



Woodford County
Cooperative Extension Service
184 Beasley Drive
Versailles, KY 40383-8992
(859) 873-4601
woodford.ext@uky.edu



In case you haven't heard, I am going to be leaving my position as the Woodford County FCS Agent and transferring to the Shelby County FCS Agent position. It certainly is a bittersweet change but making this move will allow me and my husband, Andrew, and our son, Henry, to move closer to both of our families. I have grown many roots here in Woodford County and have built many wonderful relationships over the past ten and a half years here. You all have become my friends and my supporters. I will be forever grateful of this fantastic community. The Extension Office is having a farewell reception for me on October 26 from 3:00-6:00 p.m. and I would love to see you if you can stop by. My last day in Woodford County will be October 31. With the support of the Extension Office staff and Extension Homemaker leaders, programming and communication will continue until the vacancy is filled. Thank you for all your support of me and of the FCS Extension program. A piece of my heart will always be in Woodford County!



Featured Recipe:
[Wild Turkey & Broccoli Casserole](#)

This recipe is a new take on broccoli casserole that uses wild turkey (although you can use any turkey). A bit healthier than the traditional version, this casserole from the [Cook Wild Kentucky](#) series is basically a meal in one!



Stop by the Extension Office to pick up a copy of our brand-new Cook Wild Kentucky calendars, similar to our Food and Nutrition calendars, but with recipes that highlight recipes using Kentucky wild game.



Featured Article:

[Tips for Cooking Turkey for the Holidays](#)

Whether you've cooked a turkey for fifty years or for the first time, it's always a good idea to brush up on the thawing, cooking, and serving process. The visual below gives great info. You can also check out the USDA's Food Safety website on [Talking Turkey](#) for more information.

LET'S TALK TURKEY
Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:

- WHOLE
- HALF
- THIGHS
- DRUMSTICKS
- WINGS
- NECKS
- HEADS

3 WAYS TO THAW

- Refrigerator:** Safe to store the turkey for another 1-2 days in the refrigerator. Allow approximately 24 hrs. for every 5 lbs. of bird.
- Cold water:** Cook immediately after thawing. Place in 3 bags. Submerge the bird in cold water & change every 30 mins.
- Microwave:** Cook immediately after thawing. Use defrost function based on weight. For more information on safe thawing methods, visit [fats.usda.gov](#).

DO YOU KNOW? It's safe to cook a frozen turkey through roasting; time will be 50% longer!

Clean

- Wash your hands for 20 seconds with soap and warm water.
- Utensils, Plates, Countertops, Cutting boards SHOULD ALSO BE WASHED.
- Barberis, which can be present inside and outside a turkey, can't be washed off the bird. Cooking is the only way to destroy this potentially dangerous bacteria.
- SO DON'T WASH YOUR TURKEY!!**

SEPARATE

- Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.
- Keep dishes that touch raw food separate, too.
- Wash items that touch raw meat with soap and warm water.

COOK

- Your bird is not safe until it reaches 165 °F — you cannot tell by the color.
- Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!
- Use three places to check the temperature: Thickest part of breast, innermost part of wing, innermost part of thigh.
- When turkey is removed from the oven let it stand 20 minutes before carving to allow juices to settle.

CHILL

- Take your time around the dinner table, but refrigerate leftovers within 2 hours!
- Safe in fridge: 3-4 days.
- Safe frozen: 2-3 months for best quality.
- Leftover turkey should be cut into smaller pieces, and store separately in smaller containers.
- Be sure to pack leftovers in a cooler if traveling.
- Reheat thoroughly to a temperature of 165 °F.
- Remember: bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION: Visit [foodsafety.gov](#)

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTOLINE or visit [AskAMan.com](#). Visit [PreguntasEnEspañol.com](#) for questions in Spanish.

USDA | Ad Council

Bulletins

Click on the bulletins below to learn more about health and wealth! Each month there will be a different current topic in each bulletin. Give us a call at 859-873-4601 if you would like us to mail you a copy of the bulletins.

[Healthy Choices for Healthy Families:](#) [Healthy Choices for Special Events](#)

HEALTHY CHOICES FOR HEALTHY FAMILIES

HEALTHY CHOICES FOR SPECIAL EVENTS

Special events can be filled with opportunities to share with others and build healthy choices in your community.

- Know your audience:** Consider the age, ability, health, religion, and other factors.
- Choose good locations:** Choose a location that is safe, accessible, and has good parking.
- Make healthy part of the event:** Offer healthy options and encourage guests to bring healthy items to share.
- Refresh, don't over:** Offer food and drinks that are healthy and easy to eat. Encourage guests to drink water and avoid alcohol.
- Refresh, don't over:** Offer food and drinks that are healthy and easy to eat. Encourage guests to drink water and avoid alcohol.

