

February 2025

FCS NEWS & NOTES

Todd County Extension Office
240 Pond River Road
Elkton, KY 42220
Phone: 270-265-5659
todd.ext@uky.edu

Todd County Family & Consumer Sciences Extension

Baking Valentine Treats? Be Food Safe — Don't Eat Raw Cookie Dough!

Some treats look too good to resist, even before they're baked! But eating raw cookie dough or cake batter — even just a taste — can make you very sick. Whether the dough is prepackaged or homemade, the heat from baking is needed to kill any bacteria that might be present in the raw ingredients.

Any time you're baking, keep in mind these safety tips to prevent foodborne illness:

- Don't eat raw cookie dough or any other batter that is supposed to be cooked or baked.
- Keep raw foods separate from other foods to prevent cross contamination.
- Follow directions for baking temperatures and times. These will be given in the recipe for homemade treats, or on the package for prepackaged dough.
- Wash your hands, countertops and utensils carefully after handling raw dough and batter.

- Refrigerate raw dough or batter if you aren't going to bake it right away.

Remember, as tempting as that raw cookie dough might look, the finished, baked cookies will be much safer — and will taste even better!



Reference: Levinson, K. (2012, May 8). Cook Your Mother's Day Cookies! Retrieved September 20, 2013, from http://www.foodsafety.gov/blog/cookie_dough.html

Source: Debbie Clouthier, Extension Associate for Food and Nutrition, University of Kentucky; College of Agriculture, Food and Environment

Planning Family Dinners on a Budget

Family dinners represent a time to come together, share a meal, and engage in meaningful conversations. When planning a family meal, creating a budget can ensure the dinner is affordable and enjoyable for everyone. Consider preparing nutritious, budget-friendly meals as “capital investments” in your family.

Planning budget-friendly dinners can be a fun and creative exercise for the whole family. By working together to plan and cook meals, families can use problem-solving skills and find creative solutions like learning affordable alternatives to expensive ingredients and experimenting with new recipes. Here are a few ways to plan cost-effective meals:

Set a budget. Consider how much money you want to spend for the week and the number of people who will be eating each meal you plan to prepare.

Plan a menu. Think about what type of food you want to cook and any dietary restrictions your family might have. Do you have picky eaters? Choose recipes with affordable ingredients that you can use in more than one recipe. Also select meals your family enjoys, which reduces food waste and increases the likelihood that they will eat the leftovers. (Uneaten food means the money that you spent on food is going in the trash!)

Shop for ingredients. Compare prices and look for sales at your local grocery, discount, or bulk stores. Search for coupons and look for generic alternatives. Brand names often cost more but offer similar taste and quality to the store brand.

Plan ahead. This gives you time to look for sale items and “shop” your pantry, fridge, and freezer before you make your grocery

list. When you find good deals for items that are shelf stable or you can freeze, buy extra for future use.

Family dinners are important for strengthening bonds, encouraging healthy habits, and providing time for conversation. Meals can be both affordable and healthy. Visit <https://fcs-hes.ca.uky.edu/piukp-recipes> for Plate It Up! Kentucky Proud Recipes.

Source: Shelley Crawford, Trigg County FCS/4-H Agent, and Nichole Huff, Extension Specialist for Family Resource Management

RECIPE

Eggroll in a Bowl

- 1 tablespoon oil
- 1 pound ground turkey or pork
- 2 teaspoons garlic powder
- 1 teaspoon ground ginger
- 1/4 cup low-sodium soy sauce
- 1 bag coleslaw mix (with carrots)
- 1 whole egg



Heat oil in a large skillet over medium heat. Add the ground meat to the skillet and break it up until it is cooked through and has reached an internal temperature of 165 degrees F on a food thermometer. Drain any fat from the meat.

Add garlic, ginger, and soy sauce to the meat, and stir to combine. Add coleslaw mix to the cooked meat. Cook until vegetables are tender.

Push mixture in the skillet to make a hole. Crack the egg in the open area, and scramble it until it is cooked through. Stir all ingredients together and serve.

Source: planeatmove.com
6 servings. 220 calories; 12g total fat; 3g saturated fat; 0g trans-fat; 105mg cholesterol; 480mg sodium; 6g total carbohydrate; 2g dietary fiber

UPCOMING ACTIVITIES

Upcoming Leader Trainings

Composition in Photography, will be shown at the Extension Office on **Tuesday, February 25, at 10:00 a.m.** (zoom plus in-person discussion). It will also be shown by Zoom only on February 25, at noon; please contact the Extension Office for the Zoom link.

