

OWSLEY COUNTY COOPERATIVE EXTENSION SERVICE



Photo courtesy of: Cami Hoskins

JANUARY 2025

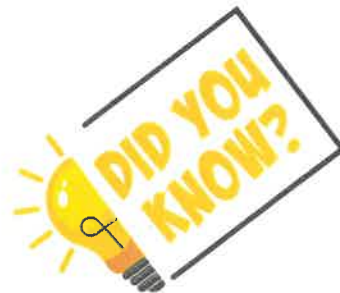
LETTER FROM YOUR AGENT

Happy New Year! January is a fresh start—a time to turn the page and embrace new opportunities for growth, learning, and resetting our goals. It's the perfect season to try something new, expand your knowledge, and focus on the things that matter most. In this month's newsletter, you'll find updates on upcoming events, helpful resources, and exciting opportunities to get involved in our community. Also included is a delicious recipe from Plan Eat Move to kick off the year on the right foot. As always, we encourage you to stay connected with us through our county Facebook Page and website to find the latest updates, resources, and opportunities to get involved. Let's make 2024 a year of growth and connection together!

Warm wishes,
Rosa Smith
Owsley County FCS Agent



Rosa Smith
Rosa Smith, Owsley CEA for
Family & Consumer Sciences Ed.
rosa.smith@uky.edu
(606)593-5109



January is National Soup Month in the United States—a perfect time to enjoy warm, hearty soups during the cold winter days! You can access delicious and healthy soup recipes on <http://planeatmove.com>

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

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.

FCS Focus



HELLO
January



Owsley County Book Club

5:00pm

January 23rd- The Nightingale

February 20th- Before We Were Yours

March 20th- Book TBD

Rosa Smith

Rosa Smith, Owsley CEA for
Family & Consumer Sciences Ed.
rosa.smith@uky.edu
(606)593-5109



Owsley County Homemakers

January 16th- Lunch-n-Learn "Time Well Spent" @ 12:00pm

February 6th- Lunch-n-Learn "Mealtime Rut" @ 12:00pm

March 19th- Lunch-n-Learn "Entertaining Little Ones" @ 12:00pm

April- Homemaker Spring Meeting (Breathitt County)

May 14th -Lunch-n-Learn " Osteoporosis" @ 12:00pm

Stitch & Chat

Held on the second Friday of each month at 9am

January 10th

February 14th

March 14th

April 11th



All Sessions held at 1:00pm

January 7th	Feb 3rd	March 6th
January 9th	Feb 4th	March 11th
January 14th	Feb 11th	March 14th
January 16	Feb 13th	March 19th
January 23rd	Feb 21st	March 20th
January 30th	Feb 26th	
	Feb 28th	



Cooking Through the Calendar

All sessions held at 4:00pm

January 10th

February 14th

March 14th

April 11th



Junior Homemakers

January 30th @ 3pm

February 11th @ 3pm

March 13th @ 3pm

April 17th @ 3pm

REMINDER

If the Owsley County School District is closed due to weather then extension programs will be cancelled.

Child Development & Play (Ages 5 and Under)

All Programs held at the Owsley C. Public Library at 3:30pm

January 14th- Theme: The Jungle

February 4th- Theme: Ice

March 11th- Theme: Dinosaurs

April 8th- Theme: Being Healthy

May 13th- Theme: Sports

June 17th- Theme: The Beach



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

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.

FCS Program Updates



Fun at Laugh and Learn Playdate

Early Learners and their siblings joined in on some holiday themed fun making gingerbread houses, decorating gingerbread cookies, and reading stories. Laugh and Learn Playdate is open to ages 5 and under each month to enhance Kindergarten readiness skills. Join us for our next playdate on January 14th at the Owsley Public Library. You can pre-register by calling the Extension Office.

Homemaker Holiday Luncheon

Owsley County Homemakers came together to celebrate the season and their year with Homemakers through games, gifts, and good food.



Book Club

We celebrated the season by hosting a blind-date with a book for this month's Book Club session. Members gifted a book with accessories and drew numbers for their book date at random. After the exchange, members enjoyed a popcorn and hot chocolate bar and indulged in a Holiday Movie. You can join us for our next book club on January 23rd. Call the office to register.



Shop Smart, Eat Healthy: Grocery Store Tour with a Dietitian



Join Us for a Guided Grocery Store Tour!

