



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

2022

# McCreary County FALL FCS Newsletter

## What is FCS?

FCS stands for Family and Consumer Sciences Extension. FCS Extension programs aim to improve the quality of individual and family life through education, research, and outreach.

FCS programming focuses on building assets of individuals and families to address problems faced across the lifespan. Family and Consumer Sciences Extension emphasizes well-being with a focus on human development, parenting, resource management, nutrition, health and leadership development. At the community level, FCS Extension prepares individuals for community and economic development and activity.

Professionals in Family and Consumer Sciences Extension provide the tools to help individuals and families to develop resources for strengthening families and building community for an ever changing society.

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## Calendar of Events

- Sept 12: McCreary Co FunMakers' Monthly meeting (adults)
- Sept 13: Book Cook (youth 6-12)
- Sept 15: Get Healthy McCreary Hiking Program - Yahoo Falls
- Sept 16: Laugh and Learn playdate (children 3-5 with caregivers)
- Sept 19: Mandala Art Stress Management w/ Ashley Moore
- Sept 22-24: McCreary County Extension Heritage Days
- Sept 28: Cook Together, Eat Together (Family)
- Oct 5: Cook Wild Food Preservation
- Oct 10: McCreary Co FunMakers' Monthly Meeting
- Oct 11: Book Cook
- Oct 13, Oct 18, Oct 27: Cook Wild-Summer Sausage and Charcuterie Board Workshop Series
- Oct 21: Laugh & Learn
- Oct 25: Get Healthy McCreary Hiking Program- Blue Heron/Dicks Gap
- Oct 26: Cook Together, Eat Together
- Oct 28: Basket Guild Meeting
- Nov 2: "Cooking Under Pressure"- Electric Pressure Cookers
- Nov 8: Book Cook
- Nov 10: Laugh & Learn
- Nov 14: McCreary Co FunMakers' Monthly Meeting
- Nov 15: Get Healthy McCreary Hiking-Natural Arch

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification

# RECIPE CORNER



Recipes from the  
2022 Food And Nutrition  
Recipe Calendar



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## HONEY MUSTARD CHICKEN TENDERS



USDA  
Supplemental  
Nutrition  
Assistance  
Program  
Putting Healthy Food  
Within Reach

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

- *1/3 cup low-fat mayonnaise*
- *2 tablespoons honey*
- *2 tablespoons mustard, any type*
- *1/2 teaspoon garlic powder*
- *1/2 teaspoon paprika (optional)*
- *1/4 teaspoon black pepper*
- *1 1/2 pounds uncooked chicken tenders or boneless chicken breast, sliced into strips*
- *Nonstick cooking spray*
- *2 cups panko breadcrumbs*

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a medium bowl, combine mayonnaise, honey, mustard, garlic powder, paprika (optional), and black pepper. Stir well.
3. Trim any fat from chicken. After handling raw poultry, scrub hands with warm water and soap, for at least 20 seconds.
4. Using tongs, add chicken to sauce in bowl. Turn pieces over to coat all sides with sauce.

5. Refrigerate chicken for 30 minutes, turning over once or twice.
6. Preheat oven to 400 degrees F.
7. Lightly coat a baking sheet pan with nonstick spray.
8. Place breadcrumbs in a shallow bowl. Lift chicken out of bowl one piece at a time, keeping a good layer of sauce on the chicken. Put chicken on the breadcrumbs and turn to coat all sides. Discard any remaining sauce.
9. Place chicken pieces on pan in a single layer.
10. Bake for 15 minutes. Remove pan from oven and carefully turn chicken pieces over.
11. Return pan to oven and bake 10 more minutes, or until a thermometer inserted into the thickest piece reads 165 degrees F.
12. Store leftovers in the refrigerator within 2 hours.

**Makes 6 servings**  
**Serving size:** 4 ounces  
**Cost per recipe:** \$9.45  
**Cost per serving:** \$1.58

### Nutrition facts per serving:

270 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 80mg cholesterol; 280mg sodium; 27g total carbohydrate; 0g dietary fiber; 7g total sugars; 0g added sugars; 29g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 10% Daily Value of iron; 0% Daily Value of potassium.

**Source:** Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension



# McCreary County Homemaker News

## Why Should You Join Homemakers?

A homemaker's club is a terrific place to meet with friends, socialize and learn new ways to simplify your life. It's a time to share your skills, interests, and learn new and up-to date research all while learning and becoming leaders in our community.

The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service and education.

Anyone can belong to The McCreary County Extension Homemaker Association! It is open to those of any age, race, color, national origin, creed, marital status, gender, or income level! Any full or part-time homemaker, rural or urban are all welcome.

