

FLOYD COUNTY

BUILDING STRONG FAMILIES

NEWSLETTER



Winter 23-24

NEW YEAR'S DAY CALLS FOR BLACK-EYED PEAS

I've been eating black-eyed peas, cornbread, and stewed tomatoes on New Year's Day for as long as I can remember. Everyone told me it would bring good luck and prosperity, but no one told me how or why. It was just something we did. Over the years, I've learned that it's not so much a family tradition, but rather a southern custom that many families have adopted – mine included.

The custom is to serve black-eyed peas, greens or cabbage, and cornbread for good fortune in the new year. Black-eyed peas are considered lucky. It is thought they symbolize good things to come. When combined with cornbread and collards (or other greens), you will most certainly be rewarded as the greens symbolize money and the cornbread symbolizes gold.

Black-eyed peas, which are actually a type of bean, have a creamy texture and a rich, earthy flavor that intensifies as they simmer. They are an excellent source of protein and

fiber with very little fat. Black-eyed peas are affordable, and you can easily buy them dried or canned. You should soak dried peas overnight to make them easier to digest and shorten the cooking time. They are typically stewed in a pot, like other beans, with onions, garlic, and some type of cured meat. My family cooks them in chicken broth with onions, garlic, country ham, and a jar of our own stewed tomatoes. We serve it in a deep bowl with a warm slice of skillet cornbread.

Start this year with some black-eyed peas. Create a recipe to suit your lifestyle and taste. You may find that you'll want to eat them more than once a year! For more nutrition information and recipes, contact your local Extension office.

Reference: <https://www.consumerreports.org/health/healthy-eating/are-black-eyed-peas-good-for-you-a8017124375/>

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

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PREVENT DRY SKIN IN THE WINTER

Cold temperatures, gusting wind, and limited exposure to sunlight can be the perfect storm for producing dry skin and itching in the winter months. If you are prone to dry, itchy skin, there are some things you can do to prevent its onset.

Use creams instead of lotion, particularly on skin that is commonly exposed to the outdoor elements such your face or hands. Creams are thicker and provide a better barrier between skin and harsh weather conditions.

Avoid skin and hair products with fragrance. Many products that include synthetic fragrance can cause irritation and make itching worse when skin is already raw or inflamed.

Avoid long, hot showers. As tempting as a steamy shower can be to remedy cold weather blues, extreme heat can be additionally drying to your skin, compounding the problem.

Seek professional help for persistent problems. If over-the-counter attempts to resolve itching and irritated skin are not working, see a dermatologist. Sometimes winter weather can trigger underlying skin conditions that need professional care and prescription treatment.

Reference: <https://www.aad.org/public/everyd-care/skin-care-basics/care/winter-skin-survival-kit>

Source: Katherine Jury, Extension Specialist for Family Health

Cooperative Extension Service

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ADULT HEALTH BULLETIN



DECEMBER 2023

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

THIS MONTH'S TOPIC:

THE GIFT OF HEALTH



Perhaps you are familiar with the holiday tune that describes 12 Christmas gifts, but a gift worth giving that is not included in the song is good health!

As you prepare to host or attend holiday functions this season, here are 12 tips to staying safe and healthy yourself, and not passing along germs for family and friends:

- 1. Wash your hands:** Use soap and warm water when possible and alcohol-based hand sanitizer when out and about.
- 2. Eat well-balanced meals:** Making healthy food choices most of the time helps to offset occasional treats that may be less nutritious.

Continued on the next page →

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Ways to keep moving include taking a family walk, having a dance party, and enjoying an outdoor winter activity like ice skating.



→ Continued from the previous page

- 3. Keep moving:** Find creative ways to incorporate movement into your daily routine, take a family walk, have a dance party, or enjoy an outdoor winter activity like ice skating.
- 4. Stay warm:** Dress for outdoor weather in layers, with an outer layer to keep you dry.
- 5. Practice food safety:** Wash hands and cooking surfaces, cook foods to proper temperatures, avoid cross-contaminating cooked and uncooked foods, serve foods hot or cold, and refrigerate uneaten food promptly.
- 6. Prevent house fires:** Never leave an open flame (candle, fireplace, stove, or heater) unattended, install smoke detectors, and replace their batteries twice a year.
- 7. Manage stress:** Holiday events and spending can cause stress. Make a plan that keeps your finances and calendar from becoming overburdened.
- 8. Limit alcohol** consumption, and do not drink and drive.
- 9. Get routine health screenings:** Holiday breaks from work may be a good time to schedule annual exams that can get put off throughout the year.

10. Sleep: Adults need between seven to nine hours of sleep per night. Lack of sleep can compromise your immune function and decrease your mental clarity.

