



What do we know about new weight loss drugs?

Source: Anna Cason, Senior Extension Associate for Food and Nutrition

Semaglutides have been all over the news and social media lately. You may recognize them by their brand names like Ozempic, Wegovy, or Rybelsus. Ozempic and Wegovy are once-weekly injections while Rybelsus is a pill you take once daily. These drugs act like a hormone that your body usually releases in response to eating. These medications increase the amount of insulin the pancreas produces. They also slow the movement of food through the stomach leading to a feeling of fullness, decreased appetite, and potentially leading to weight loss.



Ozempic and Rybelsus were originally developed for and are used to treat Type 2 diabetes. Wegovy was developed by the same company that makes Ozempic but is approved for use in weight loss. Doctors who prescribe Wegovy encourage their patients to make lifestyle and dietary changes to promote and maintain their weight loss. Wegovy and Ozempic are the same medication, but Wegovy is a higher dose than Ozempic. Ozempic is not approved for use in weight loss.

Some people use Ozempic off-label for the purpose of weight loss. This has created a severe shortage of this drug on the market. This makes it difficult for those who really need the drug to get it and manage their Type 2 diabetes.

While these drugs have been used for a few years now, we are just now starting to learn some of the side effects of long-term use. Common side effects mostly impact the gut and include nausea, vomiting, and abdominal cramps with other side effects being fatigue and headache. More serious side effects include gastric paralysis, but this seems to affect less than 1% of the users.

Because these drugs take away your appetite, it is important to get the right nutrition. Try to get enough nutrients with each meal and snack by focusing on lean protein; high-quality carbohydrates like whole grains, fruits, and vegetables; and heart healthy fats from olive oil, avocados, and nuts and seeds. If you notice that the amount of food you typically eat has decreased, try separating beverages, like water, from mealtimes. Lastly, put an emphasis on high-fiber foods to encourage proper movement through the gut and to prevent constipation. If you are regularly

using these medications, consider working with a registered dietitian nutritionist (RDN) to ensure you are meeting your personal nutrition needs.

Although these medications were approved for use in the past two to five years, learning about all potential side effects takes much more time. Experts also need more time to learn what might happen when someone stops using the medication and what

happens when someone takes the medication for a long time. When considering weight loss drugs like semaglutides, remember body size is not the best indicator of overall health. Body weight is only one piece of the health puzzle. Rather than focusing on a specific number on the scale, think about quality of life and overall health.

References:

MedlinePlus. (2022, August 15). Semaglutide Injection: MedlinePlus Drug Information. Medlineplus.gov. <https://medlineplus.gov/druginfo/meds/a618008.html>

Center for Drug Evaluation and Research. (2023). Medications Containing Semaglutide Marketed for Type 2 Diabetes or Weight Loss. FDA. <https://www.fda.gov/drugs/postmarket-drug-safety-information-patients-an...>

Semaglutide (Subcutaneous Route) Side Effects - Mayo Clinic. (2023, October 1). www.mayoclinic.org/drugs-supplements/semaglutide-subcutaneous-ro...



LOOKING AHEAD...

Date	Event
October 1 11:00 a.m.	Lunch Bunch — Mac's Pizza — 42 Martha Layne Collins (Behind Raising Canes Chicken) We will meet there. For reservations or cancellation, call Marcia 859-816-8707. Please call Marcia before Monday, September 30.
October 8 10:00 a.m. - Noon	Wreath Making Class Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076 Registration by September 30th Required — see enclosed flyer for details and to register
October 9 10:00 a.m.	Campbell County Homemakers Council Meeting — Room A Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
October 10 10:00 a.m.	Northern Kentucky Area Homemakers Annual Meeting — Registration Required Dry Ridge Christian Church — 13 School Street, Dry Ridge, KY 41035
Save the Dates! October 14-19 at Highland Heights Extension Office	KEHA Week! <ul style="list-style-type: none"> • October 14 — Extension Staff Appreciation • October 15 — Yeast Bread Class 10-12 Chili Cookoff -12:30-1:30 - Registration required • October 17 — Painting Party: 10 a.m.-12 — Registration required • October 18 — Girls Day Out Event
October 18	Last day for Medicine Bottle drop-off at the Extension Office Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
October 22 10:00 - 2:00 p.m.	Crazy Quilters — Room B & C Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
October 25 10:00 - 12:30	Valley Club Meeting — Room A Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
November 1 & 2 Time TBD	Quilting Retreat — Save the Dates, more information to come Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
November 5 11:00 a.m.	Lunch Bunch — Bru Burger — 279 Buttermilk Pike, Ft. Mitchell, KY Meet at extension office at 10:25 if you need a ride. For reservations or cancellation, call Marcia 859-816-8707. Please call before Monday, November 4th.
November 12 9:30 - 1:00 p.m.	Valley Club Meeting — Room A Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076