## Leader Lesson Schedule:

Sept 12: Elements & Principles of Art/Autumn Home Decor  
Oct 10: Creative Containers & Managing Stress Eating  
Nov 14: County led Lesson  
Dec 12: County led Lesson  
Jan 9: Mail-out  
Feb 13: Savor the Flavor: Cooking with Oils and Vinegars  
March 13: Making the Most out of Meals while Travelling  
April 10: Healthy Outdoor Cooking

## For more Info:

Contact Leah VanMeter Cardwell  
McCreary Co. FCS agent  
606-376-2524  
leah.vanmeter@uky.edu

McCreary County Extension Office  
141 College Street  
Whitley City, Ky 42653

## How To Get Involved!

### **JOIN AN EXISTING CLUB—**

Attend regular meetings usually monthly, day or night.

### **FORM A NEW CLUB—**

Minimum of 5 people-call for information!

Form a special interest club  
-book club, quilters, scrapbooking, cooking-you decide!

### **ENROLL AS A MAILBOX MEMBER—**

Receive information in the mail and attend activities as your time allows-no regular or monthly meetings to attend.

### **HOMEMAKER MEMBERSHIP**

**DUES: \$8.00**

A \$1 contribution is included in dues for the Kentucky Ovarian Cancer Research Fund. Extension Homemaker members, age 50 and above or with family cancer history, are eligible to receive free ovarian cancer screenings at the Markey Cancer Center in Lexington, KY.



# Heritage Days September 22-24



**LAST DAY FOR SIGN-UPS  
SEPTEMBER 9, 2022**

*Class Fees due upon Registration*

*Spaces are limited. Call the McCreary County Extension Office at 606-376-2524 to register.*

*In Loving Memory of McCreary County Former FCS agent  
Kathy Brannon*

# Heritage Days September 22-24

## Thursday, September 22

9am-Noon	Ceramic Truck w/ Interchangeable Topper (Fall or Christmas Choice)- Vivian Gault	\$30.00
10am-Noon	Hand Embroidery Snowman Tea Towel -Becky Walker	\$10.00
1pm-5pm	Ceramic Vintage Christmas Tree w/ Lights -Vivian Gault	\$36.00
1pm-5pm	Gnome Wall Leaner Painting -Taylor Barnett	\$30.00
5pm-8pm	9 Patch Quilt top Block Sewing (by hand) -Gwen Bryant	FREE (bring own Material)
5pm-8pm	Snowman Wall Leaner Painting -Taylor Barnett	\$30.00

## Friday, September 23

8am-Noon	Mini Barn Quilt Painting -Seth Hart	\$20.00
8am-Noon	Clothes Pin Basket Weaving -Basket Guild	\$15.00
9am-5pm (Lunch Break 12-1pm)	Memory Bear Sewing -Charlotte Smith	\$40.00 (bring your own fabric/clothing article)
1pm-5pm	DIY Stained Glass Angels & Holly Christmas Ornaments - Phyllis Miller (2 ornaments 4-6" ea)	\$75.00
1pm-8pm	Hands-On Horseshoe Knife Metal Forging -Phillip Dahlstrom	\$40.00
5pm-8pm	Tree of Life Wreath Making -Beverly McKnight	\$25.00

## Saturday, September 24

8am-Noon	Our Daily Bread Basket Weaving -Pat Jones	\$45.00
8am-Noon	Calligraphy Basics and Wood Round Magnet Painting with McCreary Landmarks- Samantha Arvesen	\$20.00
10am-Noon	Beginner Crochet -Betsy Ball	\$5.00
1pm-5pm	Copper Rose Copper Forging-Duane Baysinger	\$35.00
2pm-3pm	Hand Poured Soap Creations -Lori Ross	\$10.00

# Upcoming Events



## Come Laugh & Learn with your 3-5yr old child(ren)!

We are offering a FREE one-hour Laugh and Learn Playdate every month for you and your child(ren) to engage in playful activities that are designed to prepare them for kindergarten. Adults and children will hear stories, sing songs, make crafts, play games, and enjoy a healthy snack during every playdate. Be sure to sign up and mark your calendars with the following dates so you and your child(ren) can together build the skills they will need to best prepare them for school.

Location: McCreary County Public Library @ 10am

Dates: Sept 16, October 21, Nov 10

**BOOK COOK  
MONTHLY @  
MCCREARY COUNTY  
LIBRARY  
4:30PM**

**September 13th  
October 11th  
November 8th**

*Book Cook*  
**PIZZA**  
TUESDAY, SEPTEMBER 13TH  
@ 4:30PM

JOIN US FOR THIS EXCITING PROGRAM WITH OUR FRIENDS FROM THE MCCREARY COUNTY EXTENSION OFFICE. WE WILL READ A BOOK AND LEARN HOW TO MAKE A FUN AND HEALTHY TREAT TO GO ALONG WITH OUR BOOK! FOR AGES 6-12.