11. Stay up to date on vaccines: You can prevent many serious diseases by getting routine vaccines. Ask your health-care provider what vaccines you should get.

12. Avoid smoking and tobacco products: Secondhand smoke and vaping products also have negative health outcomes.

Being mindful of healthy habits will help keep you and your loved ones feeling good throughout the season, which is always a reason to celebrate.

REFERENCE:

<https://tools.cdc.gov/medialibrary/index.aspx#/media/id/303214>

ADULT
HEALTH BULLETIN

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2023

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THIS MONTH'S TOPIC: BECOMING A SMART SAVER AT MEALTIME

As the cost of food continues to rise, you might find yourself surprised by the grocery bill. According to the U.S. Department of Agriculture, from 2018 to 2022, food price inflation (20.4%) was the second-highest category increase, rising faster than other expenditure categories like medical care and housing. If rising costs are surprising, look for ways to squeeze your food budget. Avoid unhealthy ways to cut costs, such as foregoing healthy choices or reducing the size and frequency of meals. Instead, use the following strategies to stretch your food budget and reinforce healthy eating habits.

THRIFTY FOOD HACKS

Use what you have. Tightening your grocery budget should start before you head to the store. Be intentional in using your existing food stock before buying new. Inventory your freezer, fridge, and pantry at least twice a month to keep track of the items nearing their expiration dates. Then, create meal plans centered around these ingredients.

Browse a cookbook. Planning your recipes is an excellent way to ensure an affordable and healthy diet that meets your nutritional goals. Find multiple recipes that use similar ingredients you can mix and match to save time in the grocery and kitchen.



Also, when selecting recipes, prepare enough to have leftovers. This can save time and help you cut costs by reducing food waste. Invent new recipes with past meals or ingredients.

Meatless Mondays. The USDA reports nine food categories whose prices rose more than 10% in 2022, which include eggs (32%), poultry (14.6%), and other meat (14.2%). Fresh vegetables and fruits were reported to have the lowest increase in prices. Plant-based proteins may offer more nutrients for your money over meats. Items such as beans, legumes, potatoes, and protein-rich vegetables like broccoli or kale, are often more affordable options. You can increase meal size, enhance nutritional values, and squeeze your budget with a meatless meal plan.

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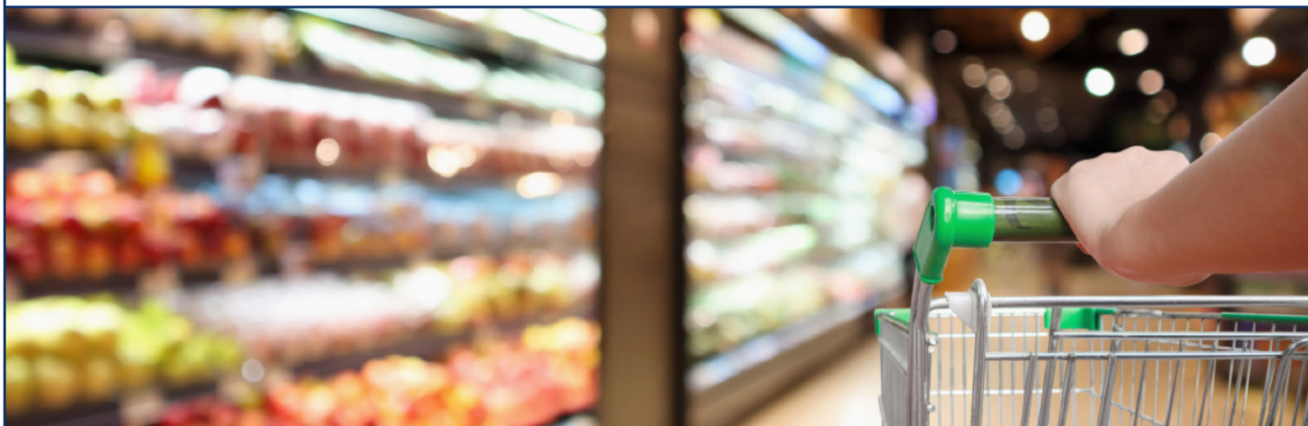
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DO NOT LET FOOD INFLATION BE A REASON TO FOREGO HEALTHY EATING HABITS



THRIFTY SHOPPING HACKS

Make a list. A shopping list makes your shopping trip quicker, helping you avoid buying things on a whim. It also keeps your pantry well-supplied. Stick to the list, but allow some flexibility to take advantage of sales. Estimate needed food quantities and be careful when buying large quantities of perishable items you cannot use within a week. Shop for the freshest produce, noting that, usually, groceries stack new inventory toward the back of the shelves.

