

Family & Consumer Sciences



Cooperative Extension Service
Carroll County
500 Floyd Drive, Carrollton, KY 41008
(502) 732-7030 Fax: (502) 732-7032

FAMILY & CONSUMER SCIENCES

EXTENSION HOMEMAKER NEWSLETTER

September 2024



CHRISTY'S CORNER

Hello! Soon Fall days will be here. I am looking forward to cooler days and Fall colors. Many things have been planned for the next several months. Please pay attention to the many flyers in this newsletter. Homemakers have a lot of things going on, too! The N. KY Area Annual meeting is scheduled for Oct. 10th in Grant Co. Money and registration forms are due to the Carroll Co. Extension Office by September 19th. A painting class is scheduled for September 26 at 6pm at the Carroll Co. Extension Office. The deadline to submit cultural arts for the county is 9/20/24. Please submit items. Take advantage to all the things Extension has to offer!

Sincerely, Christy

Thank you!

During the month of August several members of the Senior Center participated in a 4-week series on "Cooking with a Purpose". They learned about "Food is Health" with Diabetes, High Blood Pressure, Cardiovascular Disease and Budgeting. They also got to do some hands-on cooking with commodity ingredients and made lunch each session. Four volunteers helped with the program-Marie Vandiver, Robin Hoffman, Debbie Allen, and Louise Supplee.



Christy Eastwood

Christy Eastwood, Carroll County Extension Agent for
Family & Consumer Sciences Education



There is no right
or wrong,
only consequences.



Dates to Remember



2024

September 5	6pm	BBQ and Beans Social	CCES
September 19		Deadline for N. KY Annual Meeting	
September 20		Cultural Arts deadline	CCES
September 20	noon	Lunch & Learn	CCES
September 26	6pm	Sunflower Painting	CCES
September 27	10:30am	Lunch Bunch	Frankfort
October 10	10:00am	N. KY Annual Mtg	Grant Co.
October 18	noon	Lunch & Learn	CCES
October 24	6pm	Carroll Co. Annual Mtg	CCES
October 25	10am	Medicare 101	CCES
October 30	1:30pm	Transferring Cherished Possessions	CCES
November 7	1:30pm	A Bad Deal in Disguise: Types of Scams	CCES
November 15	noon	Lunch & Learn	CCES
November 19	1pm	Holidays with the Homemakers	CCES
November 22	10:30am	Lunch Bunch	Frankfort
December 4	1:30pm	Alzheimer's Disease: Getting the Facts	CCES
December 6	10:30am	Derby Dinner	Clarksville, IN
December 13	noon	Lunch & Learn	CCES
December 17	5:30pm	Homemaker Christmas Party	CCES
January 15	10:00am	Radon in Kentucky	CCES
January 29	10am	Health Literacy for the Win	CCES
February 6	10am	Emergency Health Information Cards	CCES
February 18	1:30pm	Strong Bones for Life: Prevent Osteoporosis	CCES

Remember to call the office at (502) 732-7030 to sign up!



Lunch Bunch

Join us for fun, fellowship, and lunch as we travel around the surrounding area finding places to eat lunch! Space is limited due to transportation. Please sign up each time to get your name on the list. We will leave Carroll Co. Extension Office around 10:30am and return around 3 pm. Participants will pay for their own lunch.

* Sept. 27 -*Garcia's Mexican Restaurant* in Frankfort

* November 22 -*Galvin's on Main* in Georgetown



Apple Cranberry Waldorf Salad

Servings:8 Serving Size:1 cup

Ingredients:

- 1 cup chopped Granny Smith apples
- 1 cup chopped Red Delicious apples
- 1 cup diced celery
- 1 cup halved seedless green grapes
- 1½ cups dried cranberries
- ½ cup chopped walnuts
- 8 ounces nonfat vanilla yogurt
- 2 tablespoons honey
- ¼ teaspoon cinnamon



Directions:

Combine apples and celery in a medium-sized bowl. Add grapes, cranberries and walnuts. Stir. In a separate bowl, add yogurt, honey and cinnamon. Stir together and pour over the fruit mixture. Cover and chill before serving.