RSVP IS A MUST!  
CALL THE LIBRARY TO REGISTER!  
606-376-8736

MAKE A PIZZA TREAT!  
SPACE LIMITED!

*Pizza at Sully's*



## COOK TOGETHER, EAT TOGETHER

Cooking Socials will be held at the McCreary County Extension office monthly.

The cost for the class is free and supplies will be provided. Class size is limited, so please pre-register if you would like to attend. This class is intended for families to cook together, so youth must be accompanied by an adult.

**Dates:**

**September 28th**

**October 26th**

**November 30th**



# Upcoming Events

Lunchtime  
Program  
@ Library  
Sept. 7  
12-1pm

Join us for a lunchtime program about  
**COUNTRY HAM  
CURING & RECIPES**

**LUNCH PROVIDED!**

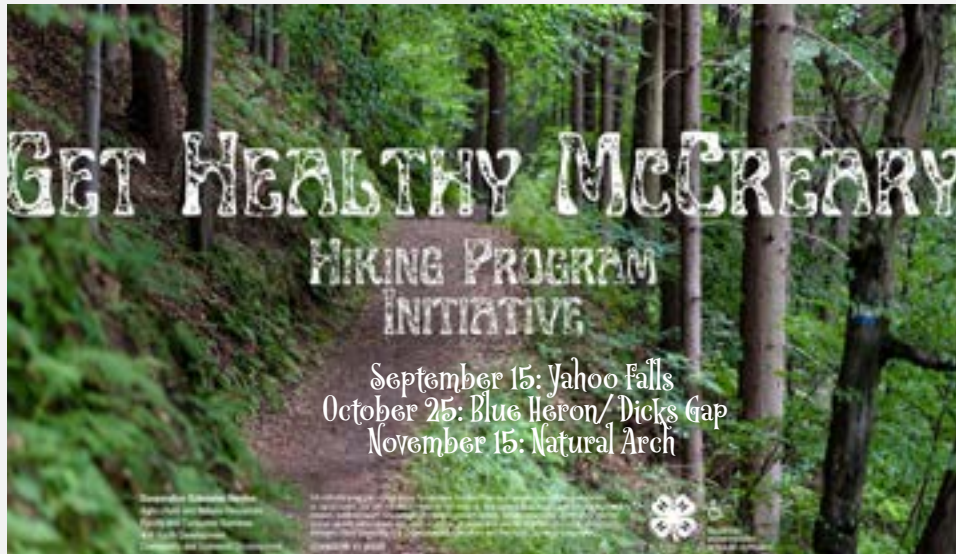
Sept 7th, 12:00 - 1:00 PM  
@ the McCreary County Public Library

Trace Goodman and Leah Cartwell, from the McCreary County Cooperative Extension Service will be joining us on Sept. 7th, 2022 for a lunchtime program all about the country ham curing process and the recipes we can fix from the hams we process from start to finish.

Call 376-8738 to register



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**GET HEALTHY MCCREARY**  
HIKING PROGRAM  
INITIATIVE

September 15: Yahoo Falls  
October 25: Blue Heron/Dicks Gap  
November 15: Natural Arch

## Get Healthy McCreary Hiking Program

Meet at 10am at the  
McCreary County  
Extension Office

Sept 15: Yahoo Falls  
Oct 25: Blue Heron/Dicks Gap  
Nov 15: Natural Arch

## Mandala Art Stress Relief

Sept 19th @ 5pm  
Recommended age:  
teens & adults  
Materials provided.  
**FREE!!**  
Call the McCreary County  
Extension Office to register.



Join us Monday September 19th, 2022  
@ 5PM for a walk through stress management  
using the Mandala Art technique.  
Hosted by 4-H assistant Ashley & FCS  
Agent Leah.

Call the McCreary County Extension Office to  
reserve your spot. 606-376-2524  
Space is limited. Materials will be provided.  
Recommended age: teens & adults

# Upcoming Events

Lunchtime  
Program  
@ library  
October 5  
12-1pm



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Cook Wild Food  
Preservation  
Class



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



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.



**Cook Wild**  
*Summer Sausage  
&  
Charcuterie Board  
Workshop*

October 13- Cutting Boards  
October 18- Summer Sausage  
October 27- Charcuterie boards  
@5pm

Pre-Registration is required.  
Space is Limited.