Supporting Partner: University of Kentucky Center for Public Health and Community Engagement

Supporting Partner: University of Kentucky Center for Public Health and Community Engagement

[Moneywi\\$:](#) [Hosting Holiday Meals on a Budget](#)

MONEYWISE
VALUING PEOPLE. VALUING MONEY. NOVEMBER 2022

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 individuals 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, here 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 grocery list before making what you already have. Identify only the items you need to buy. When you shop, buy only brand names when possible. These usually come with a lower price tag. Shopping early also allows you to take advantage of sales and comparison shops.

Shop intentionally. Store markdowns, website, mobile apps, and social media pages can help you shop smart. Use these tools to compare deals and prices between brands and stores. If the store you choose provides online delivery, consider buying groceries through pickup. Choosing online can help you avoid impulse buys. It also helps you easily compare prices and nutritional information and keep an eye on your overall budget. Whether you shop online or in stores, use coupons and compare unit prices to maximize deals. If you're shopping in the store, keep a running total of your total as you add items to the cart. Prioritize purchases based on your 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 tasks, dishes, desserts, and drinks for everyone can help to split the financial stress of hosting a holiday meal. It gives others a chance to get more or share social recipes while distributing the responsibility.

Responsible Education Services
1880 Wesley Road, Versailles, KY 40383
606.221.4437
www.woodfordky.gov

Health Bulletin: Stay Healthy As Winter Approaches

ADULT HEALTH BULLETIN
NOVEMBER 2022

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 isn't until Dec. 21. You should plan now to stay safe and healthy during colder temperatures and changing 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 sunniness of the outdoors while you move. Think about adding the following to your current exercise practice:

- **Warm up** with stretching and light activities before your exercise activity.
- **Layer up for warmth.** Wear an inner layer that keeps you warm, an insulating layer to retain heat, and an outer layer to protect you from wind, rain, and snow.

Continued on the back

Responsible Education Services
1880 Wesley Road, Versailles, KY 40383
606.221.4437
www.woodfordky.gov

Mark Your Calendar!

Relatives as Parents Support Group
November 15, 2022
6:00 p.m.

Are you raising the child of one of your relatives? You don't have to be in it alone! Come meet others in similar situations who understand the complex situation of raising a child of a relative. Please contact us to RSVP.

Are you raising the child of one of your relatives? You don't have to be in it alone! Come meet others in similar situations who understand the complex situation of raising a child of a relative.

RAP RELATIVES AS PARENTS SUPPORT GROUP

2022: August 30, September 27, October 25, November 15
2023: January 24, February 28, March 28, April 25, May 23
6:00-7:00 p.m. (Tuesdays)

Held at: Woodford County Extension Office
188 Wesley Road, Versailles, KY
Children are welcome. Dinner is provided.

Contact us to RSVP tinyurl.com/yckc6vx7

Jeffery Woodworth & Son, Inc.
1880 Wesley Road, Versailles, KY 40383
606.221.4437

Eastern Gateway Community College
1880 Wesley Road, Versailles, KY 40383
606.221.4437

University of Kentucky
College of Agriculture, Food and Forestry
1880 Wesley Road, Versailles, KY 40383
606.221.4437

Fry's Food Stores
1880 Wesley Road, Versailles, KY 40383
606.221.4437



The [Kentucky Extension Homemakers Association](#) (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education. Follow the [Woodford County Extension Homemakers Facebook Page](#) and the [Kentucky Extension Homemaker Association Facebook Page](#) to learn more!

Upcoming Homemaker-Specific Dates to Note

County Council Meeting

November 1, 2022

6:00 p.m.

Please make plans to join us at the next council meeting. You do not have to be a club officer to attend these meetings, but please be sure at least one person per club attends. We have several items of business to discuss and plan for upcoming programs, especially with the upcoming FCS Agent vacancy.

County Fair Exhibits Meeting

November 2, 2022

10:00 a.m.

If you are interested in helping reorganize the county fair exhibits categories, please join us at this meeting. Bring your suggestions or share them ahead of time with your Club President or with Elizabeth. We will be updating the exhibit categories for the 2023 county fair.

Time to Renew Your Membership!

Due November 30, 2022

Don't forget to renew your membership and pay your dues. County dues are \$11.00 for one year. As a reminder, dues increased this year due to the \$1 increase on the state level. \$5.00 will go to KEHA, \$1.00 will go to Ovarian Cancer Screening, .50 will go to the Fort Harrod Area, and \$4.50 stays here in Woodford County. Bring your dues and enrollment form to the Extension Office (we have extra enrollment forms if needed).

Leader Lesson

Productivity & Procrastination

December 9, 2022

10:00 a.m.

Productivity in life and work leads to satisfaction and feelings of accomplishment. Procrastination can hinder productivity. Understanding your motivation to procrastinate can enhance productivity. During this lesson you will identify reasons for procrastination, examine barriers to productivity, develop strategies to combat procrastination and increase productivity, and reframe productive procrastination as prioritization.

*[Click here for the schedule of leader lessons.](#) Remember that anyone is invited to attend – homemaker or not. They will be held at the Woodford County Extension Office, with the instructor being brought in via Zoom. Each lesson will include a hands-on portion taught by Elizabeth, so **please RSVP so we can plan for the needed materials.***