Source: LEAP...for Health: Plate It Up Kentucky Proud Recipe. Apple Cranberry Waldorf Salad <http://www2.ca.uky.edu/hes/fcs/plateitup/Apple2/FCSCardApple2Web.pdf>

NUTRITION FACTS PER SERVING: 210 calories; Sg fat; 0g saturated fat; 0g trans-fat; 0mg cholesterol; 25mg sodium; 41g carbohydrate; 3g fiber; 36g sugar; 4g added sugars; 2g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium.

APPLE FACTS

Apples are ready to harvest from late summer to late October, with September being the best time to pick them. However, different varieties of apples ripen at different times, and the climate varies the harvest time each year. Some cultivars are ready as early as late August, and others aren't mature until October or even November.

- Apples are a good source of fiber and vitamin C. They also contain antioxidants, like vitamin E, and polyphenols, contributing to the fruit's numerous health benefits.
- Apples are particularly filling due to their high fiber and water content.
- Apples promote heart health in several ways because they're high in soluble fiber, which helps lower cholesterol.



- Eating apples is linked to a lower risk of type 2 diabetes, potentially due to their polyphenol content. The type of fiber found in apples improves your gut-friendly bacteria, which may be why the fruit is thought to help protect against chronic diseases.

Source: Healthline

Carroll County Extension Homemakers



Barbeque & Beans Social Thursday, September 5 6:00 p.m.

Carroll County Extension Office, 500 Floyd Drive, Carrollton (502) 732-7030

- Bring a White Elephant Prize



- Door Prizes
- Games
- Bingo

- Wear Your Favorite Cowboy Outfit



Pork BBQ, Beans, Ham & Turkey Sandwiches, and Drinks Provided



Bring your Favorite Dish to share.

Last Chance to Buy
Tickets for the
Yard Swing



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Disabilities
accommodated
with prior notification.

Carroll County Extension Homemakers

Carroll County Extension Office
500 Floyd Dr., Carrollton, KY
(502) 732-7030



"Sunflower with a Twist"

Sept. 26
6:00 P.M.

*Design sunflower with a twist that can include an inspiration!

*We will use acrylic paint

*You do not have to know how to draw to participate.
We have a stencil available.

Come learn stress relief!

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2024 Annual Meeting

"Stitches in Time!"



October 24, 2024
6:00 P.M.

Carroll County Extension Office
500 Floyd Dr., Carrollton
(502) 732-7030

Meat, Rolls & Drinks
provided.

Come see quilts on display.
Door Prizes

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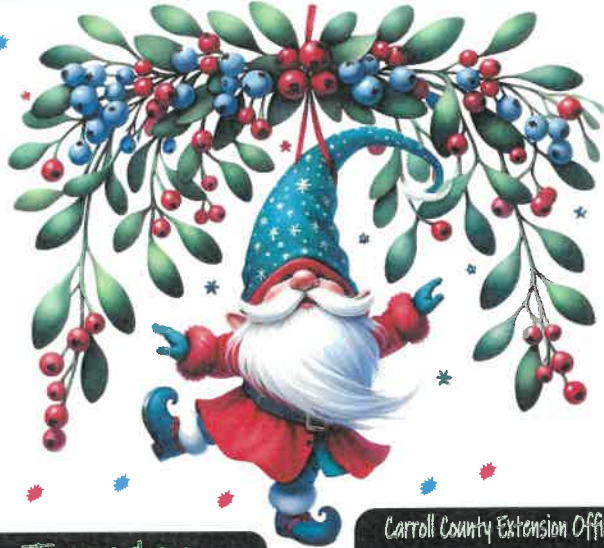
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"Holidays with the Homemakers!"



Tuesday,
November 19
1:00 p.m.

Carroll County Extension Office
500 Floyd Drive, Carrollton
RSVP by calling (502) 732-7030

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Become a
2025
Carroll County Extension Homemaker!

Would you like to become a 4-H Volunteer?



Protected Under
18 U.S.C. 707

Call Joyce for
more information!
(502) 732-7030



Carroll County Extension
Homemaker Trip



An adaptation of Frank Capra's classic film brought to vibrant theatrical life! This uplifting story follows the extraordinary lives of ordinary people and celebrates the innate goodness in us all. A holiday must!

December 6, 2024

Matinee
We will leave the
Extension Office at 10:30 a.m.

\$40.00 per person
(if we have a group of 20 or more)

\$45.00 per person
(if we have less than 20 in our group)

This includes full buffet with drink
(non alcoholic)

Call (502) 732-7030 to reserve your spot



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