Lunchtime  
Program  
@ library  
November 2  
12-1pm



**Cooking under Pressure**  
Learning how to use Electric Pressure  
Cookers





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## Wild Turkey & Broccoli Casserole



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### Wild Turkey & Broccoli Casserole

- 2 packages (10 ounces each) frozen broccoli, or 2 bunches fresh broccoli, washed and cut into pieces
- 4 cups cubed, cooked wild turkey meat
- 1 cup light mayonnaise
- 2 cans (10.5 ounces each) low-sodium cream of chicken soup
- 1 teaspoon curry powder or 1 tablespoon prepared mustard
- 1 teaspoon lemon juice
- 1/2 cup grated cheddar cheese
- 1/2 cup panko breadcrumbs
- 1 tablespoon melted butter

To cook turkey breast, preheat oven to 325 degrees F. Add vegetable oil to a roasting pan. Place turkey breast in roasting pan. Season meat lightly with garlic powder and black pepper. Cover with lid or aluminum

foil. Cook at 325 degrees F until internal temperature is 165 degrees, about 1 1/2 to 3 1/2 hours for 4 to 8 pounds of meat. Let meat cool in pan for 15 minutes before cutting into cubes. Steam broccoli until tender. Drain. Grease a 2-quart casserole dish or 9-by-13-inch pan. Place turkey on the bottom, and arrange the broccoli over the turkey. Combine mayonnaise, cream of chicken soup, curry powder or mustard, and lemon juice. Pour over broccoli. Combine cheese, breadcrumbs, and butter. Sprinkle over casserole. Bake at 350 degrees F for 30 minutes.

**Yield:** 8 servings

Adapted from: "Fish & Game Cookbook," Bonnie Scott. 2013.

### Nutrition Facts

8 servings per recipe

**Serving size** (243g)

**Amount per serving**  
**Calories** **270**

**% Daily Value\***

<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 660mg	<b>29%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 23g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 1mg	6%
Potassium 355mg	8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2022

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## THIS MONTH'S TOPIC: PREPARING FOR RETIREMENT

Understanding the basics of saving for retirement is an important step in planning for your financial future. With the average American living to nearly 80 years old or older, a person could spend 20 to 30 years in retirement. The Internal Revenue Service estimates you may need up to 80% of your current income to retire comfortably. Thankfully, there are a variety of plans and options available to help you save today for a more secure tomorrow.



### START SAVING EARLY

Retirement plans are designed to help you financially prepare for your future. It is important to start saving for retirement as early as possible, especially if you want to maintain the standard of living to which you are accustomed. If you don't have a lot to invest currently, know that a little money invested with compounding interest can go a long way.

The IRS offers examples of the value of future retirement savings:

Monthly Savings, 6%	5 years	15 years	20 years
\$50	\$3,506	\$14,614	\$23,218
\$200	\$14,024	\$58,455	\$92,870
\$500	\$35,059	\$146,136	\$232,176

### UNDERSTANDING SOCIAL SECURITY

Don't expect government benefits to finance your retirement. The average monthly benefit paid by the Social Security Administration is \$1,200. To estimate your retirement benefits at different ages (such as ages 62, 65, 67, or 70), visit <https://www.ssa.gov/myaccount/retire-calc.html> or log in to your "my Social Security" account. This is an important decision, especially since no one age works for everyone because of differing lifestyles, finances, personal needs, and retirement goals.

### TYPES OF RETIREMENT ACCOUNTS

IRAs, otherwise known as Individual Retirement Arrangements or Accounts, can help you save for retirement above Social Security benefits. Three common retirement plans are the traditional IRA, Roth IRA, and traditional 401(k). The minimum age to begin receiving benefits differs depending





## IT IS IMPORTANT TO START SAVING FOR RETIREMENT AS EARLY AS POSSIBLE



on the plan and circumstances (and can range from age 55 to 59 ½ to 72, for example). Talk to a licensed financial advisor at a bank, credit union, or a licensed brokerage firm as you consider what is best for your finances and retirement goals.

A **traditional IRA** is an individual retirement account that allows you to make pre-tax contributions. This means you don't pay taxes on IRA deposits or earnings until retirement. Then in retirement, the withdrawals you make are taxed as income. Traditional IRAs can be beneficial if you expect to be in a lower tax bracket when you retire.

A **Roth IRA** is an individual retirement account where your contributions are made with funds that have already been taxed. This means the earnings and withdrawals you make during retirement are tax-free.

