

»»» **Hardin County Extension FCS Newsletter** «««

# THE HAPPY, HEALTHY

## Hardin County Extension *Homemaker*

### NOVEMBER 2024



#### NEWSLETTER NEED TO KNOWS: «««

The Hardin County Extension Office will be closed for Thanksgiving November 28 + 29. The office will reopen on Monday December 2.



#### ATTENTION CLUB PRESIDENTS & EXECUTIVE COMMITTEE

If you have not received your invitation for this year's Presidents Luncheon by Nov 27, please call our office 270-765-4121

#### »»» AREA KEHA

HARDIN COUNTY BROUGHT HOME 13 BLUE RIBBONS FROM THE KEHA AREA MEETING (DETAILED LIST ON PAGE 4)



**Homemaker Dues are due NO LATER than December 4.**

*Dayna Fentress*  
Hardin County FCS Agent



The Hardin County Extension Office is offering a Master Gardener class January through March 2025. For more information or an application contact the office at 270-765-4121. Please sign up no later than November 15.

# LESSON LEADER TRAININGS:

**NOVEMBER 19**

QUILTED STAR ORNAMENT

**1:30 PM IN LARUE COUNTY**

**MUST CALL TO REGISTER 270-765-4121**

**JANUARY 22**

GRANDCHILDREN MAKE  
GRAND COOKS

**10:30 AM AT OUR OFFICE**

**HOMEMAKER  
LESSONS  
ARE OPEN TO THE  
PUBLIC**



**NEW!!**

## **4-H TREASURES CLUB**

**AGES 9-18**

**FREE TO ENROLL**

**MEETING TIME: 5:30 P.M.**

FOR MORE INFORMATION AND  
TO REGISTER CALL 270-765-4121

*Sourdough + Gut Health*

**NOVEMBER 26**

12:30 PM

**\$25 FEE BUT YOU TAKE HOME A READY  
TO BAKE LOAF, A STARTER, AND MORE!**

## **COOKING THROUGH THE CALENDAR**

1:00 P.M.

AT THE HARDIN COUNTY PUBLIC LIBRARY

**NOVEMBER 25**

**DECEMBER 16**

*Caregiver Support Group*

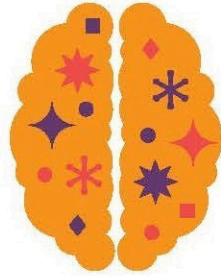
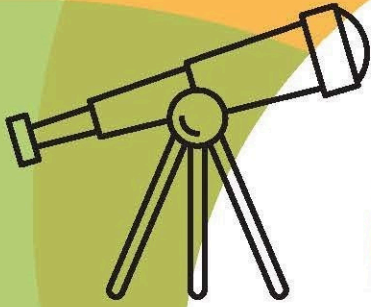
**NOVEMBER 20**

**DECEMBER 18**

**EACH MEETING IS FROM**

**1:00 - 3:00 PM**

**A SPEAKER STARTS THE  
MEETING EACH MONTH  
WITH THE SECOND HOUR  
FOR SHARING OF  
EXPERIENCES!**



# WITS WORKOUT

An engaging, interactive,  
and educational  
brain health program

*Work out your brain.  
Age healthy.*

Hardin County Cooperative Extension presents

## WITS WORKOUT

at the Hardin County Public Library  
3:00 pm on these Mondays  
in November and December:

**November 4, 18 and 25**

**December 2, 9, and 16**

**at 3:00 pm**

**at the Hardin County Public Library**

**100 Jim Owen Drive, Elizabethtown**



COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

### Cooperative Extension Service

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

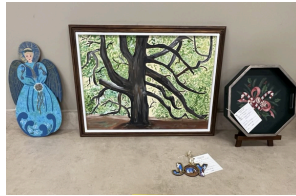
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, 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.

