

August 2024

FCS NEWS & NOTES

Todd County Extension Office
240 Pond River Road
Elkton, KY 42220
Phone: 270-265-5659
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Todd County Family & Consumer Sciences Extension

Safe and healthy picnics

Warm sunny weather encourages outdoor activities like walking, cycling, swimming, or a friendly game of Wiffle ball. Take advantage of a local or state park and all their offerings this summer by planning a picnic with family or friends. Summer is also peak season for many fruits and vegetables. It makes sense to combine them. But bacteria can grow rapidly on food in warm weather. Keep your family and friends from getting sick by following these food safety picnic tips.

- **Have a way to wash your hands.** It's not always easy to wash your hands at a picnic. You may be in an area where restrooms or hand-washing facilities are not available. Pack extra bottled water, soap, and disposable towels for hand-washing. You can use hand sanitizer or hand sanitizing wipes (these are different than disinfecting wipes used for cleaning) as a backup option if necessary.



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Disabilities accommodated with prior notification.

HEALTHY RECIPE

Cucumber, Corn, and Bean Salsa

- **Pack smart.** Take only the amount of food you'll eat. Pack small quantities of food so there is no food waste or leftovers to worry about. You can plan a picnic with simple nutritious menus like peanut butter and jelly on whole-grain bread or crackers, fresh fruits and vegetables, yogurt-based dips, baked chips or pretzels, and mixed cheeses. Bring bottled water or try flavored or infused water to keep hydrated while outside.
- **Keep food out of the danger zone.** When traveling with food, keep cold foods cold and hot foods hot. Bacteria multiply quickly between 40 degrees F and 140 degrees F — the danger zone. Use a cooler when transporting perishable food to keep temperatures at 40 degrees or below to limit bacterial growth. This includes cut fruits and vegetables.

You can use frozen water bottles, gel packs, or zipper bags of ice to keep food cold. Place the cooler inside the air-conditioned car when traveling and not in the trunk. Store it in the shade once you've arrived. Do not take hot food on a picnic unless you have a way to keep it 140 degrees F or above during transport and serving.

- **Separate raw from ready to eat food.** If you plan to grill during your picnic, make sure to transport raw meat in a different cooler than other foods. Bring plenty of plates and utensils so you don't place cooked meat (or other food) on the same plate that held raw meat or its juices. Remember to bring a meat thermometer to ensure grilled food reaches the proper internal temperature. Cook beef burgers to 160 degrees F, pork chops to 145 degrees F, chicken to 165 degrees F, and hot dogs according to the package directions. Consider grilling vegetables too. You can cook them right on the grill or in a foil packet to your desired doneness.
- **Don't let food sit out.** Food should not remain at room temperature for more than two hours. Throw away any leftovers that have been sitting out for more than two hours, 1 hour if the temperature is above 90 degrees F.

With a little planning, you can make your next picnic a safe and healthy outdoor event.

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

Reference: <https://www.foodsafety.gov/keep-food-safe/> food-safety-by-events-and-seasons#spring

- 2-3 large cucumbers
- 2 tomatoes
- 1 yellow bell pepper
- 1 small red onion
- 1/4 cup chopped fresh cilantro
- 1/2 cup black beans
- 1/2 cup fresh, whole kernel corn, cooked
- 1-ounce package dry ranch dressing mix
- 1/8 cup cider vinegar
- 2 tablespoons sugar, optional



2. Wash all vegetables.
3. Finely chop cucumbers, tomatoes, pepper, and onion.
4. Combine in a large mixing bowl with chopped cilantro.
5. Drain and rinse beans and add to chopped vegetables.
6. Add corn. If using canned corn instead of fresh, drain off liquid before adding to vegetables.
7. In a small bowl, mix together ranch dressing packet, vinegar, and sugar. Pour dressing over vegetables and mix well.
8. Serve immediately or refrigerate until chilled.