A **traditional 401(k)** is an employer-sponsored retirement plan that allows employees to make pre-tax contributions through payroll deductions. This means deposits go directly from your paycheck to your account. Most 401(k) plans also offer employees a choice of investment options. Some employers will match your contributions. It is important to take full advantage of employer matching to maximize your retirement savings. Employee and employer contributions to a 401(k) plan, as well as any earnings from the investments,

are tax-deferred. This means you pay taxes only when you withdraw the savings.

### REQUIRED MINIMUM DISTRIBUTIONS (RMDs)

You cannot keep money in your retirement accounts indefinitely. Most traditional IRA or 401(k) retirement plans require you to begin making withdrawals (or "required minimum distributions") when you reach a particular age. (It's generally 70 ½ or 72, depending on your birth year. See <https://www.irs.gov/retirement-plans/plan-participant-employee/retirement-topics-required-minimum-distributions-rmds> for more information.)

### PLANNING AHEAD

It is up to you to plan for your retirement. Investing in retirement savings allows you to take charge of your financial future. Whether retirement is a few years or a few decades away, using the resources and advisors available through your workplace or financial institution can help make the process less intimidating. For more information online, visit <https://www.irs.gov/retirement-plans>.

Also, consider using free online tools offered by the U.S. Department of Labor to help you establish financial goals and priorities, create a cash flow spending plan, reduce debt, and save for retirement. These are available at <https://www.askebsa.dol.gov/SavingsFitness/Worksheets>.

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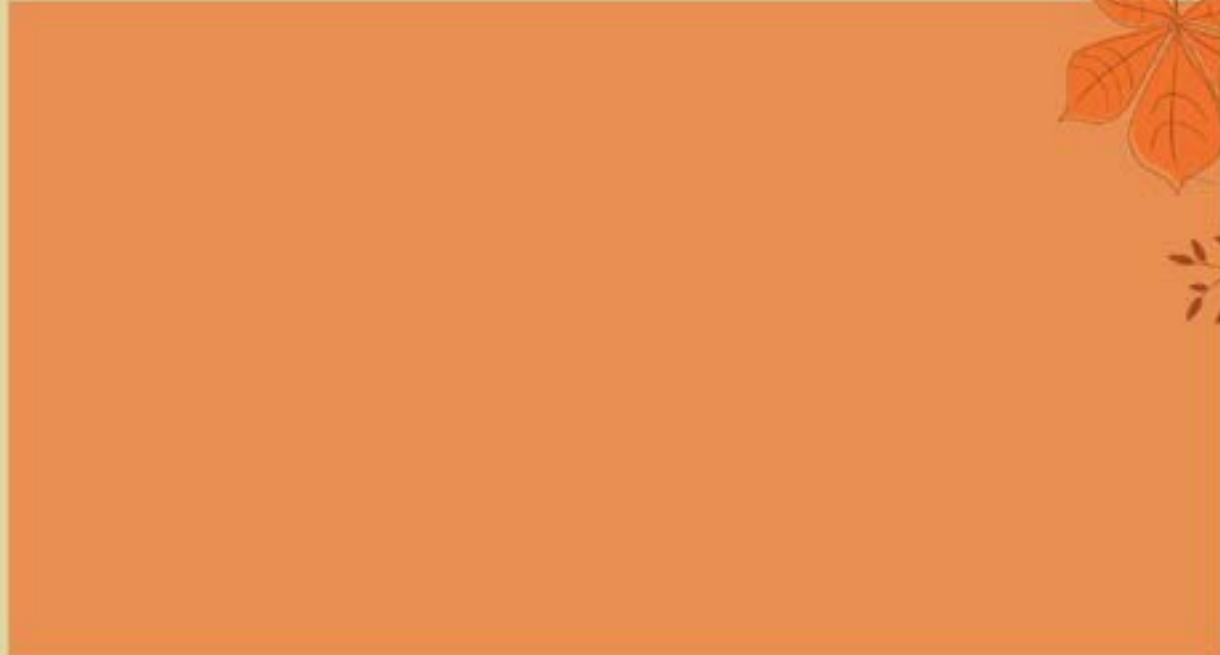
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<https://www.facebook.com/McCrearyCoExt>

## WE WANT YOUR SUGGESTIONS!

If you have any ideas/recommendations for classes, programs, 4H experiments, etc., that you'd like to see covered,

either virtual or in person, please let us know.

Send us a message on Facebook

Send us an email: [mccreary.ext@uky.edu](mailto:mccreary.ext@uky.edu)

Snail-mail: PO Box 278, Whitley City, KY 42653

Stop by the office: Mon-Fri 8am-4:30pm (Lunch 12-1pm)

or give us a call 606-376-2524

**The only way to give our clients what they want is to know what they want!**

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