

Hancock County Extension Family & Consumer Science Education



December 2023



Hancock County Building Strong Families for Kentucky

Roll Call

December is the holiday season. What is your favorite holiday tradition?

Thought For The Day

“Small cheer and great welcome make a merry feast.”

-William Shakespeare



Cooperative Extension Service

Hancock County
1605 US Highway. 60 West
Hawesville, KY 42348
270-927-6618

Interested in quilting? The New Chapel Quilters meet on Thursdays at the New Chapel Methodist Church from 9 am to 11:30 am.

Merry Christmas from all of us at the Hancock County Extension Office!

We will be closed December 25th through January 2nd. We hope you all have a wonderful Holiday Season!

The Hawesville Homemakers

Next meeting will be December 11th at 6:00 pm. It will be held at Karon Jackson's house. Please bring a side dish.



The Sunshine Circle Homemakers

Next meeting will be December 12th at 5:30 pm. It will be held at the Hancock County Development Complex. This will be a breakfast potluck with biscuits and sausage patties provided. We will be playing Dirty Santa. The gift you bring should be something you made such as a craft item or a baked good.



It's Not Too Late To Develop a Holiday Budget!

Source: Nicole Huff, Assistant Professor, School of Human Environmental Sciences



The holidays are quickly approaching. While holidays give people time to spend with loved ones, all the extra purchases for gifts, food and decorations can quickly escalate. If you have not been saving all year, you might be starting to feel the financial pinch that can come with the season.

Developing a budget can help start your financial preparation for the holidays. Budgets give you a great idea of the amount of money you will need to get through the holidays and will help avoid impulse buying. It is important to include all holiday purchases when developing a budget. Think of any events, travel, charitable donations and gifts that you have planned for the season. Remember to list food and other entertainment costs if you plan on hosting holiday celebrations. Be sure to list each person you plan to give a gift and the amount you plan to spend—no matter how small.

Once you have established a budget, review it. If you are not comfortable with the amount of money the season's festivities are going to cost, a budget can help you find areas where you can make cuts. For example, you can make decorations instead of buying them or use your own utensils, plates and glasses instead of purchasing paper or plastic. You may also have some people on your gift list that might enjoy a nonmonetary gift, (like assistance completing a project or just your time). If you still need to tighten your belt further, prioritize your purchases. Your family may rather have a big meal together than lots of presents.

Remember your budget as you head to the stores. Consider keeping a copy of the budget to keep you on track and to avoid impulse purchases. Try to use cash or your debit card whenever possible to avoid paying interest on credit card purchases well after the season has ended.

More information on developing a holiday budget is available at the Hancock County Extension office.

Dates to Remember

Sunshine Circle Homemakers

12/5 - 5:30 pm. HC Development Complex-Gourd Painting class by Debbie Gay. Participants must register and pay at the Extension Office. Cost will be \$5 for members and \$7 for non-members.

12/7 - 9:30 am. HC Development Complex-Meals on Wheels December Project. We need empty toilet paper rolls and paper towel rolls.

12/12 - 5:30 pm. HC Development Complex-December Business Meeting. It will be a Brunch Potluck and Dirty Santa. The gift is to be something you made.

12/19 - 5:00 pm. HC Development Complex-Blocks of the Month class.

1/9- 5:30 pm. HC Development Complex-January Business Meeting.

ADULT SEWING CLASS

Christmas Tree Pillow

All Supplies Provided!



Cost is \$10

MONDAY, DECEMBER 4, 2023
MORNING 10-12 PM

OR

AFTERNOON 5-7 PM

RESERVE A SPOT BY DEC. 1

Skill Level • Must know how to sew using sewing machine
OR

• Completed FCS Extension Beginner Sewing Class.

CALL HANCOCK COUNTY EXTENSION OFFICE 270-927-6618

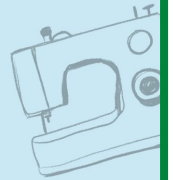
Angie Swihart, Hancock County Extension Agent for Family And Consumer Sciences



NEW BEGINNER SEWING CLASS

December 13, 2023

Class # 1: 1 pm - 4 pm Pillowcase
Class # 2: 4 pm - 7 pm Apron



You will learn about the following:

- Fabric
- Hand Sewing
- Patterns
- Sewing Tools
- Sewing Machines-(Bring your own machine or use one here)
- Seam Finishes
- Sewing Project #1 Pillowcase or #2 Apron



The class is free. You will need to bring supplies:

Apron:

1 & 1/2 yards of fabric (cotton) your choice color pre-washed and ironed
1/2 yard fabric of coordinating fabric
Thread to match

