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February 2025

February is upon us and Old Man Winter is still here!

- Keep your family safe by doing a few quick things to be ready for bad weather.
- Don't take severe cold, snow and ice for granted. Remember the extremely cold temperatures we have had in previous years. Our homes have had water damage from frozen and bursting pipes, many of which could have been prevented.

Precautions you can take for your home and farm

- Leave water dripping and cabinet doors open during periods of low temperatures.
- If an extreme cold is predicted, locate your water cut off valve. Turn water off and drain your water lines by turning on the faucets. (especially if you have water lines on the outside walls of your home). This will reduce the risk of freezing pipes. Also Don't forget about water lines flowing to washing machines.
- Check the antifreeze protection level of your vehicles and farm equipment.
- Be sure that pets and livestock have a reliable source of water and weather protection.
- Don't make any unnecessary trips outdoors, you could fall while walking or your vehicle could break down and leave you isolated.



Peggy F. Jones

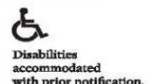
County Extension Agent for
Family & Consumer Sciences/
4-H Youth Development

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Events for This Month



IN FEBRUARY



2025

**MON
03**

**HOMEMAKERS
MEETING/LUNCH @ DON
SENIOR MEXICAN
1:00 P.M.**

**TUES
04**

**HOMEMAKERS LEADERSHIP
DAY @ MASON COUNTY
EXTENSION - 10:00 A.M. -
2:00 P.M.**

Please call our office and sign up by January 31, 2025

**THUR
13**

**VALENTINE
MEETING/LUNCHEON @
MELINI CUCINA
ITALIAN RESTAURANT -
1:00 P.M.**

BUDGETING TIPS



Basic Budget Bites



Canned and Frozen Fruits and Veggies

During the winter months, fresh fruits and veggies are often harder to find, pricier, and not as flavorful. Frozen and canned choices are often cheaper and more flavorful since they are picked at peak ripeness. Research has found that canned fruits and vegetables are just as healthy as fresh options.

One study found that canned fruits and vegetables can stretch food budgets. Canned foods cost up to 50% less than frozen and 20% less than fresh. Canned foods are also less likely to be wasted. Whether it's fresh, canned, or frozen, be sure to have fruits and veggies in most of your meals.

START OFF THE NEW YEAR WITH MYPLATE

TIPS

Kick the new year off by making it a point to include MyPlate meals in your day. MyPlate helps you to choose many foods throughout the day and throughout the week.

1

FOCUS ON WHOLE FRUITS

Fresh, frozen, canned, or dried fruits are in this group. At least half that you eat should come from whole fruit, instead of 100% fruit juice.

2

VARY YOUR VEGGIES.

Veggies can be raw or cooked and can be fresh, frozen, canned or dried.

3

VARY YOUR PROTEIN ROUTINE.

Protein foods include all foods made from seafood; meat, poultry, and eggs; beans, peas, and lentils; and nuts, seeds, and soy products. Try to eat many kinds of lean proteins.

MAKE HALF YOUR GRAINS WHOLE GRAINS

4

Foods made from wheat, rice, oats, cornmeal, barley, or other cereal grains is a grain product. Bread, pasta, breakfast cereals, grits, tortillas, and popcorn are all in this group.

MOVE TO LOW-FAT OR FAT-FREE DAIRY

5

milk, yogurt, and cheese (or lactose-free or fortified soy versions)

Potato Basics



Russet bake, mash, roast

Potatoes are loaded with
vitamin C and potassium.

Purple boil,
steam, roast,
salads, soups,
stews



White all ways



For best results,
match the type of
potato with the
suggested ways of
cooking them.

Red boil, steam, roast,
salads, soups, stews



Yellow all ways



New, Petite
(any potato harvested young)
boil, steam, roast

Fingerling bake, steam, roast



Store Well - Waste Less

- 1 Potatoes keep best where it is dark, cool and well ventilated.
- 2 Store in a cabinet or drawer so light will not cause the skin to turn green and bitter. Avoid storing under the sink or near appliances that get hot.
- 3 Store in a cool place but not in the refrigerator. Temperatures below 45 degrees F can change flavor and texture.
- 4 Store in a paper bag or a plastic bag with holes that allow airflow.
- 5 Scrub potatoes under running water just before cooking.
- 6 If potatoes turn green or sprout, but are firm, they are safe to eat. Cut those parts away before cooking.
- 7 Put raw cut potatoes in a bowl of cold water with a splash of vinegar or lemon juice to keep them from turning brown.