Yield: Makes 20, 1/2 cup servings

Nutritional analysis: 50 calories; 0 g fat; 130 mg sodium; 7 g carbohydrates; 2 g fiber; 70% Daily Value of vitamin C; 6% Daily Value of vitamin A

Kentucky Proud Project, County Extension Agents for Family and Consumer Sciences, University of Kentucky, Dietetics and Human Nutrition Students, May 2010

Contact the Todd County Extension Office for more information.

Sincerely,

Jill B. Harris

Jill B. Harris
Extension Agent for
Family & Consumer Sciences



UPCOMING ACTIVITIES

Ice Cream Social

You are invited to join Todd County Homemakers for an ice cream social on **Thursday, August 22, 4:00 p.m. to 6:00 p.m.** at the Todd County Extension Office. We will have finger foods, ice cream and toppings, homemaker information, door prizes, and lots of fun. Please RSVP to the Extension Office by August 16 by contacting the Todd County Extension Office at 270-265-5659. You do not have to be a member of homemakers to attend.

Todd County Homemakers Council

Todd County Homemakers Council will meet **Monday, August 26, 5:00 p.m.** at the Todd County Extension Office.

Roberts Rules Refresh

How do you rate your skills in using Robert's Rules of Order? If you could use a refresher, you are invited to watch the zoom on **Tuesday, August 27, 10:00 a.m. or 12:00 p.m.** Let us know if you would like us to send you the Zoom link or if you would like copies of the educational materials (they will be available for pick up at the Ice Cream Social).

Using your Air Fryer

Air fryers offer a healthier alternative to frying food and are popular for reheating leftovers. Learn more about what air fryers are and how they work on **Thursday, August 29, 5:30 p.m.** Although this is a homemaker leader training, anyone is welcome to attend. Please let us know if you plan to attend by calling us at 270-265-5659.

Cooking thru the Calendar

The next Cooking thru the Calendar Facebook Live is **Thursday, September 5, 11:30 a.m.** on the ToddCountyExtensionFCS Facebook page. We will be demonstrating Ramen Skillet Dinner.

Wits Workout

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

Simply put, coming together and learning new things is good for your noggin! Join the **Wits Workout** group where you'll engage in all kinds of interactive puzzles and games and learn what you can do in your daily life to keep your brain healthy.

When—the **2nd and 4th Tuesdays of September, October, and November at 10:00 a.m.** at the Todd County Extension Office, 240 Pond River Road Elkton. Please let us know if you are planning to attend so we have enough copies made.

These classes are free and open to anyone who would like to attend. Bring a friend!



Save the Dates...

Monday, September 30, 2:00 p.m. – Self-Care lesson

Thursday, October 10, 9:30 a.m. – Pie and Pastry class

Friday, October 18 -- Pennyrile Area Homemaker Annual Meeting, at the Grand Rivers Senior Center.

TODD COUNTY HOMEMAKERS

Ice Cream Social

AUGUST 22, 4:00 TO 6:00 PM

TODD COUNTY EXTENSION OFFICE

240 POND RIVER ROAD

ELKTON, KY



**Finger foods, ice cream & toppings,
Homemaker information, door prizes!**

**RSVP by calling the Extension Office,
270-265-5659, by August 16 2024.**



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When: the 2nd and 4th Tuesdays of September, October, and November

September 10
September 24
October 8
October 22
November 12
November 26

Time: 10:00 AM

Where:

Todd County Extension Office
240 Pond River Road
Elkton, KY

Register: Call 270-265-5659

 Cooperative
Extension Service



Wits Workout
is a program developed by
University of Illinois Extension



Between the Rivers



Pennyryle Area Extension Homemakers Annual Meeting

October 18, 2024

155 W Cumberland Ave,
Grand Rivers, KY 42045

Guest Speaker: Bobbie Foust

Cost: \$18.00 Due before September 30th to your County Office.

Entertainment: Liberty Boys



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