Transferring Cherished Possessions: Estate Planning Tips for Non-Titled Property will be taught as a Lunch & Learn on **Monday, April 7, 12:00 noon**. Lunch will be provided so please let us know if you are planning to attend.

Cooking thru the Calendar

Cooking thru the Calendar Facebook Live will be the first Thursday of each month. The next two will be **February 6, March 6, April 3, and May 1, at 11:30 a.m.** on the ToddCountyExtensionFCS Facebook page. Watch live or play it back anytime. The 2025 calendars are available at the Todd County Extension Office.

Learn to Bake: Pie Crust and Hand Tarts

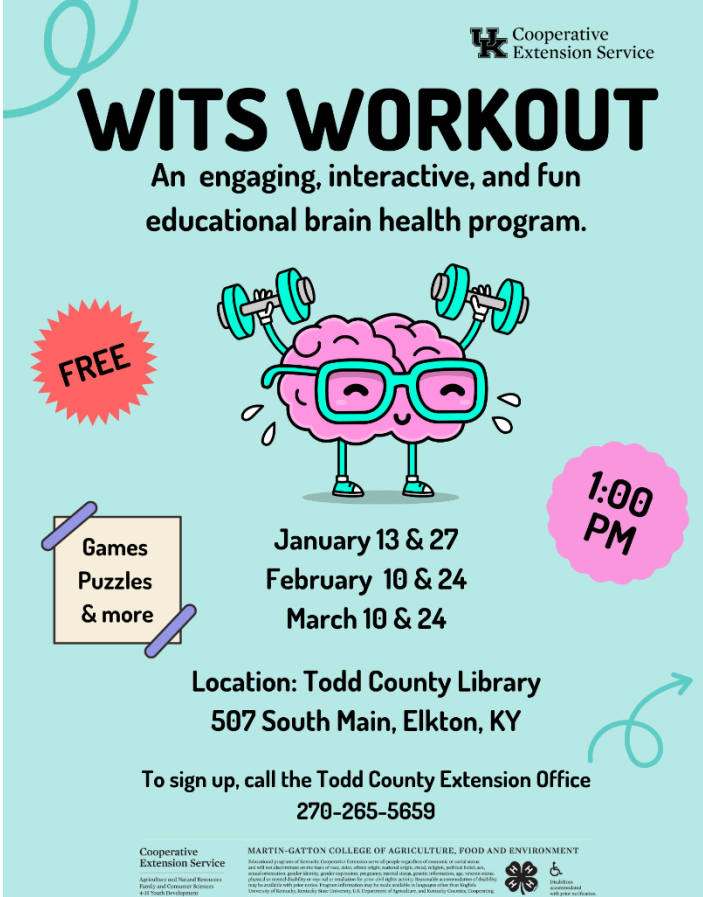
Join me for a pastry class on **Tuesday, February 11, 5:00 p.m.** at the Todd County Extension Office. We will learn to make pie crust and turn it into hand tarts such as the ones pictured in the flyer. Class size is limited to 8 people and the \$5.00 registration fee is due within 3 days of registering to hold your spot. Please register by calling the Todd County extension Office at 270-265-5659 or email toddext@uky.edu. The class is full but you can get on the waiting list.

Wits Workout

We are offering more sessions (different topics) of Wits Workout. The next six sessions are the **2nd and 4th Mondays of February, and March** at **1:00 p.m.** at the Todd County Public Library, 507 South Main Street, Elkton.

February 10 & 24
March 10 & 24

Please register by calling the Extension Office at 270-265-5659 and let us know if you plan to attend. This helps us make sure we have copies for everyone. These classes are free and open to anyone who would like to attend. Bring a friend! You do not have to attend all sessions.



The flyer for WITS WORKOUT features a central illustration of a pink brain wearing glasses and holding dumbbells. To the left, a red starburst says 'FREE'. To the right, a pink starburst says '1:00 PM'. Below the brain, a box lists 'Games, Puzzles & more'. The dates 'January 13 & 27, February 10 & 24, March 10 & 24' are listed. The location is 'Todd County Library, 507 South Main, Elkton, KY'. The sign-up information is 'To sign up, call the Todd County Extension Office 270-265-5659'. At the bottom, logos for Cooperative Extension Service and Martin-Gatton College of Agriculture, Food and Environment are visible.

Cooperative Extension Service

WITS WORKOUT

An engaging, interactive, and fun educational brain health program.

