

OWSLEY COUNTY COOPERATIVE EXTENSION SERVICE



DECEMBER 2024

LETTER FROM YOUR AGENT

December is a month of reflection, celebration, and preparation. It's a time to look back on the year, celebrate accomplishments, and embrace the joy of the holiday season with loved ones. It's also the perfect opportunity to set meaningful goals for the year ahead, paving the way for a fresh start filled with purpose and positivity. As we close out this year, I hope this holiday season brings you much joy and content as you enjoy the last days of 2024 and reflect on your adventures, experiences, and time well spent. I look forward to the many events and activities coming in 2025!



*Rosa Smith*  
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DID YOU KNOW?

Poinsettias, a popular holiday plant, were first introduced to the United States in 1828 by Joel Poinsett, the first U.S. ambassador to Mexico? They are native to Mexico and were originally used by the Aztecs for dye and medicinal purposes.



Cooperative  
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4-H Youth Development  
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# FCS Focus

HELLO  
december



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## Owsley County Book Club

5:00pm

December 16th- Blind Date with a Book

January 23rd- The Nightingale

February 20th- Before We Were Yours



## Owsley County Homemakers

December 12- Homemaker Christmas Luncheon @ 12:00pm

January 16th- Lunch-n-Learn @ 12:00pm

February 6- Lunch-n-Learn @ 12:00pm



## Bingocize

January 7th

January 9th

January 14th

January 16

January 23rd

January 30th



## Junior Homemakers

December 19 @ 3:30

## Child Development & Play (Ages 5 and Under)

Dec 16th- Laugh and Learn- Public Library @ 3:30



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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# ADULT HEALTH BULLETIN



**DECEMBER 2024**

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

Owsley County Extension Office  
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## THIS MONTH'S TOPIC

# AVOID WINTER HEALTH RISKS



**A**s winter approaches, temperatures continue to fall and daylight hours diminish. For many, it seems like there are more tasks to complete and less time to complete them. It is easy to understand how keeping up with your health can be tricky this time of year. Research has shown that illnesses increase in the winter, as do injuries related to the cold. There are many things people can do to prioritize their health that do not take lots of extra time, money, or effort.

People spend more time indoors during this time of year, escaping bad weather and attending gatherings with family and friends. Here's how you can protect yourself from extra germs:

- Get a flu shot at least 2 weeks before big gatherings,
- Talk to your doctor about vaccines to protect against RSV, pneumococcal disease, and pneumonia,
- Wash your hands when you get home, every time,

**Continued on the next page** →



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Disabilities accommodated with prior notification.

**Cough or sneeze  
into the crook  
of your elbow,  
instead of your hands.**



→ **Continued from the previous page**

- Add a small container of hand sanitizer to your vehicle or purse, and/or
- Cough or sneeze into the crook of your elbow, instead of your hands.

In the winter, the air is often drier, which can cause problems for people's skin. You can test the level of moisture in your home with a hygrometer, or air moisture meter. If dry air affects you, try these things:

- Use skin moisturizer with an oil base to prevent evaporation.
- Avoid hot showers; try lukewarm water instead.
- Use a humidifier inside to replace moisture in the air.

People are often home more during cold months as well. While we want our homes to provide warmth and comfort to our loved ones, we do not want to harbor disease. Remind all household members to pitch in and help keep your home healthy:

- Clean high-touch surfaces (door knobs, countertops, handles, and remotes) on a regular basis with a disinfecting cleaner.
- Do not share items for eating like utensils or cups, or personal care items like toothbrushes, face towels, or washcloths.
- Keep your distance from family members who are sick, and wash your hands frequently if you are caregiving for a sick family member.

Extreme cold, snow, and ice can cause extra health concerns. Plan ahead and be prepared for worsening weather conditions:

- Dress for the weather — keep gloves and a hat with your coat.
- Pace yourself with outdoor chores in the cold.
- Wear shoes with grips or thick tread in the snow and ice.
- Keep a blanket and hand warmers in your vehicle for emergencies.

Older adults and young children in particular are at a greater risk for hypothermia, when body temperature gets too low. As people age, bodies become less able to regulate temperature and retain heat. Even temperatures well above freezing can cause hypothermia for some people. Signs of hypothermia include blue or purple lips, fingers or toes, and stiffness in the neck, arms, and legs. Call 911 if you suspect someone is suffering from hypothermia.