Kate Vaughn Thompson

Kate Vaughn Thompson
Campbell County Extension Agent for
Family and Consumer Sciences

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-- UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032, or

-- US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Valley Homemakers enjoy making crafts...



After the business meeting, our Valley Homemakers enjoyed making a variety of crafts: yo-yo pumpkins, jenga block pumpkins, marbling pumpkins, and macrame pumpkin craft with hand made bows. Many thanks to our crafting teachers, Susan Davis and Patty Meek!

Lunch Bunch



October 1, 2024

Mac's Pizza

42 Martha Layne Collins
(Behind Raising Canes Chicken)

Call your reservation or cancellation, Marcia 859-816-8707. Please call before Monday, September 30.

November 5, 2024

Bru Burger

279 Buttermilk Pike
Ft. Mitchell, KY

Meet at extension office at 10:25 if you need a ride. Call reservations or cancellation, Marcia 859-816-8707. Please call before Monday, November 4th.



As always, please, do not show up if you did not make a reservation. Thank you for your help.

Area Annual Meeting Thursday, October 10th



On **Thursday, October 10th**, at our **Area Annual HM Meeting**, we will meet in **Grant County Extension** to renew friendships, view Cultural Arts blue ribbon winners, hear about what's been happening in each county, hear from our guest speaker, and enjoy a good meal! Be sure to bring a scarf for our speaker to lead us in some activities. Please registered and hope to see you there. Call your friends and carpool together for some added fun! Together, we will be **"Blazing the Way with KEHA"**—our new state theme for this year.



Join us for Girls Day Out Friday, October 18th



If you are planning to go with other Homemakers to our **KEHA Week Girls Day Out** on **Friday, October 18**, please meet at the Extension Office at 10 a.m. IF you want to carpool. We will leave there promptly at 10:10 a.m. and head to Bellevue to find street parking OR park in the lot behind Dobbbling Funeral Home, if available.

Directions to the parking lot: Take I-471N to KY 8 (Exit 5) right on Fairfield Avenue to Taylor Ave., turn left and go one block. The parking lot is on the left, behind Dobbblings.

We plan to meet outside of Fessler's Pizza at 11:00 a.m. Located at 343 Fairfield Ave. in Bellevue. From there, we will make further arrangements regarding shopping & eating!

Calling All Homemakers: *Let's Celebrate, Make a Difference Day!*

October 26th is "Make a Difference Day" in the U.S. this year. Homemakers make a difference in the lives of many people! During KEHA Week, our club members will be **writing THANK YOU cards** (and baking homemade cookies) to take to our local Highland Heights Police Dept. and the Cold Spring Fire Dept., because those are the ones who serve us where our Extension Office is located.

