



*A Word from the Agent:*

As we welcome February, I will holding on to the prediction from the groundhog that we will be getting an early spring...I think he's only been right 30% of the time over the last 10 years, but maybe this year. We have some great classes at the Extension office and more coming soon. Keep an eye on our Facebook page for more information. I will put a shameless plug out to you all, as my daughter will be in Baker Theatre Department's Mary Poppins Jr on Feb 16-18. She will be singing about feeding the birds and would love to see you in the audience. Our community is full of the arts, with Leeds performing The 25<sup>th</sup> Annual Putnam County Spelling Bee on Feb 23-25 and Mar 1-3 and I believe Justice Elementary will be doing Annie KIDS March 1 & 2. And that's just this month – support the arts by checking out one or all of these shows!




*Shonda Johnston*

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Baker Intermediate School Theater Department's production of



**MARY POPPINS JR.**

RDC Jr High Auditorium  
 Friday, February 16<sup>th</sup> & Saturday, February 17<sup>th</sup> at 7:00 PM  
 Sunday, February 18<sup>th</sup> at 2:00 PM  
 Tickets: \$10 for Adults & \$5 for Students  
 Cash or Check Only

**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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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
 Lexington, KY 40506

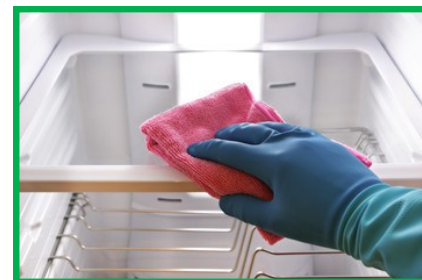


## Keeping It Clean and Understanding Food Labels

When it comes to food safety, one of the most important items in your kitchen is the refrigerator. Unfortunately, it is the least likely for you to clean. Refrigerators keep food cold to prevent harmful bacteria from growing. It only makes sense that you should clean it regularly to keep food safe.

Follow these simple steps:

- Removing all food items and placing them in a cooler with ice or gel packs to keep them cold while you're cleaning. During the removal phase, throw out anything that is visibly spoiled, leaking, or has an unpleasant odor. This is also a suitable time to check dates on dairy products and condiments and replace them if necessary.
- Wash with hot, soapy water after removing any drawers or shelves. Allow anything glass or ceramic to come up to room temperature before washing to avoid breakage. Clean all inside surfaces, including the doors and rubber gaskets, with hot, soapy water. Wipe with clean water to rinse off soap and dry with a clean towel. If you need to sanitize your refrigerator, wipe it down with a diluted bleach solution made from one tablespoon unscented bleach in 1 gallon of water.
- Place clean shelves and drawers back in the refrigerator along with any food items you removed. Wipe all containers and bottles with a warm cloth to remove any stickiness or residue before returning to the clean fridge. Put a thermometer inside the refrigerator to make sure the temperature is at or below 40 degrees F to prevent bacteria from growing.
- Cleaning up spills as soon as they occur and keeping track of leftovers. The United States Department of Agriculture recommends storing leftovers for no more than three to four days. It is also good practice to wipe down door handles and control dispensers with a disinfecting wipe daily to remove bacteria left by hands.



### Food Label Dates – What Do They Mean?

- Use-by, best if used by, best by, best before: “Use-by” and “best” dates are often found on shelf stable products such as ketchup, salad dressings, and peanut butter. The date tells you how long the product is likely to stay at its best quality when unopened. It is not a safety date. Check the product to gauge the quality after the date and throw away foods that have an off odor, flavor, or do not look good.
- Sell-by: Most sell-by dates are found on foods like meat, seafood, poultry, and milk. The date is for stores to know how long they can display the item. Buy products before the sell-by date. You can still store it at home for some time beyond that date if you follow safe storage methods. Milk that has always been refrigerated will be good for about a week after you bring it home, even if the sell-by date runs out during that time.
- Expires on: The only place you are likely to see this type of date is on baby formula or baby foods. The federal government controls this dating. Always use the product before this end date.
- Stamped dates on packages: Products like bagged salad greens, bread, and pre-cut veggies often feature a date stamped on the package. This date helps the store decide how long to leave it on the shelf. It can also help the buyer know the time limit to use the product at its best quality. It is not a safety date.



Source: Adapted from Iowa State University Extension and Outreach:

Spend Smart. Eat Smart.