**REFERENCE:**

How does cold weather affect your health? Harvard Health. (2014, November 13). <https://www.health.harvard.edu/staying-healthy/how-does-cold-weather-affect-your-health>

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**ADULT  
HEALTH BULLETIN**

**Written by:**  
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**Stock images:**  
Adobe Stock



FN-AP.149

# Gifts in a Jar

During recent years there has been a resurgence of interest in making things at home. Whether you are interested in making elaborate desserts or simple do-it-yourself projects, there is probably a website or a television show that will detail all the necessary steps for completing your task. Much of this interest in learning creative skills comes from a desire to express oneself, while others might attribute the rising interest as a desire to save money. Whatever the motivation, this increased interest in home crafting has the added benefit of saving money and decreasing household waste.

The conservation principles: reduce, reuse and recycle, can be applied to the gift giving process in many ways. Reducing has the greatest impact on the environment because you are actually eliminating the purchase and use of another product. The concept of reducing can easily be applied to the gift giving process. Carefully consider the gifts you give. Will the items be useful to the recipient? Perhaps a gift of your time or talent would be more appropriate than an actual product. The practice of giving your time and talent will eliminate or reduce the carbon footprint (the amount of energy required to develop and ship a product) of gift giving. Giving gifts in gift bags, allows the packaging to be easily reused and recycled.



“Gifts in a Jar” utilizes the conservation principles of reusing and recycling. Many of the gift jars presented will reuse and repurpose jars, thus eliminating them from the waste cycle completely. While reusing or repurposing an item may require a little extra thought and planning, the benefits in savings and conservation make it worthwhile. This publication will ease the stress of planning and give you something fun to share with your family and friends without stretching your gift giving budget.

Before making any of these jars, carefully review your gift giving list. Is it feasible to give similar items to multiple people? If so, then carefully consider which of the jar options will be best for the most people. Pre-planning allows you to secure all necessary supplies for several gifts and reduces your time investment. Additionally, some of the jars would not be cost effective to make for one person, but if you make a similar item for several people you will reduce the cost of each item exponentially.

## Jar Cleaning and Preparation

Most reusable jars will have attached labels, using an adhesive. Remove as much of the paper as possible, exposing the adhesive. To remove the adhesive, soak a cotton ball in vegetable oil and rub on the exposed area. If the adhesive remains, soak the jar in hot, soapy water. Add one tablespoon of baking soda to the water. When the adhesive becomes soft, scrape gently using a nylon scraper or scrub pad. If there are letters or numbers (usually expiration dates) printed on the jar in ink, remove by rubbing with a cotton ball soaked in nail polish remover. Wash the jar well before using.

If food odors remain in the jar after washing, put  $\frac{1}{4}$  cup of baking soda in the jar and replace the lid. Leave at least 30 minutes or longer to remove odors.

## Decorative Lids (using canning lids and ring bands)

When reusing or repurposing jars, the lids may not be "pretty" or may have brand names or other writing which would prevent their use as a gift. Jar lids can be decorated in several different ways. Food grade paint is an easy way to cover up smooth lids. Sometimes however, the company trademark or brand has been embossed on the lid and may show through the paint. These lids can be covered with cardstock paper or recycled greeting cards.

### COVERED LIDS

#### Supplies:

- Cardstock paper or recycled greeting cards
- Craft glue
- Pencil
- Ruler

#### Directions:

Place lid on back of cardstock or greeting cards and trace around the top. Measure the depth of the ring band. Using a ruler, make another circle two times the depth of the ring band, from the edge of the original (or inside) circle. For example, if the ring band is  $\frac{1}{2}$  inch deep, the second circle should be 1 inch from the edge of the first circle.

See Figure 1.

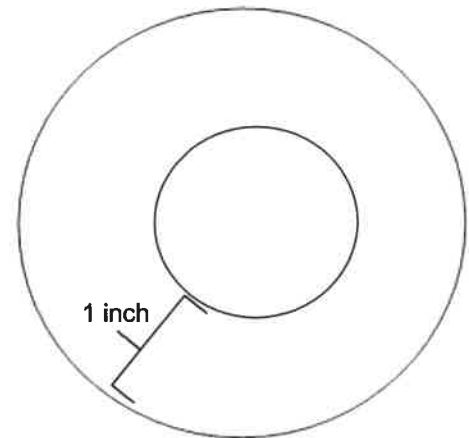


Figure 1

Cut out the large circle. In small increments, cut tabs in the paper, all the way around large circle, just to the smaller circle. Cover the top of the lid with glue. Lay lid with glue, top side down on the small circle. Glue one tab at a time, down the side and onto the underside of the lid. Repeat until all tabs have been glued down. Allow to dry well, before placing on jar.