MAILBOX MEMBERS, PLEASE JOIN

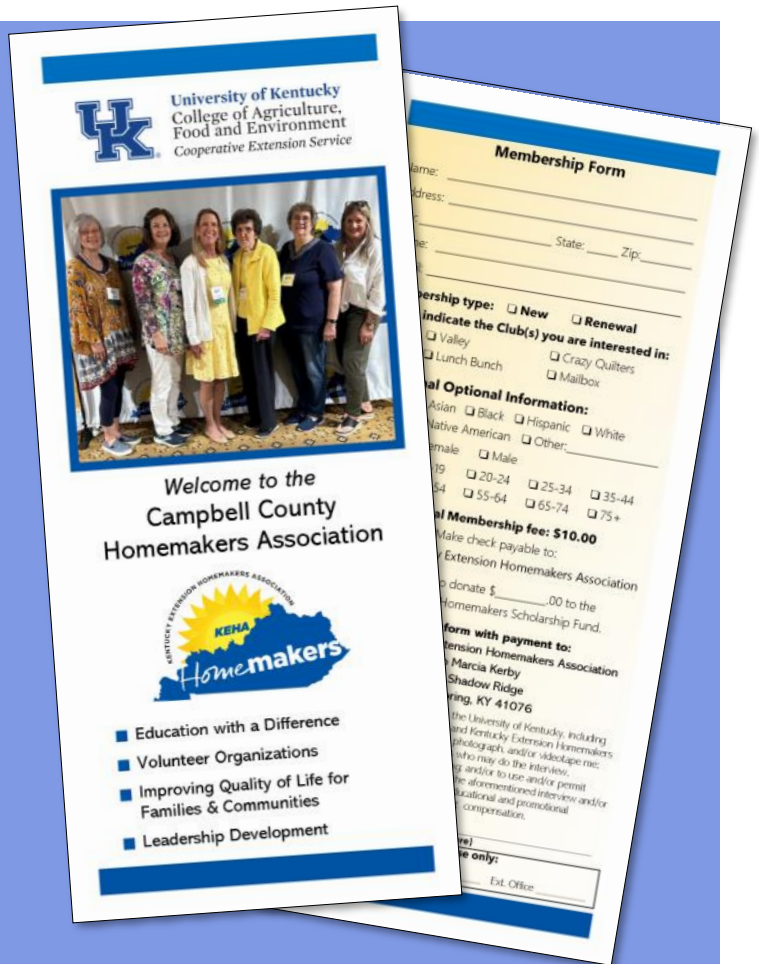
US! Please write a NOTE of THANKS to those who serve in the community in which you live. It won't take long, but it may lift the spirit of those who potentially risk their lives for us every time they go to work! Let's show them that we appreciate their hard work to keep us safe!



Renew Your HOMEMAKER MEMBERSHIP for 2025

Homemaker Membership Dues

Whether you are a current member of a Homemaker club or a mailbox member, you can renew your membership for 2025. The updated Membership Form is included with this newsletter. Annual Dues is \$10.00. **Make your check payable to: Campbell County Extension Homemakers** and send the check/ money order to: **Marcia Kerby, 372 Shadow Ridge, Cold Spring, KY 41076 by December 1, 2024.** Remember that Homemaker memberships make a great gift for holidays, birthdays, anniversaries, etc. Think of your family and friends who would benefit from joining the Homemakers!



Join the Campbell County Homemakers for a hands-on crafting program. We will be making a fall wreath.

**Tuesday, October 8, 2024
10 a.m. - Noon**

Cost \$10.00

Pre-Registration is required.

**We have a couple more spots available
if you would like to attend!**

Mail your registration and payment to:

Karen Hogan
32 Springhouse Drive
Cold Spring, KY 41076

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____

UK Cooperative Extension Service



For ages 18+ years

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Fall is the Perfect Time for Annual Vaccines

Source: Katherine Jury, Extension Specialist for Family Health

Fall, specifically the months of September and October, is the most ideal time of the year to receive annual vaccines, including the flu and Covid vaccinations. This is because these vaccines get annual updates, and the updated vaccines are released in the late summer to early fall. The vaccines are modified slightly from year to year to provide the best protection to those receiving it for the upcoming year against the most common strains of those viruses.