# Beginner Card Making Classes

DO YOU WANT TO LEARN HOW TO MAKE CARDS FOR BIRTHDAYS, HOLIDAYS...ANY OCCASION?! THERE WILL BE TWO CARD MAKING CLASSES FOR BEGINNERS HELD AT THE CLARK COUNTY EXTENSION OFFICE:

**FEBRUARY 20, 6 - 8PM & FEBRUARY 28, 10-12 (NOON)**

Call Linda Winburn at the Extension Office at (859) 744-4682 to reserve your seat.

Reservations must be made by noon on February 14 in order for the instructors to have time to prepare the card kits.

Class size is limited to 12 students.

Cost: Homemakers - Free Non-Homemakers - \$5



## BLOCK OF THE MONTH WORKSHOP

REGISTRATION FEE \$10 CURRENT HOMEMAKERS \$5

Block of the month quilts are an exciting and easy way to complete a quilt without spending a lot of time in one sitting. Each month will feature a different quilt block, as well as the fabric necessary to complete that month's project. We will be working on a different technique or skill each month, so by the time the final block is completed, you will have a wide variety of skills in your toolkit. At the end of the program, you have all the quilt blocks made and ready to assemble in to a finished top!

Beginning in January, we will be meeting on the 2nd Tuesday of each month at 1PM. We will be making a total of 9 different blocks and will spend the 10th month setting them in to a completed quilt top.

**Supplies Needed:** A sewing machine, rotary cutter, mat and rulers.

**\*\*If you need a sewing machine let us know in advance as we have a limited number available\*\***

## PROTEIN

Protein foods are all foods made from seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds, and soy products. Eat a range of protein foods to keep your body healthy. Meat and poultry choices should be lean or low-fat. Choose items like 93% lean ground beef, pork loin, and skinless chicken breasts. Make seafood choices that are higher in healthy fatty acids (called omega-3s) and lower in methylmercury, such as salmon, anchovies, and trout. Vegetarian protein choices are beans, peas, and lentils, nuts, seeds, and soy products.

### How many protein foods should I eat a day?

The amount of protein foods you need depends on your age, sex, height, weight, and how active you are. The amount can also depend on whether you are pregnant or nursing. Most Americans eat enough from the protein foods group but need to select leaner kinds of meat and poultry. Choose meats less often and increase other choices of protein foods.

### What counts as an ounce equivalent of protein?

These amounts are one serving of protein:

- 1 ounce of meat, poultry, or fish
- 1/4 cup cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- 1/2 ounce of nuts or seeds



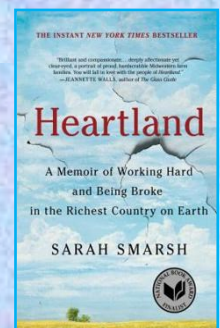
Source: Adapted from USDA Choose MyPlate

## BIG BLUE BOOK CLUB

Big Blue Book Club is back with ***Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth*** by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. *Heartland* is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for 2024 will be April 11, 18, and 25. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. Sessions will be recorded so those unavailable during the day are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. *The link will not be active until registration opens.* The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.



# HOMEBASED MICROPROCESSING WORKSHOP 2024



The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

**Friday, March 1st**

**9:30 am - 2:30 pm**

**Clark County**

**Cooperative Extension Service**

 **Cooperative  
Extension Service**

**Cost: \$50**

**In-person  
and  
virtual**

For more information and to register call 859-744-4682  
or visit

[https://uky.az1.qualtrics.com/jfe/form/SV\\_9Yo5F1BUNLHUFF](https://uky.az1.qualtrics.com/jfe/form/SV_9Yo5F1BUNLHUFF)



## **VOLUNTEER OPPORTUNITY**

**Truth and Consequences**

**March 8<sup>th</sup>**

Truth and Consequences is an event for 9th grade students at GRC High School where they will learn consequences of high-risk behaviors, including substance use. Volunteers are needed to accompany students as they visit community agencies that they may have to visit based on their scenario. This event will be all day (8:00 am - 3:00 pm), but is broken down into a morning and afternoon session. **If you are interested in volunteering, please contact Shonda Johnston at [shonda.johnston@uky.edu](mailto:shonda.johnston@uky.edu).**

20th Annual Bluegrass Regional

# Grandparents Raising Grandchildren Conference

Featured Speaker:  
Allison Davis Maxon  
Executive Director,  
National Center on  
Adoption & Permanency