Decorating lids with lids and rings is as easy as cutting out a fabric circle 1 to  $1\frac{1}{2}$  inches in diameter larger than the lid. Cover the lid and screw on the ring. Paper cupcake or muffin liners can be used in place of fabric.



## Frosted Jar Lantern

Conservation principle: reuse and repurpose

### Supplies:

- 1 large jar, cleaned and prepared
- 1 yard (approximately) of medium gauge wire
- 1 can frosted glass spray paint (there will be enough paint for several jars in each can)
- 1 strip (3 inches) orange duct tape (optional)
- 1 strip (3 inches) black duct tape (optional)
- 1 piece of parchment paper (optional)
- 1 tea light

### Directions:

1. Wrap wire around the top of the jar a couple times, weaving an end through the top and bottom wire to make a handle. Curl wire ends with a pencil.
2. Holding jar by handle, spray the outside of the jar evenly with frosted glass spray. Allow to dry several minutes.

***If not decorating lantern stop here.***

3. Adhere one strip of each color of duct tape to parchment paper. Turn over tape to expose parchment paper. Draw 5-7 circles on the black duct tape and a carrot shaped "nose" on the orange duct tape. Cut out shapes.
4. Remove parchment paper from shapes and affix circles and "nose" to the jar to make a snowman face.
5. Place tea light in jar and light.

## Sugar Scrub Jar

Conservation principle: repurpose

### Supplies:

- 1 small, 6 to 8 ounce jar, cleaned and prepared
- white sugar
- liquid dishwashing soap with added moisturizers
- 1 plastic knife

### Directions:

1. Fill jar  $\frac{3}{4}$  full with sugar.
2. Pour in dishwashing soap almost to the top of the jar.
3. Using the knife as a paddle, mix the sugar and soap well.
4. If mixture is runny, add more sugar and continue mixing. If mixture is very thick, add more soap.
5. Once desired consistency is reached, top with a decorative lid.

**To use:** Scoop scrub from jar and rub liberally on wet hands. Rinse with warm water.



**Magnificent and Marvelous Candy Jar**  
 Conservation principle: Reuse

**Supplies:**

- 1 small decorative jar (6 to 8 ounces)
- Candy coated chocolate pieces (to fill jar)
- Tag for poem

**Directions:**

1. If necessary, decorate jar lid.
2. Fill jar with candy pieces.
3. Attach the poem below to each jar as a tag or as a label.

**Green** is for inspiration – bold and creative.

**Blue** is for patience – slow and steady.

**Orange** is for compassion – warm and caring.

**Yellow** is for happiness – laughter and smiles!

**Red** is for love – precious and true.

**Brown** is for all these things

You've placed in my hands

And melted into my heart, forever!

You're my "m" & "m"!

***Magnificent and Marvelous***



FOR TAG: CUT ALONG OUTSIDE DOTTED LINES

CUT ALONG THE HORIZONTAL MIDDLE DOTTED LINE, DIVIDING THE TWO TAGS

FOLD ALONG THE CENTER LINE; WRITE NAME OF GIFT RECIPIENT ON OUTSIDE OF TAG

FOLD HERE

	<p><b>Green</b> is for inspiration – bold and creative.  <b>Blue</b> is for patience – slow and steady.  <b>Orange</b> is for compassion – warm and caring.  <b>Yellow</b> is for happiness – laughter and smiles!  <b>Red</b> is for love – precious and true.  <b>Brown</b> is for all these things      You've placed in my hands      And melted into my heart, forever!      You're my "m" &amp; "m"!  <i>"Magnificent and Marvelous"</i></p>
	<p><b>Green</b> is for inspiration – bold and creative.  <b>Blue</b> is for patience – slow and steady.  <b>Orange</b> is for compassion – warm and caring.  <b>Yellow</b> is for happiness – laughter and smiles!  <b>Red</b> is for love – precious and true.  <b>Brown</b> is for all these things      You've placed in my hands      And melted into my heart, forever!      You're my "m" &amp; "m"!  <i>"Magnificent and Marvelous"</i></p>





## Apple-on-Top Dip Jar

Budget Savvy Gift Idea

### Supplies and ingredients:

- 1 8-ounce block Neufchatel cheese, softened
- 2 cups caramel dip, purchased
- ¾ cup milk chocolate toffee chips
- 3 apples
- 3 decorative half pint short canning jars

### Directions:

1. In a medium mixing bowl, mix cheese and 1 cup of caramel dip until blended.
2. Divide cheese mixture into three decorative jars.
3. Spread ⅓ cup of caramel dip on the top of the cheese mixture in each jar.
4. Sprinkle ¼ cup toffee chips on top of the caramel in each jar.
5. Cover and refrigerate until ready to package.
6. Wash apple and place on top of decorative jar.
7. Wrap with plastic or cellophane wrap and tie with a gingham and raffia ribbon.