# CULTURAL ARTS WINNERS

*Congratulations!*



- 1b. Sewing, Specialty: Purple & Green Doll Dress Pat Wilson, Cecilia, County, Blue
- 1c. Sewing, Accessory Apparel: Floral Bag Debbie McQueary, Cecilia & Stitchers, County, Blue
- 4. Art, Recycled: Button Ornament Ramona Nickerson, Mailbox, County, Red
- 7. Ceramics, Molded: Frog & Birdhouses Martha Thomas, Rineyville, County & Area, Blue
- 8. Counted Cross Stitch: Alphabet Amy Labriola - Cecilia & Stitchers County, Blue
- 9a. Crochet, Accessories: Baby Blanket Hedi McNutt, Cecilia, County, Blue
- 9c. Crochet, Home Décor: Pastel Afghan Ramona Nickerson, Mailbox, County, Red
- 11c. Drawing, w/ Oil: Hummingbird Diane McCamish, Cecilia & Stitchers, County & Area, Blue
- 12j. Embroidery, Punch Needle: Pumpkins Stephanie Underhill, White Mills, County & Area, Blue
- 14a. Holiday Decor, Autumn: Pumpkins Cherie Mingus, Cecilia, County, Blue
- 14a. Holiday Decor, Autumn: Fabric Pumpkin Debbie McQueary, Cecilia & Stitchers, County, Red
- 14a. Holiday Decor, Autumn: Painted Shoe Diane McCamish, Cecilia & Stitchers, County, White
- 14c. Holiday Decor, Summer: Wreath Suzanne Meredith, White Mills, County, Blue
- 14c. Holiday Decor, Summer: Hydrangea Debbie McQueary, Cecilia & Stitchers, County, Red
- 14d. Holiday Decor, Winter: Painted Santa Diane McCamish, Cecilia & Stitchers, County, Blue
- 14d. Holiday Decor, Winter: Santa Amy Labriola, Cecilia & Stitchers, County, Red
- 14d. Holiday Decor, Winter: Wreath with Elf Bettye Mae Raymer, White Mills, County, White
- 19a. Painting, Acrylic: JOY Ornament Diane McCamish, Cecilia & Stitchers, County, Blue
- 19a. Painting, Acrylic: Tray w/ Peppermints Debbie McQueary, Cecilia & Stitchers, County, Red
- 19a. Painting, Acrylic: Angel Amy Labriola, Cecilia & Stitchers, County, White
- 19b. Painting, Oil: Two Boats Diane McCamish, Cecilia & Stitchers, County & Area, Blue
- 19b. Painting, Oil: Barn Debbie McQueary, Cecilia & Stitchers, County, Red
- 19b. Painting, Oil: Roses Anna Miserendino, Bluegrass, County, White
- 19c. Painting, Water Color: Barn Debbie McQueary, Cecilia & Stitchers, County & Area, Blue
- 20b. Painting, Wood: Chinolserie Tray Debbie McQueary Cecilia & Stitchers, County & Area, Blue
- 20c. Painting, Other: Box w/florals Diane McCamish, Cecilia & Stitchers - County & Area, Blue
- 21a. Photography, Black + White: Cow Amy Labriola, Cecilia & Stitchers, County & Area, Blue
- 21b. Photography, Color: Mountains w. Boat Amy Labriola, Cecilia & Stitchers, County & Area, Blue
- 21b. Photography, Color: Fireworks Anna Miserendino, Bluegrass, County, Red
- 22c. Quilts, Hand Appliqued (hand): Cherries Mary Lois Hill, Stitchers, County & Area, Blue
- 22e. Machine Appliqued (machine): Elephant Amy Labriola, Cecilia & Stitchers, County & Area, Blue
- 22g. Machine pieced (machine): Pinwheel Pastels Amy Labriola, Cecilia & Stitchers, County, Blue
- 23a. Paper Crafting, Card Making: Christmas Card Joyce Pence, White Mills, County, Blue
- 23c. Paper Crafting, Quilling: Under the Sea Bettye Mae Raymer, White Mills, County, Blue
- 25a. Wall or Door Hanging, Fabric: Quilted Wall Hanging Mary Lois Hill, Stitchers, County, Blue
- 25b. Wall or Door Hanging, Other: 3D Pumpkin Mary Hodge, White Mills, County & Area, Blue
- 25c. Diamond Art: Snowman Suzanne Meredith, White Mills, County & Area, Blue
- 26. Miscellaneous: Basket of Dyed Eggs Anna Miserendino, Bluegrass, County, Blue
- 26. Miscellaneous: String Angel Ramona Nickerson, Mailbox, County, Red



# DAILY MEAL IDEAS

Create meals with kitchen staples that are versatile and tasty without being complex or expensive. Use canned, frozen or fresh food items to build the meal suggestions below.