Shop and Save

- Choose clean, smooth, firm potatoes with no cuts, bruises sprouts or green skin.
- Potatoes are available year round. For best quality, buy the amount you can use within a few weeks.
- Potatoes are also available frozen, canned and dehydrated.

Source: Foodhero.com/ Oregon State University Extension Service

Scalloped Potatoes

Yield: 6 servings

5 tablespoons margarine
1 cup finely chopped onion
5 tablespoons flour
2½ cups skim milk, heated
1½ teaspoons grated lemon rind
¼ teaspoons salt
¼ teaspoon white pepper
2 pounds potatoes, peeled and thinly sliced
3 tablespoons finely chopped parsley
2 tablespoons grated Romano cheese

In a medium saucepan, heat margarine over medium heat. Saute' onions until translucent. Stir in flour and cook 3 minutes, stirring often. Add milk and cook until sauce is thickened, stirring constantly. Add lemon rind, salt, pepper, and parsley. Remove from heat. Arrange potatoes in lightly greased 8 X 8 baking dish. Pour sauce over potatoes and sprinkle cheese on top. Bake at 325 degrees F for 1½ hours.

Nutrition information: *Serving size: ½ cup; Calories: 283; Protein: 8g; Carbohydrate: 40g; Fat: 11g; Cholesterol: 4mg; Sodium: 289mg*

Source: Kentucky Potatoes FSHE-12 University of Kentucky

Mexican Potato Skins

Yield: 16 pieces

4 large baking potatoes, baked
3 ounces shredded cheddar cheese*
3 ounces shredded Monterey jack cheese*
1 cup chopped, peeled tomato
¾ cup crushed tortilla chips
Sour cream*, optional

Cut each baked potato lengthwise into quarters. Scoop out potato leaving ¼-inch layer or potato in shell. Place potato skins on lightly greased baking sheet. Combine cheeses and place half of cheese in potato skins. Top with tomato, tortilla chips, and remaining cheese. Bake at 350 degrees F for 6-8 minutes or until cheese melts. Serve with sour cream. If desired.

Nutrition information: *Serving size: ¼ potato; Calories: 90; Protein: 4 g; Carbohydrate: 10g; Fat: 4g; Sodium: 95 mg*

DID YOU KNOW?

Did you know that children are more likely to try new foods and eat healthy foods if they see their caregivers doing the same? Next time you want your child to try a new vegetable, do it with them or offer something they often see you eating.

Source: Healthy Choices Newsletter January/February 2025



The 2025 Food & Nutrition Recipe calendars are available at the Extension Office. FREE

Some of the recipes include:

- Split Pea Soup
- Cauliflower Bites
- Crunchy Air Fryer Fish
- Lemon Broccoli Pasta
- Banana Pancakes
- Rice and Bean Salad
- Chicken Burgers
- Slow Cooker Asian Pork Tacos
- Grits Greens and Egg Bowl
- Cheesy Pumpkin Pasta Bake
- Parmesan Carrot Chips
- Lasagna Soup

If you would like a copy, stop by the Extension Office and pick up one.

Four steps to food safety

Following four simple steps at home — Clean, Separate, Cook, and Chill — can help protect you and your loved ones from food poisoning.



Clean

Wash your hands and surfaces often.

- Germs that cause food poisoning can survive in many places and spread around your kitchen.
- Wash hands for 20 seconds with soap and water before, during, and after preparing food and before eating.
- Wash your utensils, cutting boards, and countertops with hot, soapy water.
- Rinse fresh fruits and vegetables under running water.



Cook

To the right temperature.

- Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture.
- Use a food thermometer to ensure foods are cooked to a safe internal temperature.
- **Whole cuts of beef, pork, veal, and lamb:** 145°F *(then allow the meat to rest for 3 minutes before carving or eating)*
- **Ground meats**, such as beef and pork: 160°F
- **All poultry**, including ground chicken and turkey: 165°F
- **Leftovers/casseroles:** 165°F
- **Fresh ham (raw):** 145°F
- **Fin fish:** 145°F *(or cook until flesh is opaque)*



Separate

Don't cross-contaminate.