Keep dip jars refrigerated. If giving as gifts, make sure recipient has access to refrigeration when gift is given.



<b>Nutrition Facts</b>	
Serving Size (287g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 1090	<b>Calories from Fat</b> 430
<b>% Daily Value*</b>	
<b>Total Fat</b> 48g	<b>74%</b>
Saturated Fat 24g	<b>120%</b>
Trans Fat --g	
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 960mg	<b>40%</b>
<b>Total Carbohydrate</b> 154g	<b>51%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 128g	
<b>Protein</b> 15g	
Vitamin A 20%	• Vitamin C 0%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## CUP O' COCOA SNOWMAN JAR

Conservation principle: reuse and repurpose

### Supplies:

- 2 baby food jars (stage 2), cleaned and prepared
- Heavy duty craft glue
- 1 bottle black craft paint
- Craft paint brush
- 1 bottle orange puffy paint
- 1 bottle black puffy paint
- 1 scrap of fabric
- Powdered hot chocolate mix
- Marshmallows

1. For snowman body, place lid on jar. For snowman head, stack a second jar on top of the body jar. According to the baby food brand, you may find a slight variation in jar size. Use the smaller jar for the head.
2. Glue bottom of the head jar to the top of the body jar lid. Following the glue directions, allow glue to set.
3. While glue is setting, paint head jar lid with black craft paint.
4. Using the puffy paint, make a snowman face and buttons on the jars. Allow to dry.
5. Once jars are dry, fill bottom jar with hot chocolate mix. Six tablespoons\* will fit in the stage 2 jars. Fill top jar with marshmallows.
6. Reassemble jars and tie fabric scrap around top of body jar for a scarf.

\*6 tablespoons will make 2, 6 ounce cups of cocoa. Mix 3 tablespoons cocoa mix with hot water or milk to make one serving.

Yield: 2, 6-ounce cups

Serving Size: 1, 6-ounce serving

**NOTE:** This project requires about 4 hours of drying time.



**Nutrition Analysis:**  
(made with 3 tablespoons cocoa mix and hot, 2% milk; 1 large marshmallow or 5 mini marshmallows)

### Nutrition Facts

Serving Size 3 tablespoons (192g)  
Servings Per Container 2

Amount Per Serving

Calories 160    Calories from Fat 45

% Daily Value\*

Total Fat 5g    8%

Saturated Fat 3g    15%

Trans Fat 0g

Cholesterol 15mg    5%

Sodium 85mg    4%

Total Carbohydrate 25g    8%

Dietary Fiber 2g    8%

Sugars 20g

Protein 7g

Vitamin A 4%    • Vitamin C 0%

Calcium 20%    • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## References:

Henningsen, T., Osborne, A., Lee, B. 2010. HENV-101 Household Waste Management: Reduce. Available at <http://www.ca.uky.edu/agc/pubs/henv/henv101/henv101.pdf> (accessed 8 Aug. 2012) University of Kentucky Cooperative Extension, Lexington, KY.

Henningsen, T., Osborne, A., Lee, B. 2010. HENV-102 Household Waste Management: Reuse. Available at <http://www.ca.uky.edu/agc/pubs/henv/henv102/henv102.pdf> (accessed 8 Aug. 2012) University of Kentucky Cooperative Extension, Lexington, KY.

Henningsen, T., Osborne, A., Lee, B. 2010. HENV-103 Household Waste Management: Recycle. Available at <http://www.ca.uky.edu/agc/pubs/henv/henv103/henv103.pdf> (accessed 8 Aug. 2012) University of Kentucky Cooperative Extension, Lexington, KY.

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Mindy McCulley, Extension Specialist for Family and Consumer Sciences Instructional Support

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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2024

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## THIS MONTH'S TOPIC:

### BEING A RESPONSIBLE CONSUMER OF INFORMATION

With the introduction of online sources for news and current events, the opportunity for misinformation has become a growing concern. When newspapers, radio, and television were the primary sources available for news, most providers recognized that their service was a “public good.” As such, they had a responsibility to verify the accuracy and reliability of their content. With more sources of information at your fingertips, accuracy sometimes becomes diluted or even nonexistent as anyone with an opinion, whether factual or not, can publish online.

#### GOING VIRAL

Just like viral infections start with tiny germs and spread quickly in your body to make you (and others) sick, viral stories use online hosts to make “copies” of the original post to spread it quickly. Within a very short time, many people might believe something to be true, just because they have seen it repeatedly. The accuracy of the information was not verified, even though it was shared millions of times.