Pillowcase:

1 yard of fabric pre-washed and ironed
1/2 yard coordinating fabric
Thread to match



Dec 7th

FINANCIAL LITERACY CLASS ON BUDGETING

How to make your money go far

HAWESVILLE LIBRARY AT 5:30
NO REGISTRATION REQUIRED

Questions call 270-927-6760

ANGIE SWIHART



5 DECEMBER 2023

5 PM. AT THE HANCOCK COUNTY CAREER CENTER

GOURD PAINTING

Brought to you by Sunshine Circle Homemakers

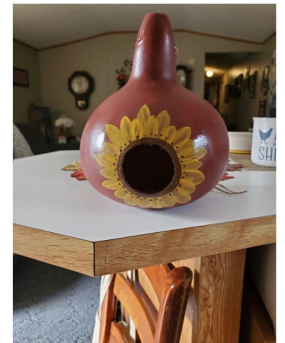
SIMPLE BRUSH STROKES & BASIC TECHNIQUES

\$5 MEMBERS

\$7 NON-MEMBERS

ALL MATERIALS ARE SUPPLIED, LIMITED NUMBER FOR CLASS.

Call 270-927-6618 or come by the Hancock County Extension Office to reserve your spot.





Slow Cooker Navy Bean Soup

- 1 pound dried navy beans
- 1 smoked ham hock
- 2 medium carrots, diced
- 3 medium stalks celery, diced
- 5 cups low-sodium chicken broth
- 2 tablespoons salt-free garlic and herb seasoning
- 2 bay leaves
- 1 teaspoon salt

Soaking:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse and sort beans, removing dirt, rocks, and other debris that might be present. Choose from the quick soak or overnight soak methods below:

Quick soak: Place the beans in a pot large enough for them to double in size. Add 6 cups of water for every 2 cups of dry beans. Next place the pot on medium-high heat and bring to a boil. Boil beans for 2 to 3 minutes in uncovered pan. Remove from heat. Cover pan and let soak for 1 hour before cooking.

Overnight soak: Place the beans in a pot large enough for them to double in size. Add enough water to have at least 1 inch over the beans. Cover and refrigerate 8 hours or overnight.

Cooking:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.



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

Nutrition facts

per serving:
220 calories; 5g total fat; 4.5g saturated fat; 0g trans fat; 25mg cholesterol; 540mg sodium; 28g total carbohydrate; 6g dietary fiber; 2g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

Source:

Jen Robinson, NEP Area Nutrition Agent; and Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

3. Rinse and drain the soaked beans and place them in the bottom of a large (7- to 8-quart) slow cooker. Add the ham hock, carrots, celery, chicken broth, seasoning, and bay leaves.
4. Cover with lid and cook on low for 7 to 9 hours or high for 4 to 5 hours, until the beans are tender. Add salt.
5. Remove ham hock and bay leaves from soup. Separate the meat from the skin and bone of the ham hock. Chop meat and return it to the soup. Discard the bone, skin, and bay leaves.
6. Refrigerate leftovers within 2 hours.

Note: Substitute ham hock with 2 cups diced ham or a leftover ham bone.

Makes 12 servings

Serving size: 1 cup

Cost per recipe: \$7.18

Cost per serving: \$0.60

ATTENTION!

For those homemakers who have not turned in your enrollment forms or dues, you will be taken off the mailing list.

Homemaker Lessons

Next leader lessons will be January 16 at 10 am. in Daviess County and January 17th at 10 am. in Henderson County. This lesson will be on Self Care and Self Pampering.

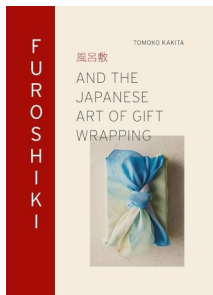
The February lesson will be also on January 16th at Daviess County at 11 am. and Henderson County January 17th at 11 am. This lesson will be on Healthy Eating Around the World.

Book Corner

Furoshiki and the Japanese Art of Gift Wrapping

by Tomoko Kakita (2021)

In Japan, gift-giving is an important cultural ritual, and the presentation is just as important as the gift itself. Learn 30 exquisite yet easy wrapping styles, involving knotted or intricately folded Furoshiki cloth, to wrap bottles, bouquets of flowers and other presents. You can also use Furoshiki to wrap and carry all sorts of everyday items.



KENTUCKY STATE UNIVERSITY
Cooperative Extension Program

Angelia (Angie) Swihart

Angelia Swihart

Hancock County Extension Agent for
Family & Consumer Science Education