

vegetables until coated

thoroughly. Refrigerate

for 30 minutes before

Yield: 8, 1 cup servings.

Nutritional Analysis: 70 calories, 3.5 g fat, 0 mg cholesterol, 135 mg sodium, 11 g carbohydrate, 2 g fiber, 6 g sugar, 2 g protein.