Clip coupons. Look for digital coupons that match the items on your list. Even coupons with small discounts can accumulate savings. Check in-store sales including customer loyalty savings and discounted produce carts or other deals. These might contain fruits and vegetables that are slightly older but still delicious if you eat them within a day or two. Also, selecting frozen and canned foods may be less costly and last longer.

Buy in bulk. Bulk purchases may lead to larger savings in your food budget if your household will eat through an item in larger quantities. However, buying bulk treats (such as soda, cookies, and candies) may save you money but move you away

from your dietary goals. When buying in bulk, consider also if you have room to store the items in your fridge, freezer, or pantry, and if you can use them before their expiration date.

Remember, eating healthy is not “too expensive.” Do not let food inflation be a reason to forego healthy eating habits. Instead, consider it an opportunity to refresh your shopping hacks and cooking skills. A well-balanced diet is a wise investment in your health that can create value in both your physical and financial well-being.

REFERENCES:

Centers for Disease Control and Prevention. *6 Tips for Eating Healthy on a Budget*. <https://www.cdc.gov/diabetes/healthy-eating-budget.html>

The Nutrition Source. *Strategies for Eating Well on a Budget*. <https://www.hsph.harvard.edu/nutritionsource/strategies-nutrition-budget/>

Economic Research Service, U.S. Department of Agriculture. *Food Prices and Spending*. <https://www.ers.usda.gov/data-products/ag-and-food-statistics-charting-the-essentials/food-prices-and-spending/>

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FLOYD COUNTY HOMEMAKER SCOOP

HOMEMAKER CLUB NEWS

The 2023-2024 Kentucky Extension Homemaker year is set to start September 2023! The Floyd County Extension Homemakers Council will resume normal/regular schedule club meetings starting September. Please contact your club president for more details about club meetings.

Facebook: <https://www.facebook.com/groups/floydcohomemakers>

Floyd County Homemaker Club Meetings will be held monthly at the Allen Baptist Church on

SAVE THE DATE

March 19, 2023

Lunch & Learn

April 16, 2023

Lunch & Learn

Lunch & Learn Monthly Topics

Cherished Possessions	Carbon Monoxide
Savoring the Flavor: Spices	Generational Differences
Planning Thrifty Holiday Meals	Self-Care
Radon	Strong Bones

SPECIALTY CLUB NEWS

Nimble Thimble Quilt Guild

The Nimble Thimble Quilt Guild will be meeting on first Wednesday of December. From 10 AM at the Floyd County Extension Office. For more information about this group, contact the office at (606) 886-2668.

Woolies

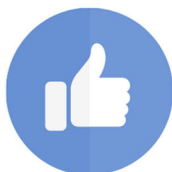
The Woolies will be meet on Second Wednesday of December at 10 AM at the Floyd County Extension Office. They will be having their Holiday Lunch at Cloud 9 in Martin County. For more information about this group, contact the office at (606) 886-2668.

Evening Quilt Group

The Evening Quilt Group will meet on the third & fourth Monday of the month at 5:00 PM at the Martin Church of Christ. For more information about this group, contact the office at (606) 886-2668.

Family & Consumer Sciences Programming

www.facebook.com/floydfcs



Like us on Facebook & stay up to date on FCS programming!

Dinner for Two

Cooking as a Team

Bring your spouse, significant other, friend, or relative and learn how to cook together as a team!

Floyd County Extension Office
3490 KY RT 321
Prestonsburg, KY 41653

Dates:

January 12, 2024
February 9, 2024
March 8, 2024

REGISTRATION REQUIRED.

PLEASE CONTACT TO REGISTER:

Floyd County Extension
Office at
(606) 886-2668

**All dates will begin at
6:00 PM**



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LEXINGTON, KY 40546



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December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 <u>Nimble Thimble Quilt Guild</u> 10 AM	7	8	9
10	11	12	13 <u>Woolies</u> 10 AM	14	15	16
17	18 <u>Evening Quilt Group</u> 5:30 pM	19	20	21	22	23
24	25 OFFICE CLOSED	26 OFFICE CLOSED	27 OFFICE CLOSED	28 OFFICE CLOSED	29 OFFICE CLOSED	30
31						



January 2024

Sun Mon Tue Wed Thu Fri Sat

	1 OFFICE CLOSED	2	3 <u>Nimble Thimble Quilt Guild</u> 10 AM	4	5	6
7	8	9	10 <u>Woolies</u> 10 AM	11	12 <u>Dinner for Two</u> 6 PM	13
14	15 <u>Evening Quilt Group</u> 5:30 Pm OFFICE CLOSED	16	17 <u>Nimble Thimble Quilt Guild</u> 10 AM	18	19	20
21	22 <u>Evening Quilt Group</u> 5:30 pM	23	24 <u>Nimble Thimble Quilt Guild</u> 10 AM	25	26	27
28	29	30	31			