



Roasting a Turkey Safely

Turkey will be center stage in many family meals this holiday season. There are a few things to keep in mind for roasting a turkey safely.

First, always buy a turkey from a safe source. The local health department inspects grocery stores for safety. Food processors are inspected by the food manufacturing inspector. Permits and licenses are public records.

A fresh turkey should be purchased one or two days before cooking. Fresh turkey only remains safe for one to two days in the refrigerator. Frozen turkeys may be purchased weeks in advance. But be sure to store and thaw the turkey safely, using USDA guidelines. For more information on that topic, visit the USDA website.

To roast a turkey, the oven temperature should be set at 325 degrees Fahrenheit or higher. Place the turkey breast-side up on a rack in a shallow roasting pan and tuck the wing tips under the shoulder. Add one-half cup of water to the bottom of the roasting pan. For a moist bird, a foil tent can be placed loosely over the turkey for the first one to one and a half hours of cooking time. The foil should then be removed so the turkey will brown. Another method is to place a foil tent over the turkey after it browns. For food safety reasons, it is best to cook stuffing in a casserole dish rather than stuffing the bird.

Use the chart to the right to estimate roasting times. Some turkeys have a pop-up thermometer. Even so, a food thermometer should always be used to make sure the temperature inside the turkey has reached at least 165 degrees Fahrenheit. This prevents foodborne illness. Check the temperature in the innermost part of the thigh and wing and the thickest part of the breast. Insert the thermometer to the center of the muscle. Avoid touching bone. Allow the bird to rest 20 minutes before carving.

Source: Brooke Jenkins-Howard, Extension Specialist

Reference: United States Department of Agriculture, Food Safety and Inspection Service. Let's talk turkey — a consumer's guide to safely roasting a turkey. Retrieved from https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/poultry-preparation/lets-talk-turkey/ct_index

Look for
GIVEAWAY
information on page 2!

Cooperative Extension Service

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TURKEY SIZE	APPROXIMATE ROASTING TIME
4 TO 8 POUNDS (BREAST)	1½ TO 3¼ HOURS
8 TO 12 POUNDS	2¾ TO 3 HOURS
12 TO 14 POUNDS	3 TO 3¾ HOURS
14 TO 18 POUNDS	3¾ TO 4¼ HOURS
18 TO 20 POUNDS	4¾ TO 4½ HOURS
20 TO 24 POUNDS	4½ TO 5 HOURS



Upcoming Events

- **November 9** at 10am – Quilt Club
- **November 15** at 10:30am – South Fork Homemaker Club
- **November 15** at 6pm – *NEW* Life Around the Table Homemakers group
- **November 16** at 9am – Laugh and Learn Playdate Program (ages 2-5 +caregiver)
- **November 18** at 12pm – Cooking through the Calendar (Sheet Pan Dinner)
- **November 28** at 10am – Open Sew Day
- **December 2** at 5:30pm - Family Paint Night
Canvas painting. \$25 per pair. Call the Extension Office to register, 270-358-3401.

Save
~~T.H.E~~
DATE

Join LaRue County Extension Homemakers on Facebook!

Meat Thermometer Giveaway

Stop by the LaRue County Extension Office for a free meat thermometer during the month of November so you can be sure your turkey is thoroughly cooked and safe to eat!



The Extension Office will be closed

**November
24th & 25th**

For the Thanksgiving Holiday.



Deadline for 2022-2023 enrollment is

December 9th

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Piggy Bank Contest

KENTUCKY SAVES
2023
PIGGY BANK
DESIGN CONTEST
MONEY SAVED IS A FUTURE EARNED



MONEYWISE
VALUING PEOPLE. VALUING MONEY.

UK University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



WHAT: The 2023 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: The contest begins on: **OCTOBER 1, 2022**
and ends on: **DECEMBER 2, 2022**

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during February 2023. Winners also will receive a certificate.

Kentucky Saves Week:
February 27-March 3, 2023

Kentucky Saves:
www.kentuckysaves.org

MoneyWiSe:
fcs-hes.ca.uky.edu/moneywise

LaRue County
Cooperative Extension
Service
807 Old Elizabethtown Rd.
Hodgenville, KY 42748

(270) 358-3401

Entry forms are available at the Extension Office.

2022 Lincoln Trail Area Cultural Arts Contest

CONGRATS!



LaRue County Homemakers received 13 blue ribbons at the Area Cultural Arts Contest held in October. These winners will exhibit their items at the State Cultural Arts Contest during the KEHA State Meeting at Louisville in May 2023.