Many contagious diseases become more common as the seasons change from fall to winter, because of changes in weather patterns, people spending more time indoors with poor



ventilation, and holiday gatherings where people are in close proximity. Vaccines do take some time to reach peak effectiveness, so you want to receive your vaccines several weeks before planning to travel or attend large gatherings, to be most protected against severe effects of disease.

While you are receiving your annual flu and Covid vaccines, ask your health-

care provider if there are other preventative vaccines that may benefit you based on your age or lifestyle, such as the shingles or pneumococcal vaccines.

Reference

[https://www.cdc.gov/vaccines-adults/recommended-vaccines/?CDC_AAref_Val=https://www.cdc.gov/vaccines/adults/rec-vac/index.html](https://www.cdc.gov/vaccines-adults/recommended-vaccines/)

ATTENTION Homemakers...

Medicine Bottle Collection Event

We are collecting medicine bottles again this year. All Homemakers are asked to participate. The medicine bottles will be donated to Rose Garden Mission. Any medicine bottle that has the label removed can be used and must be washed and dried. Bottles will be collected at club meetings or you can drop them in the collection box in the front entry of the Extension Office by October 19th. We collected 360 bottles last year and it would be great if we could top that number this year.

Thanks in advance for your participation and help!



ADULT

HEALTH BULLETIN



OCTOBER 2024

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

Campbell County Extension Office
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600
<https://campbell.ca.uky.edu>

THIS MONTH'S TOPIC

HOW IS YOUR HEALTH LITERACY?



Happy Health Literacy Month! You might have heard about “health literacy” before, as it has become a hot-button topic in the past few years. Or maybe, this is your first time hearing the term. That’s OK, too! While the term combines two words that most people know, it means more than just whether you can read health-related information. The term “health literacy” refers to a person’s ability to find, understand, and use information and services to make choices related to their overall well-being. To unpack that definition further, let’s break it down.

- **Finding health information:** Do you know where to go to find reliable, up-to-date health information? Do you feel like you can ask your doctor or other health-care provider questions that you have?

Continued on the next page 



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**Be wary of medical advice
you see online or
that comes from individuals
who are not licensed
health-care workers.**

→ Continued from the previous page

- **Understanding health information:** When you read health information, does it make sense? Or when your doctor tells you information about your own health conditions or gives you instructions, do you know what they are saying?
- **Using health information and services:** Can you take the information your doctor gives you and use it to make choices about your health or health care? Do you know what to do when you leave a doctor's appointment to help you feel better? Do you know why you are taking each medication? If your doctor ordered a test, do you know why? Do you know how to follow up with your doctor if you do not feel better? Do you know how to act on the results of needed tests?

All these skills are a part of having health literacy. Having health literacy is connected to having a higher quality of life. People who can understand and use health information to make good choices are more likely to use health care when they need it, follow medical advice, and have positive outcomes. So how can someone increase their health literacy? The best place to start is to be willing to ask questions and think about where your health information comes from.

The most trustworthy medical information comes from people who are trained in providing

medical care and places that have the community's health in mind. Your primary care doctor is a great and trusted source for asking questions about medical issues. Many hospitals and doctors' offices have trained community health workers, social workers, or patient navigators who can answer your questions or help you find needed answers about your treatment plan or care. Be wary of medical advice you see online or that comes from individuals who are not licensed health-care workers.

If you have trouble understanding what your health-care provider is telling you, speak up! Be willing to ask your medical provider to:

- repeat themselves,
- slow down,
- explain a different way,
- draw a picture or use a diagram, or
- give information in writing that you can take home.

REFERENCE:


<https://health.gov/healthypeople/priority-areas/social-determinants-health/literature-summaries/health-literacy>

**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



SUICIDE AWARENESS & PREVENTION TRAINING

 Cooperative Extension Service



QUESTION. PERSUADE. REFER.



What You'll Learn:

- Recognize the warning signs and risk factors for suicide.
- Intervene and ask tough questions when someone is at risk for suicide.
- Refer someone at risk of suicide to an appropriate lifesaving resource.