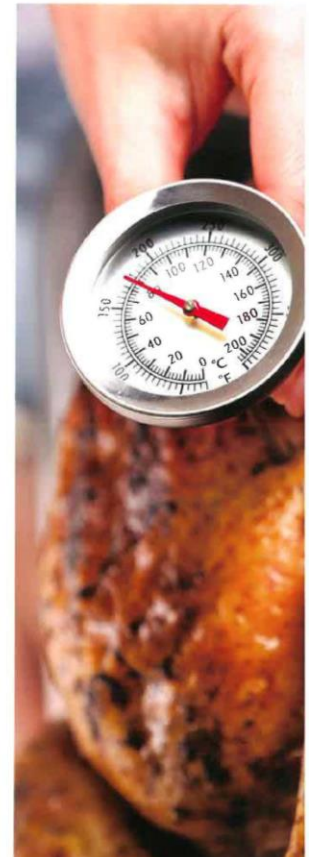
- Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods — unless you keep them separate.
- Use separate cutting boards and plates for raw meat, poultry, and seafood.
- When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.
- Keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge.



Chill

Refrigerate promptly.

- Bacteria can multiply rapidly if left at room temperature or in the "Danger Zone" between 40°F and 140°F.
- Keep your refrigerator at 40°F or below and know when to throw food out.
- Refrigerate perishable food within 2 hours. *(If outdoor temperature is above 90°F, refrigerate within 1 hour.)*
- Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter, because bacteria multiply quickly in the parts of the food that reach room temperature.



Source: 2025 Nutrition Calendar

KIDS PAGE

Don't Let the Cold Keep You in!

There is so much fun to have playing outdoors, even in the cold! If you are dressed for the weather, there is no reason to let wintertime end your outdoor fun. There are some games and activities that are more fun, or only possible, in the winter.

Dress for the weather

If it is wet, wear:

- Rain boots
- Rain jacket and pants, or rain suit

If it is snowy, or both wet and cold, wear outer layers to keep you dry and inner layers to keep you warm. A snowsuit or coveralls may be helpful.

Source: Youth Health Bulletin
January 2025

If I is cold, wear: Layers of tops and bottoms to stay warm

- A coat
- Hat
- Gloves
- Socks
- Shoes like sneakers or boots



Can you find the words hidden in the puzzle?



- | | | | |
|------|-------|--------|---------------|
| HOT | WARM | SNOWY | CLOUDY |
| COLD | WINDY | STORMY | SUNNY |
| COOL | RAINY | FOGGY | PARTLY CLOUDY |



RETURN SERVICE REQUESTED

What's Cookin'



Potato Broccoli Soup

4 cups cubed potatoes	3 cups 2% milk	2 green onions, finely minced, divided
2 heads broccoli, (3-4 cups florets)	¼ teaspoon salt	½ cup reduced-fat sour cream
2 tablespoons olive oil	½ teaspoon pepper	¼ cup bacon bits (optional)
¼ cup all-purpose flour	5 ounces cheddar cheese, reduced-fat, shredded	
⅓ cup melted butter		

Preheat oven to 375 degrees F. **Place** potatoes in large saucepan, **cover** with water and bring to a boil. **Reduce** heat and **cook** potatoes until tender, about 15 minutes. **Cut** broccoli heads into small florets and **place** on baking tray. **Drizzle** with olive oil and **roast** for 15 minutes. **Drain** cooked potatoes in a colander. In the saucepan, **combine** the flour and melted butter; **cook** on medium heat for 1 minute. Slowly **add** milk to the mixture, stirring constantly until thickened. Soup can be thinned by adding an additional

½ cup of milk or water, if desired. **Add** the potatoes, broccoli, salt, pepper, cheese, half of the green onions and bacon bits. **Cook** on low until heated. A few minutes before serving, **add** the sour cream and **stir** to combine. **Serve** topped with remaining onions.

Yield: 6, 1¼ cup servings

Nutritional Analysis: 390 calories, 24 g fat, 13 g saturated fat, 60 mg cholesterol, 370 mg sodium, 30 g carbohydrate, 3 g fiber, 9 g sugars, 15 g protein.