- Apparel
- Accessory – Laura Howard (drawstring bag)
- Basketry
- Dyed Material – Kathy Demarco (large basket)
- Plain – Kathy Demarco (medium basket)
- Counted Cross-Stitch
- 16-22 count – Kathy Demarco (quilt)
- Crochet
- Fashion – Candy Vincent (shawl)
- Doll/Toy Making
- Cloth – Julie DeVore (bear)
- Embroidery
- Candle Wicking – Betsy Tucker (pillow)
- Jewelry
- Beaded – Laura Howard (paper beaded earrings)
- Knitting
- Other – Candy Vincent (hat)
- Photography
- Black and white – Laura Howard
- Quilts
- Baby/Lap size – Kathy Demarco
- Paper Crafting
- Scrapbooking – Betsy Tucker (covered bridge trip)
- Miscellaneous
- Angie Smith (stained glass window)



LAUGH & LEARN



MARK YOUR CALENDARS

9/21

10/19

11/16


1/18

2/15

3/15

4/19

5/17

 Cooperative Extension Service

3RD WEDNESDAY OF THE MONTH

9-10:30 AM

LARUE COUNTY EXTENSION SERVICE

807 OLD ELIZABETHTOWN RD., HODGENVILLE - 270-358-3401

COME PLAYDATE WITH US!

A *Laugh & Learn* playdate is for you and your child(ren) to engage in playful activities that are designed to prepare them for kindergarten.

Laugh & Learn is for ages 2-5 (not yet in school) and their caregiver.

Join us!

WEDNESDAY



HELD IN PARTNERSHIP WITH LARUE COUNTY FAMILY RESOURCE YOUTH SERVICE CENTERS

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

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LEXINGTON, KY 40546



ADULT HEALTH BULLETIN



NOVEMBER 2022

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

LaRue County Extension Service
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THIS MONTH'S TOPIC:

STAY HEALTHY AS WINTER APPROACHES



The seasons are changing, and winter weather will soon be here, even if the official first day of winter is not until Dec. 21. You should plan now to stay safe and healthy during cooler temperatures and impending winter weather.

Keep moving

You do not need to stop exercising outdoors just because temperatures are falling. By changing your routine, you can continue to enjoy the fresh air and scenery of the outdoors while you move. Think about adding the following to your current exercise practice:

- **Warm up** with stretching and light activities before you exercise vigorously.
- **Layer up for warmth.** Wear an inner layer that does not absorb moisture, an insulation layer to retain heat, and an outer layer to protect you from wind, rain, and snow.

Continued on the back →



Install a CO detector in your home to protect yourself from carbon monoxide poisoning.



→ Continued from page 1

- **Drink plenty of water.** You can get dehydrated in cold weather too!
- **Try activities** like snowshoeing, cross country skiing, or ice skating to add seasonal variety.
- **Watch the weather** to avoid really low temperatures or snowstorms.
- **Let your friends and family know** where you will be before you go out.

Know the signs of cold-related injury

Frostbite is an injury to your body's tissue caused by freezing. The symptoms of frostbite are loss of feeling and color to the skin. It usually happens on the nose, ears, cheeks, chin, fingers, or toes. Frostbite can cause permanent physical damage. In extreme cases, it can lead to amputation. People with circulation problems or people who are not dressed properly for cold temperatures are more likely to suffer from frostbite.

When your body is exposed to cold temperatures, it begins to lose heat faster than it can make heat. Exposure to cold for too long can cause abnormally low body temperature called hypothermia. Hypothermia causes the inability to think clearly or move easily. It can lead to serious injury or even death if not remedied. Symptoms

of hypothermia in adults can include shivering, exhaustion and confusion, fumbling hands, memory loss, drowsiness, or slurred speech.

Heat your home safely

Many heaters use a form of gas, which can produce carbon monoxide (CO) if they are not working or venting properly. Carbon monoxide is invisible and odorless. It can cause loss of consciousness or death. The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. Install a CO detector in your home to protect yourself from carbon monoxide (CO) poisoning.

Also, never use generators, gas or charcoal grills, camp stoves, or similar devices inside your home, basements, garages, or near open windows. The fumes from these devices are also bad for your health.

REFERENCES:

<https://health.ri.gov/seasonal/winter>

**ADULT
HEALTH BULLETIN**

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2022

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THIS MONTH'S TOPIC: HOSTING HOLIDAY MEALS ON A BUDGET

If you've ever hosted a holiday gathering, you know there is a lot to consider: Who will be invited? When will they arrive? What will be cooked? and How much will it cost? With inflation driving up the costs of goods and services, the rising prices of groceries might be on the minds of many Kentuckians who plan to host an event this holiday season. Holiday meals can get pricey, especially when serving a large crowd. As you prepare for this year's festivities, there are several strategies you can use to lower costs while maintaining holiday cheer.

Plan ahead. First, gather your recipes and make a list of the ingredients you will need. Then shop your pantry and freezer, noting what you already have. Identify only the items you need to buy. When you shop, buy store-brand items when possible. These usually come with a lower price tag. Planning early also allows you to take advantage of sales and comparison shop.

Shop intentionally. Store mailers, websites, mobile apps, and social media pages can help you shop wisely. Use these tools to compare deals and prices between brands and stores. If the stores you choose provide online ordering, consider buying groceries through pickup. Ordering online can help you avoid impulse buys. It also helps you easily compare prices



and nutritional information and keep an eye on your overall total. Whether you shop online or in-store, use coupons and customer loyalty programs to maximize deals. If you're shopping in the store, keep a running tally of your total as you add items to the cart. Prioritizing purchases helps us stick to a budget.