**Wednesday,
November 6, 2024**

**Boone County Enrichment Center
1824 Patrick Drive | Burlington, KY 41005**

6:00 p.m.

**To register, call the Boone County Cooperative Extension Service
859-586-6101**

or online at: <https://boone.ca.uky.edu/events>

QPR stands for Question, Persuade, and Refer - three simple steps that anyone can learn to help save a life from suicide. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g. parents, friends, neighbors, teachers, coaches, caseworkers, police officers). QPR is a simple educational program that teaches ordinary citizens how to recognize the warning signs of a mental health emergency and how to get a person at risk of suicide the help they need.

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Disabilities
accommodated
with prior notification.

When Halloween Gets Too Scary

Source: David Weisenhorn, Ph.D., Specialist for Parenting and Child Development



Spooky decorations and scary costumes can be frightening for children, especially during Halloween. That is why it is important to acknowledge and validate your child's fears rather than dismissing them. To put them at ease, you can start by explaining that these decorations and costumes are meant for fun and aren't real. Show them how costumes are made and allow them to explore the decorations during daylight to help understand these items.

When trick-or-treating, choose familiar areas and consider going out while it's still light. Avoid houses with excessively frightening decorations or loud noises. If your child feels scared, encourage them to take breaks, and never force them to ignore their fears. According to the American Academy of Pediatrics, these steps can help children feel more secure and enjoy the festivities more comfortably.

Some Halloween decorations and costumes can lead to increased fears

and nightmares. Establishing a comforting bedtime routine can help mitigate these issues. Reading a favorite story, using a nightlight, or playing soothing music can create a calming environment for your child.

If your child experiences nightmares, reassure them of their safety. Sit with them, discuss the dream, and help them distinguish between fantasy and reality. Sometimes, drawing the nightmare can help children express and process their fears.

Encourage open communication, letting your child know they can always talk to you about their fears. Avoid minimizing their feelings; instead, offer support and understanding. Role-playing scenarios in which they confront their fears in a safe and controlled way can also build

confidence.

By thoughtfully addressing their fears and providing reassurance, parents can help their children navigate spooky situations with more confidence and less anxiety.

References

- American Academy of Pediatrics (AAP). (2020). Halloween Safety Tips. Retrieved from [aap.org](https://www.aap.org)
- Child Mind Institute. (2024). Taking Halloween by the Horns. Retrieved from <https://childmind.org/article/taking-halloween-by-the-horns/>
- Mayo Clinic. (2021). Nightmares: Symptoms and causes. Retrieved from [mayoclinic.org](https://www.mayoclinic.org)

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2024

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

THIS MONTH'S TOPIC: CARING FOR YOUR CLOTHING CAN SAVE YOU MONEY

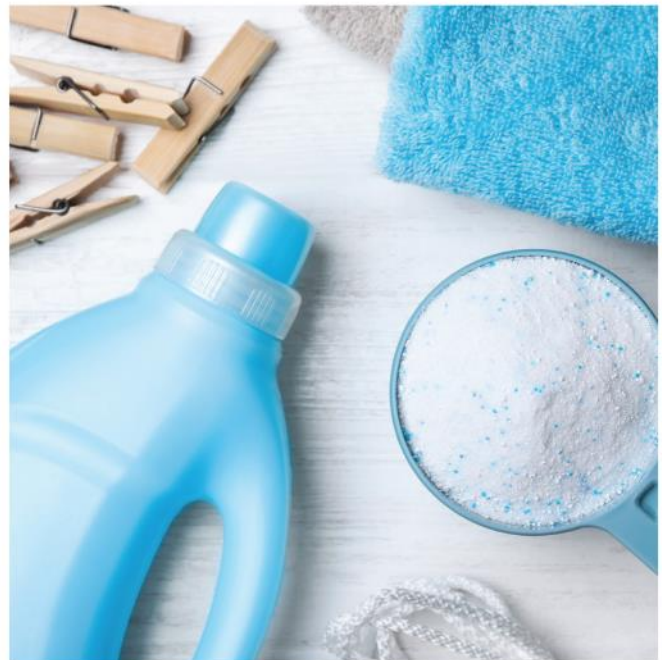
Buying clothing that is easy to care for can save money and time in the long run. Here are a few money-saving tips to consider to extend the life of your clothes.