Date & Time:

Tuesday, January 14th 10:00 AM - 12:00 PM

Location:

Shopwise (277 KY-28, Booneville)

Event Details:

- **Learn How to Shop Healthy:** Get expert tips on selecting nutritious foods for you and your family.
- **How to Read Nutrition Labels:** Discover the secrets to understanding food labels and making informed choices.
- **Shop on a Budget:** Learn practical strategies to stretch your grocery dollars while maintaining a healthy diet.
- **Exclusive Guidance:** Tour led by Claudia Burnett, Registered Dietitian, Certified Diabetes Educator, from Kentucky River District Health Department.

Special Perks:

- **Chance to Win:** All participants will be entered for a chance to win a Gift Card and Instant Pot with cookbook.
- **Cooler Tote:** Receive a complimentary cooler tote, provided by Mercy Health- Marcum and Wallace Hospital, just for attending!

Don't Miss Out!

Space is limited—reserve your spot today!

For more information or to RSVP, contact Meghan Mills at mlmills@mercy.com or 606-726-8185.

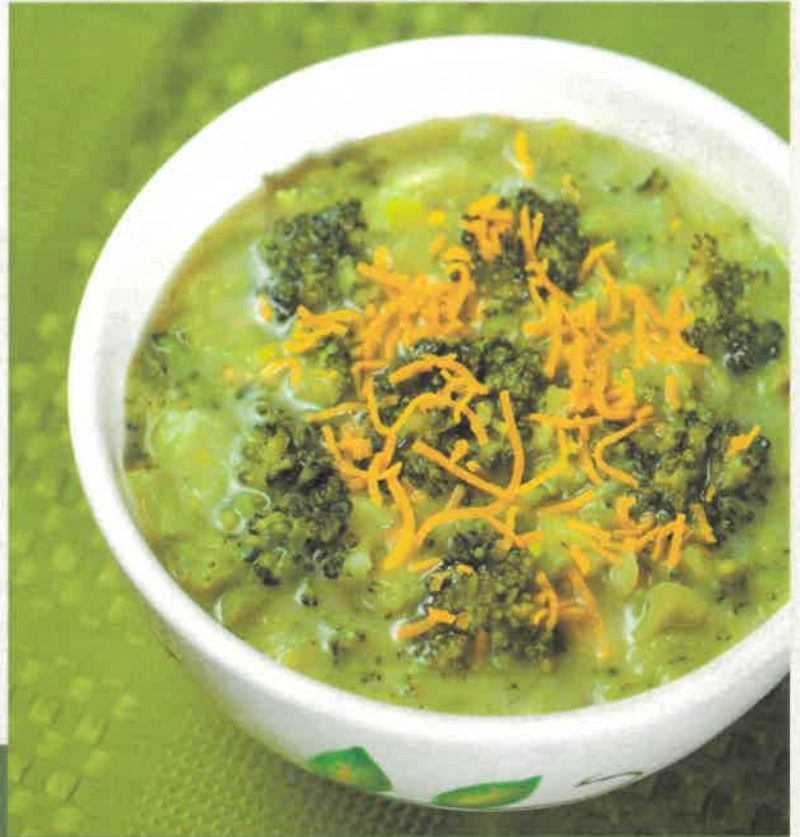


Broccoli Potato Soup

Servings: 4 Serving Size: 1/4 of recipe Recipe Cost: \$4.34 Cost per Serving: \$1.09

Ingredients:

- 4 cups chopped broccoli, may use frozen
- 1 small chopped onion
- 4 cups low sodium chicken or vegetable broth
- 1 cup evaporated nonfat milk
- 1 ½ cups instant mashed potatoes, prepared with water
- Salt and pepper to taste
- ¼ cup cheese, shredded cheddar or American



Directions:

- Mix broccoli, onion, and broth in large sauce pan.
- Bring to a boil.
- Lower heat. Cover and simmer about 10 minutes or until vegetables are tender.
- Add milk to soup. Slowly stir in potatoes.
- Cook and stir until bubbly and thickened.

Make it a Meal

Broccoli Potato Soup
Grilled cheese sandwich
Grapes
Low-fat milk

Source: USDA Recipe Finder

Tips

- Can make ahead and freeze into single servings.
- Broccoli makes this dish a great source of vitamins A and C.
- Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Make them the basis for meals and snacks.

Nutrition facts per serving: 200 calories; 6 g total fat; 2 g saturated fat; 0 g trans fat; 10 mg cholesterol; 350 mg sodium; 25 g total carbohydrate; 2 g fiber; 15 g protein; 15% Daily Value of vitamin A; 110% Daily Value of vitamin C; 30% Daily Value of calcium; 8% Daily Value of iron



Long form Non-discrimination Policy

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Visit the [CES Program and Staff Development website](#) for additional guidance.

Questions may be directed to Stacy Miller at Stacy.miller@uky.edu or (859) 257-1727.