Delegate dishes. If you're hosting a holiday gathering, suggest an organized "potluck" instead of trying to do everything yourself. Ask everyone to sign up to bring something. Assigning side dishes, desserts, and drinks, for example, is one way to split the costs and stress of hosting a holiday meal. It gives others a chance to purchase or share special recipes while distributing the responsibility.



THINK ABOUT CREATIVE ALTERNATIVES THAT COULD BECOME NEW TRADITIONS



Simplify sides. Vegetable-based dishes, such as sweet potato or green bean casseroles, are common around the holidays. While these dishes are tasty, they require several ingredients that can increase meal prices. Consider simplifying side dishes by serving vegetables “on their own” rather than in a fancy recipe. This cuts both costs and calories.

Traditional twists. There is no rule that you must serve turkey on Thanksgiving, for example. Instead, think about creative alternatives that could become new traditions. Choose meals that best fit your budget and the needs of your guests. For instance, pasta dishes can feed a crowd. You can prepare them ahead of time, they require few side dishes (just a big healthy salad), and you can change them to fit dietary needs. Ask your guests for creative suggestions (such as baked potato bars, themed dinners, etc.) and recruit their help when it's time to cook.

Gather early. Suggest hosting your holiday meal earlier in the day. Breakfast, brunch, and lunch options often come with fewer expectations for side dishes, drinks, and desserts. In addition to lowering costs, an earlier meal may free up time later in the day to attend multiple gatherings or add in a fun, low-cost activity like a friendly game of football, a board game, movie, or craft.

As you consider budgeting for your holiday festivities, remember that changes don't have to be permanent. Budgets, needs, and wants change from year to year — your holiday plans can too. To explore healthy, budget-friendly recipe ideas, visit the University of Kentucky Family and Consumer Sciences Extension **Plate it up! Kentucky Proud** series at <https://fcs-hes.ca.uky.edu/piukp-recipes>

Nichole Huff and Miranda Bejda | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)



WOW! Our first **Walktober** event was a success with 25 participants logging over

5 MILLION

total number of steps walked during the month of October!!!

AWESOME JOB!



KIDS KÖRNER

No cooking required for this tasty pumpkin pudding! Get your kids in the kitchen to help prepare with supervision.

Pumpkin Pudding in a Bag

Ingredients:

- 1 (15 ounce) can pumpkin puree
- 2 cups nonfat vanilla yogurt
- ½ teaspoon cinnamon
- ¼ cup pancake syrup
- 15 Graham cracker squares



Directions:

1. Place the pumpkin, yogurt, cinnamon and pancake syrup into a gallon-sized zipper-sealed bag. Remove air and close the bag tightly.
2. Knead the bag, until ingredients are completely mixed.
3. Crumble crackers into crumbs and divide into 15 small bowls or cups for individual servings.

Cut the corner off the bag of pumpkin and pipe about ¼ cup of mixture over each graham cracker crumb bowl.

Servings: 15; Serving Size: 1/4 cup pudding and 1 graham cracker

Source: Eat Smart to Play Hard: Heather Shaw, Metcalfe County Nutrition Education Program Assistant, University of Kentucky Cooperative Extension Service; Amanda Howard, Magoffin County Senior Nutrition Education Program Assistant, University of Kentucky Cooperative Extension Service; and, Caroline Durr, Area Nutrition Agent, University of Kentucky Cooperative Extension Service

80 calories; 1g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 55mg sodium; 17g total carbohydrate; 1g dietary fiber; 6g total sugars; 1g added sugars; 2g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Cooking through the Calendar

Don't forget to join us for our monthly Cooking through the Calendar program on the 3rd Friday of each month at 12:00 noon at the Extension Office! A demonstration of the recipe will be provided as well as sampling and a goody bag! If you haven't already received a copy of the 2022 recipe calendar, please stop by and get one while supplies last!

NEW

NEW for 2023! An online option of Cooking Through the Calendar will be available for anyone not able to join the in-person cooking classes! More details coming soon!





LaRue County
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HOLIDAY TURKEY SALAD

Ingredients:

- 1 tbsp olive oil
- 2 pounds cooked turkey breast, cut into bite-sized pieces
- 1 cup plain nonfat Greek yogurt
- 1 tablespoon honey
- 1 (14 ounce) can pineapple chunks, drained
- 1 cup halved red grapes
- 3 chopped celery stalks
- 2/3 cup pecan halves

Directions:

1. Heat oil in large skillet over medium heat. Add turkey pieces and cook until lightly browned. Let turkey cool slightly.
2. In a small bowl, mix together yogurt and honey. Set aside.
3. In a large bowl, mix together pineapple, grapes, celery, and pecans. Add turkey. Add yogurt dressing until desired texture.
4. Refrigerate until well chilled.

Source: Katie Shultz, Extension Specialist, University of Kentucky Cooperative Extension Service

390 calories; 11g total fat; 1.5g saturated fat; 0g trans fat; 125mg cholesterol; 180mg sodium; 21g carbohydrate; 2g fiber; 18g sugar; 3g added sugar; 51g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

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