START WITH QUALITY BASICS

Today's market provides inexpensive clothing that is often cheaply made with lower quality materials. These items can serve their purpose, but don't be tempted to purchase the \$3 T-shirts in every color. Sometimes we're better off buying fewer, higher priced T-shirts that will last longer. Shopping at second-hand stores is a good way to save money on well-made clothing because it's easy to spot items that have held up after repeated wearing and washing.

APPLIANCE CHECKUP

If you own your washer and dryer, refer to the owner's manual for tips on how to keep them in good, working order. For maximum efficiency, don't overload the washer, and keep the dryer filter and vent free from lint. You may be tempted to dry clothes on a high temperature so they dry faster, but the heat can damage clothing. Instead, use a lower temperature and hang a few items to dry while they are still damp. This can cut down on wrinkles, too!



TREAT STAINS TODAY

Stains that have set in for several days are harder to remove. So the sooner you treat a stain, the better. Effective treatment methods depend on the type of stain. For example, oily stains are best removed with detergent and hot water. Refer to the American Cleaning Institute's stain guide at <https://www.cleaninginstitute.org/cleaning-tips/clothes/stain-removal-guide> for more information on how to treat specific stains.

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Lexington, KY 40506



WHEN POSSIBLE, TRY TO FOLLOW THE ITEM'S CARE LABEL.



MEND BEFORE YOU WASH

Extend the life of your clothing by replacing lost buttons, stitching loose seams, or applying patches or decorative stitching over holes. It's best to mend as soon as you notice holes in clothing because washing can make holes larger. Additionally, zipping zippers and unbuttoning buttons before laundering prevents unnecessary fabric abrasion and stress.

SORTING SAVVY

A lot of the "wear and tear" on clothing can occur in the wash. Following care labels and sorting your laundry by color, soil level, and fabric type (and washing these in separate loads) is recommended for best results. Sorting this way helps clothing look newer longer by helping the sensors in the washer clean effectively. It also helps the dryer run most efficiently, which is gentler on your clothing and can save on energy costs. When possible, try to follow the item's care label.

LIMIT LAUNDRY PRODUCTS

Keep it simple with a quality liquid detergent, a basic stain removal spray, and powdered oxygen bleach. Use according to the directions. Detergent pods may seem convenient, but they are usually more

expensive per load, and you're not able to control the dosage. Using a little bit of white vinegar – in place of fabric softener – is an economical way to keep your clothes fresh.

COLD WATER CAUTIONS

Yes, washing everything in cold water may save on electricity, but cold water does not clean everything effectively. Although there are laundry detergents that claim they are formulated to clean in cold water, it's important to note this refers to water that is between 60 degrees F and 80 degrees F. Sometimes our "cold water" washer setting is below 60 degrees F – especially in the winter. In this case, a cold-water setting might not thoroughly clean heavily soiled items.

CHANGE OR WEAR MORE THAN ONCE

Don't just toss your clothes on the floor at the end of the day. Change out of your "nicer" clothes when doing chores or just hanging out at home. You can wear many of your items several times between launderings. Hang up or neatly set aside clothing you can wear again.

RESOURCES

Cleaning Tips. <https://www.cleaninginstitute.org/cleaning-tips/clean-clothes>

Clothing Repair. <https://fcs-hes.ca.uky.edu/sites/fcs-hes.ca.uky.edu/files/ct-mmb-147.pdf>

Written by: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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



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Campbell County Homemakers, join us as we...

 Cooperative Extension Service

Celebrate KEHA Week

Thursday, October 17th



Open to
Active &
Mailbox Club
Members.

Painting Party

Location:
Campbell County
Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076

Doors open at 9:30 a.m. | Class starts at 10 a.m.