## DAY 1: VEGGIE GRAIN BOWL

Staples: rice/quinoa + veggies [broccoli or carrots] + chickpeas

## DAY 2: TURKEY BURGERS

Staples: ground turkey + ketchup & mustard

## DAY 3: PB&J OATS

Staples: oats + peanut butter + frozen fruit

## DAY 4: BURRITO BOWL

Staples: rice + beans + chicken + salsa

## DAY 5: PASTA BOLOGNESE

Staples: pasta + ground turkey/beef + tomato sauce

## DAY 6: VEGGIE OMELET

Staples: eggs + veggies [spinach & tomatoes] + olive oil

## DAY 7: EGG HASH

Staples: eggs + frozen hash browns + veggies

## DAY 8: STIR FRY

Staples: rice + veggies [peas & carrots] + soy sauce

## DAY 9: CARROT CAKE OATMEAL

Staples: oats + shredded carrots + honey

## DAY 10: CHILI

Staples: canned tomatoes + beans + ground turkey/beef



**30-Day**  
MEAL PLAN

 Cooperative  
Extension Service

**DAY 11: VEGGIE PASTA**

Staples: pasta + veggies [broccoli or peas] + tomato sauce

**DAY 12: MINI PIZZAS**

Staples: bagels + pasta sauce + cheese

**DAY 13: SLOPPY JOES**

Staples: ground beef/turkey + ketchup & mustard + chopped pepper & onion

**DAY 14: RAMEN BOWL**

Staples: ramen noodles + egg + veggies [carrots & edamame]

**DAY 15: CHICKEN CASSEROLE**

Staples: rice + broccoli + cheese + chicken

**DAY 16: BAKED OATMEAL**

Staples: oats + fruit + honey + nuts

**DAY 17: SPAGHETTI & MEATBALLS**

Staples: pasta + tomato sauce + ground meat + oats + eggs + veggies [broccoli or spinach]

**DAY 18: ROASTED VEGGIE BOWL**

Staples: chickpeas + broccoli & cauliflower + olive oil

**DAY 19: TUNA CASSEROLE**

Staples: canned tuna + pasta + veggies [peas & carrots]

**DAY 20: TACO CASSEROLE**

Staples: rice + beans + salsa + ground beef/turkey

**A STOCKED KITCHEN WITH SHELF-STABLE ITEMS CAN MAKE MEAL PREPPING MUCH EASIER. HAVING A VARIETY OF FOODS FROM EACH OF THE MAIN FOOD GROUPS WILL ENABLE YOU TO CREATE BALANCED MEALS AND SNACKS WITHOUT COMPROMISING ON FLAVOR OR VARIETY.**

**UTILIZE WHAT YOU HAVE ON HAND TO CREATE NUTRITIOUS AND DELICIOUS MEALS. IT IS POSSIBLE WHEN RESOURCES OR TIME MAY BE LIMITED. COMBINE ITEMS FROM DIFFERENT FOOD GROUPS TO PULL TOGETHER A FILLING, FLAVORFUL, AND FUN MEAL**

**DAY 21: BEAN QUESADILLAS**

Staples: beans + tortillas + cheese + salsa

**DAY 22: VEGGIE CHILI**

Staples: canned tomatoes + beans + veggies [corn & peas]

**DAY 23: CRUNCHY HARVEST BOWL**

Staples: quinoa/rice + almonds [or other nuts] + veggies [broccoli]

**DAY 24: BREAKFAST TACOS**

Staples: eggs + tortilla + salsa + ground sausage

**DAY 25: SHEET PAN CHICKEN**

Staples: chicken + olive oil + veggies [broccoli or cauliflower]

**DAY 26: SALMON CAKES**

Staples: canned salmon + oats + eggs + herbs & spices

**DAY 27: TACOS**

Staples: tortillas + beans + salsa

**DAY 28: BREAKFAST SANDWICH**

Staples: english muffin + egg + cheese

**DAY 29: CHICKEN FRIED RICE**

Staples: rice + eggs + veggies [peas & carrots] + chicken

**DAY 30: EGG BAKE**

Staples: eggs + tomatoes + spinach