#### STOPPING INTERNET “GERMS”

What can you do to prevent the spread of viral online “germs”? The News Literacy Project has



identified five key factors that you can apply to any story to weed out misinformation: authenticity, source, evidence, context, and reasoning.

First, ask yourself, does this even seem reasonable or credible? Is it **authentic**? If the headline and the story do not match, that is a red flag. If the story seems too outlandish to be true, that could be another reason to question whether it is true. Be aware that pictures, stories, videos, and even people’s voices can be manipulated through artificial intelligence (AI), so you should carefully evaluate everything you see and hear.



## “IF IT SEEMS TOO GOOD TO BE TRUE, IT PROBABLY IS”



Second, is the **source** trustworthy? Most reliable news outlets are transparent with where they get their information. They also might publish their ethics policies. Check out a publication's sources and policies to see if you are comfortable with their ethical standards. No sources? Another red flag.

Third, is there **evidence** that supports any claims that were made? If statements are made without evidence, you should hesitate before believing them. Even if evidence is presented, follow up to see if the evidence is credible.

Next, does the **context** make sense? If things seem out of place or are in conflict, dig deeper. Remember, not all sources are reliable.

Finally, is it supported by solid **reasoning**? If the story goes against common sense, trust your instincts and question the story.

### BUYER BEWARE

You can also apply these factors to financial consumer awareness. Consider **caveat emptor**. This Latin phrase means, “Let the buyer beware.” When you buy a good or service, it is your responsibility to do your

due diligence to ensure that you pay a fair price and get a good product. While we now have consumer protection agencies and laws that look out for consumers' best interests, applying the five factors of misinformation can save you lots of time, money, and aggravation.

Various types of **scams and frauds** from “bait and switch” to “phishing scams” (addressed in previous MONEYWISE newsletters) might be more easily recognized if you consider the misinformation factors. Looking at anything you “consume” (from news to purchases) with a critical eye will help you better recognize scams and fraud. The old adage, “If it seems too good to be true, it probably is,” holds water. Contact your local FCS agent for more information on becoming an informed consumer.

### RESOURCES

*American Psychological Association.* <https://www.apa.org/topics/journalism-facts/misinformation-interventions>

*News Literacy Project.* <https://newslit.org/>

*The Role of Consumer Protection Agencies.* [https://fcs-hes.ca.uky.edu/files/moneywise\\_june\\_2024.pdf](https://fcs-hes.ca.uky.edu/files/moneywise_june_2024.pdf)

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## Slow Cooker Navy Bean Soup

- 1 pound dried navy beans
- 1 smoked ham hock
- 2 medium carrots, diced
- 3 medium stalks celery, diced
- 5 cups low-sodium chicken broth
- 2 tablespoons salt-free garlic and herb seasoning
- 2 bay leaves
- 1 teaspoon salt

### Soaking:

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Rinse and sort beans, removing dirt, rocks, and other debris that might be present. Choose from the quick soak or overnight soak methods below:

**Quick soak:** Place the beans in a pot large enough for them to double in size. Add 6 cups of water for every 2 cups of dry beans. Next place the pot on medium-high heat and bring to a boil. Boil beans for 2 to 3 minutes in uncovered pan. Remove from heat. Cover pan and let soak for 1 hour before cooking.

**Overnight soak:** Place the beans in a pot large enough for them to double in size. Add enough water to have at least 1 inch over the beans. Cover and refrigerate 8 hours or overnight.

### Cooking:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.



3. Rinse and drain the soaked beans and place them in the bottom of a large (7- to 8-quart) slow cooker. Add the ham hock, carrots, celery, chicken broth, seasoning, and bay leaves.
4. Cover with lid and cook on low for 7 to 9 hours or high for 4 to 5 hours, until the beans are tender. Add salt.
5. Remove ham hock and bay leaves from soup. Separate the meat from the skin and bone of the ham hock. Chop meat and return it to the soup. Discard the bone, skin, and bay leaves.
6. Refrigerate leftovers within 2 hours.

**Note:** Substitute ham hock with 2 cups diced ham or a leftover ham bone.

**Makes 12 servings**  
**Serving size: 1 cup**  
**Cost per recipe: \$7.18**  
**Cost per serving: \$0.60**



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

### Nutrition facts per serving:

220 calories; 5g total fat; 4.5g saturated fat; 0g trans fat; 25mg cholesterol; 540mg sodium; 28g total carbohydrate; 6g dietary fiber; 2g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

### Source:

Jen Robinson, NEP Area Nutrition Agent; and Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service