Registration deadline is October 1st

Campbell County Homemaker members, call 859-441-0545

— Limited space available —

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Call the Extension Office

to register at

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or online:

<https://campbell.ca.uky.edu/events>

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POLLUTION SOLUTION: TACKLING WATER QUALITY

Discover simple ways to protect our environment:
Learn about storm water and wastewater management,
understand the importance of clean water and get
involved in keeping our waterways healthy.

Join us for the class and tour.

Wednesday, October 30, 2024

10 a.m. — Noon

CLASS & TOUR LOCATION:

**Sanitation District
1045 Eaton Drive
Ft. Wright, KY 41017**



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FALL
2024

Flower Buds

 **Martin-Gatton**
College of Agriculture,
Food and Environment
University of Kentucky.

A Laugh and Learn Playdate

Flower Buds meet for story time, tours of our educational gardens, an engaging activity for the child and parent or relative to make together and a light snack.



Family Time for preschoolers (age 3-5).
Older children are also
welcome to join with prior notification.

Space is limited to 15 children
plus 1 parent or relative.

Registration for each class is required
859-572-2600 or online at
campbell.ca.uky.edu

Fall 2024 Flower Buds Schedule:

10:00 a.m.-11:30 a.m

- Thursday, October 3
- Thursday, November 7
- Thursday, December 5

Location:
Campbell County Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076

If you have questions, please contact Kate Thompson or Terri Turner.

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Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

*Learn how to make your own pie crust,
ready to take home and bake.*

 Cooperative
Extension Service

PIE CRUST

For a baker, there's nothing more satisfying than making a pie completely from scratch. We'll walk you through it, step by step and cheer you on.

Basics

For Ages 18 years +

**Tuesday
October 29, 2024
1:30 pm**

**Registration Opens
October 1st**

**At the Campbell County
Cooperative Extension Office**

3500 Alexandria Pike | Highland Heights, KY 41076



Call the Extension office at 859-572-2600 to register.

**Cooperative
Extension Service**

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

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

Lexington, KY 40506



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EMBROIDERY

CLASS FOR BEGINNERS

November 14, 2024

10:00 a.m. - 2:00 p.m.

- Materials will be provided.
- Participants will need to bring a pair of small sharp scissors.

For ages 18+

Registration Required:

Call 859-572-2600 or online
<https://campbell.ca.uky.edu/events>

Learn some basic stitches

Location: Campbell County Cooperative Extension Office
3500 Alexandria Pike | Highland Heights, KY 41076

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FAMILY BONDING
MANNERS
Matter



OPEN TO
FAMILIES
WITH YOUTH
AGES 3-8
YEARS OLD.

DINNER.MANNERS.FAMILY

MONDAY, NOVEMBER 11, 2024
CAMPBELL COUNTY EXTENSION
3500 ALEXANDRIA PIKE HIGHLAND HEIGHTS, KY 41076

CLASS IS FROM
5:30PM-7:00PM

REGISTRATION OPENS SEPT 9TH
ONLINE AT CAMPBELL.CA.UKY.EDU
OR CALL 859-572-2600

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40306



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Join the Boone and Campbell County
Extension Agents for...

 Cooperative
Extension Service

GIFT WRAPPING

Learn tips and tricks making your gift wrapping stand out this holiday season! Bring gifts, wrapping paper, ribbon and any other accessories you want to use!

**Tuesday
December 10th
1:30 pm**

Limited to
25 participants

**At the Campbell County
Cooperative Extension Office**

3500 Alexandria Pike | Highland Heights, KY 41076

Call the Campbell County Extension office at 859-572-2600 to register.