FREE

Games
Puzzles
& more

1:00 PM

January 13 & 27
February 10 & 24
March 10 & 24

Location: Todd County Library
507 South Main, Elkton, KY

To sign up, call the Todd County Extension Office
270-265-5659

Cooperative Extension Service
Martin-Gatton College of Agriculture, Food and Environment

Farm Family Ag Expo

Todd County Extension and Todd Central FFA are hosting a Farm Family Ag Expo at the Todd County Extension Office on **Thursday, March 13, 2025, 8:00 a.m. to 10:30 a.m.** Topics include confined spaces and grain bin safety; first aid on the farm; tractor rollover/ROPS; spray drone safety; and PTO safety. There will also be an omelet station, health screenings, and more. The event is free and open to anyone who would like to attend. See flyer on page 5 for more information.

Walk Your Way

Have you decided it is time to get off the couch, but are not sure how to start? Start Slow, Start Smart, Start with Us! Join the Walk Your Way 12-week challenge, **March 10 - May 25**. The challenge is based on the National Heart, Lung, and Blood Institute's walking plan that allows you to start and walk at a pace, that is comfortable for YOU. The program includes a schedule and log to keep you on track, plus weekly newsletters with tips and information to keep you moving. Sign up at the Todd County Extension Office, online at <https://bit.ly/WalkYourWay2025>, or scan the QR code on the flyer. See flyer on page 6 for more information.

Area Cultural Arts/Seminar

Pennyriple Area Homemaker Cultural Arts Display and Area Seminar will be held **Friday, March 14**, at the Christian County Extension. Cultural Arts will be held in the Expo Center with check-in for entries starting at 9:00 a.m. (Todd County's check-in time is at 9:00). The seminar, *A Culinary Journey Across Kentucky*, will begin at 10:00 a.m. with registration

opening at 9:30. The registration fee is \$18.00 and is due by **February 28**. If you want Jill to enter items in Cultural Arts, please drop them off at the Todd County Extension Office by **March 11**.

 An Equal Opportunity Organization

Pennyriple Area Homemakers Spring Seminar

Culinary Journey Across the Bluegrass

March 14, 2025
Registration: 9:30 a.m.
Program begins: 10:00 a.m.

Christian County Extension Office
2850 Pembroke Rd, Hopkinsville, KY 42240

RSVP by February 28th to your local extension office.

Cost: \$18.00
Meal catered by Bar-B-Q Shack



Cultural Arts

Check-In at the Christian County Extension Expo Center

- 9:00: Todd, Christian, Trigg
- 9:15: Muhlenberg, Hopkins, Lyon
- 9:30: Caldwell, Livingston, Crittenden

Tags must be completed before check-in.
Contact your county extension office to obtain check-in tags and more information.

For more information, contact the Todd County Extension Office at 270-265-5659.

Happy February!

Sincerely,

Jill B. Harris

Jill B. Harris
Extension Agent for
Family & Consumer Sciences



Farm Family Ag Expo

March 13, 2025



**FREE Cap and
5-gallon Bucket
While They Last***

8:00 - 10:30 am, Todd County Extension, 240 Pond River Road, Elkton, KY

8:00 am - Welcome & Guest Speaker

8:30 am - Omelet Stations, Safety Talks, Kids Zone, Petting Zoo,
Health Screening, Vendors, Door Prizes

Featuring:

- *Confined Spaces & Grain Bin Safety*
- *First Aid on the Farm*
- *Tractor Rollover/ROPS*
- *Spray Drone Safety*
- *PTO Safety*

Vendor & Sponsor Information on Back Page!

- * Attend 3 safety talks for a free bucket
- * Attend 4 safety talks for a free cap
- * Attend all 5 and enter grand prize drawing



**Cooperative
Extension Service**

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

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COOPERATIVE EXTENSION**

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NATIONAL COOPERATIVE EXTENSION SERVICE
KENTUCKY COOPERATIVE EXTENSION SERVICE

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Lexington, KY 40506

**RAISING
HOPE**
Supporting Healthy Lives
on Kentucky Farms



Disabilities
accommodated
with prior notification.

WALK YOUR WAY CHALLENGE

 Cooperative
Extension Service



MARCH 10 - MAY 25, 2025

Have you decided it's time to get off the couch, but are not sure how to start?

Start Slow, Start Smart, Start with Us!

This 12-week challenge is based on the National Heart, Lung, and Blood Institute's walking plan and allows you to start at a pace that is comfortable for YOU.



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Register at the Todd County Extension Office, on-line at <https://bit.ly/WalkYourWay2025>, or scan the QR code.

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Disabilities
accommodated
with prior notification.