Allison Davis Maxon, M.S., LMFT is a nationally recognized expert in the fields of child welfare and children's mental health specializing in Attachment, Developmental Trauma and Permanency/Adoption. She is the Executive Director of the National Center on Adoption and Permanency and was the foster care consultant for the Paramount Pictures movie Instant Family. Allison was honored in 2017 with the Congressional Coalition on Adoption Institute 'Angels in Adoption' award and is the co-author of *Seven Core Issues in Adoption and Permanency: A Guide to Promoting Understanding and Healing in Adoption, Foster Care, Kinship Families and Third Party Reproduction*, Jessica Kingsley Publishers (2019) and *The Seven Core Issues Workbook for Parents of Traumatized Children and Teens: A Guide to Help You Explore Feelings and Overcome Emotional Challenges in Your Family*, Jessica Kingsley Publishers (2022). Her newest book is *The Seven Core Issues for in Adoption and Permanency Workbook for Children and Teens: A Trauma-Informed Resource*, Jessica Kingsley Publishers (2023).

Register online:  
<http://gapofky.org>  
(859) 257-5582



# GAP

Grandparents As Parents of Kentucky

March 21, 2024  
8:00 AM - 3:30 PM

We are back at the newly renovated:

Clarion Hotel,  
1950 Newtown Pike  
Lexington, KY

Grandparents/Relatives  
Signup for a  
FREE LEGAL CONSULT

The first 100 kinship caregivers to register will receive a free copy of The Seven Core Issues Workbook for Parents of Traumatized Children and Teens

All grandparents,  
relatives, kinship  
caregivers and  
professionals are invited  
to attend.

# Conference Schedule

8:00-8:30 AM	Registration — Resource Fair Opens	
8:30-9:00 AM	<u>Successfully Raised</u>	Judy Russell
9:00-10:30 AM	<u>Kinship Families: Supporting Inter-Generational Healing</u> Our most primal and basic need is our need to belong; to feel that we are among kin. Kinship families offer the greatest opportunity to heal from inter-generational trauma.	Allison Davis Maxon, Licensed Marriage & Family Therapist Executive Director, National Center on Adoption & Permanency
10:45-12:00PM	Workshop Session One	
	1. <u>Understanding Trauma Response: Is it Survival or Defiance?</u> This presentation aims to guide participants in becoming more knowledgeable on the emotional and behavioral impacts of trauma exposure as it related to understanding misbehavior among children and adolescents.	Brittany Gentry, DSW, LCSW-S Founder/President of Trauma Education and Advocacy 
	2. <u>Legal 101</u> Attendees will learn the basics of custody cases from a Family Court judge and lawyer, as well as hearing about dependency/neglect/abuse cases, guardianships, adoptions, and related issues.	Judge Tiffany Yahr & Corey Lee, Esq.
	3. <u>The Impact of Social Media on Mental Health</u> This workshop will provide attendees with an in-depth review of the most recent research regarding how social media may impact brain functioning and overall development. What constitutes screen addiction will be highlighted including risk factors and recommendations for screen usage.	Geoff Wilson, Lexington Counseling & Psychiatry 
12:00-1:00 PM	Lunch & Door Prizes	
1:00-2:00 PM	Workshop Session Two	
	4. <u>Stress Management through Movement and Rhythm</u> Gain a better understanding and fun interactive experience of how to reduce/manage stress through the use of movement, physical activity and finding rhythms through music.	Maranda Brooks, Fayette County Extension Agent for Family and Consumer Sciences 
	5. <u>Family Bridges: Nurturing Trust, Openness and Resilience in Tough Conversations</u> A workshop empowering grandparents and caregivers to forge bonds with their grandchildren by exploring the art of trust-building, effective communication and navigating tough conversations, ensuring a foundation of open dialogue and mutual understanding.	Arion Jett-Seals Holistic Rise, Wellness Coach/ Advocate 
	6. <u>The Effects of Substance Use on Kids, Parents and the Family System</u> This workshop will highlight the role substance use often plays in children being raised by caregivers, the cycles of substance use, beginning substance use with teens and the effect of biological parental substance use on the family system.	Geoff Wilson, Lexington Counseling & Psychiatry 
2:10-3:30 PM	7. <u>Post Conference - Seven Core Issues in Kinship Families: Strengths, Growth and Healing</u> This session will help Kinship Parents explore and address the Seven Core Issues of Loss, Rejection, Shame/Guilt, Grief, Identity, Intimacy, Mastery/Control to promote understanding and healing within their family.	Allison Davis Maxon, Licensed Marriage & Family Therapist Executive Director, National Center on Adoption & Permanency