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SWEET POTATO HASH

Servings: 8 Serving Size: 1/8 of the recipe Recipe Cost: \$14.17 Cost per Serving: \$1.77



Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 teaspoon salt
- 1 1/2 teaspoons dried oregano
- 3/4 teaspoon black pepper
- 4 cloves garlic, minced, or 1/2 teaspoon garlic powder
- 2 pounds sweet potatoes, peeled and diced (1-inch cubes)
- 2 pounds boneless, skinless chicken breasts, fat trimmed and diced (1-inch cubes)
- 4 ounces baby spinach (about 4 cups)
- 2 tablespoons apple cider vinegar

Directions:

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.
3. Heat olive oil in a large sauté pan or pot (3 quarts or larger) over medium heat.
4. Add onion, salt, oregano, black pepper, and garlic. Sauté until onion and garlic begin to lose color, about 5 minutes.
5. Add sweet potatoes and chicken and cook, uncovered. Stir occasionally to prevent sticking and assure all ingredients are well mixed. Wash hands after handling raw poultry.
6. Cook until chicken reaches 165 degrees F using a meat thermometer, about 15 minutes.
7. Add spinach and vinegar and mix until spinach is thoroughly wilted and mixed with other ingredients. Serve.
8. Refrigerate leftovers within 2 hours.


Nutrition facts per serving:

270 calories; 6g total fat; 1g saturated fat; 0g trans fat; 85mg cholesterol; 420mg sodium; 25g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

Source: Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior, University of Kentucky Cooperative Extension Service

October 2024

Campbell County Cooperative Extension Homemakers Association

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>All Events and Programs are at the Campbell County Extension Office unless otherwise noted. 3500 Alexandria Pike Highland Heights, KY 41076</p> 	<p>1</p> <ul style="list-style-type: none"> Lunch Bunch <i>Mac's Pizza</i> - 11am 	<p>2</p> <ul style="list-style-type: none"> Securing Your Legacy Program - 8:30am - <i>Boone County Extension Service</i> 	<p>3</p> <ul style="list-style-type: none"> Flowerbuds - 10am 	<p>4</p>	<p>5</p>	
<p>6</p>	<p>7</p>	<p>8</p> <ul style="list-style-type: none"> Wreath Making Class - 10am 	<p>9</p> <ul style="list-style-type: none"> KEHA Committee Meeting (Staff Appreciation) - 10am 	<p>10</p> <ul style="list-style-type: none"> NKY Area Homemakers Annual Meeting - <i>Dry Ridge Christian Church</i> - 10am 	<p>11</p>	<p>12</p>
<p>13</p>	<p>14</p> <ul style="list-style-type: none"> Campbell Extension Staff Appreciation Day 	<p>15</p> <ul style="list-style-type: none"> Yeast Bread Class - 10am Chili Cookoff - 12:30pm 	<p>16</p> <p style="text-align: center;">KEHA Week!</p>	<p>17</p> <ul style="list-style-type: none"> Painting Party - 10am 	<p>18</p> <ul style="list-style-type: none"> Girls Day Out meet at <i>Fessler's Pizza in Bellevue</i> - 11:00am Last Day for Medicine Bottle Dropoff - CCES 	<p>19</p>
<p>20</p>	<p>21</p>	<p>22</p> <ul style="list-style-type: none"> Crazy Quilters - Rooms B & C - 10am 	<p>23</p>	<p>24</p>	<p>25</p> <ul style="list-style-type: none"> Valley Homemakers (Cookie Committee) Meeting - Room A - 10am 	<p>26</p> <ul style="list-style-type: none"> Make a Difference Day
<p>27</p>	<p>28</p> <ul style="list-style-type: none"> Pie Crust Basics Class - 1:30pm 	<p>29</p> <ul style="list-style-type: none"> Pollution Solution Class & Tour - <i>Sanitation District 1</i> - 10am 	<p>30</p>	<p>31</p>	<p style="text-align: center;">LOOKING AHEAD...</p> <ul style="list-style-type: none"> Quilting Retreat - Nov. 1 & 2 Lunch Bunch - Bru Burger - Nov. 5 Family Bonding Manners Matter - Nov. 11 Valley Club Meeting - Nov. 12 Embroidery Class for Beginners - Nov. 14 Homemaker Council Meeting - Nov. 26 Holiday Gift Wrapping Program - December 10 	