

Todd County Extension Family & Consumer Sciences Newsletter

Holiday Countdown

There is nothing like being home for the holidays. And there is no reason the holidays have to be stressful. If your home is where everyone gathers for Thanksgiving, Christmas, or other holiday meals, use the countdown below to make a game plan and eliminate the stress before it can start.

4 weeks out

- Send out invitations.
- Take an inventory of tables, chairs, cups, plates, napkins, and silverware. It's OK to use disposable dishes and utensils. Just make sure you have enough of whatever you decide to use.
- Place your order for a fresh turkey, if that's the type of turkey you are cooking.
- Place your order for a fully cooked turkey, ham, or roast, if that's your preferred entree.

3 weeks out

- Plan your menu, including all recipes.
- Make a detailed grocery list.
- Purchase containers for storage of leftovers or take-home favorites.

2 weeks out

- Follow up with guests to confirm the number of attendees.
- Double check your grocery list, and start shopping for shelf-stable items, beverages and anything frozen – this includes the turkey, if necessary.
- Locate your roasting pan and thermometer.
- Gather necessary equipment.

1 week out

- Clear out the fridge. Start using foods that are taking up space in your refrigerator and freezer.
- Make ahead any dishes that can be frozen and warmed up the morning of.
- Set out seasonal decorations.
- Make a holiday playlist for background music.

5 days before

- Check frozen turkey (ham or roast), and determine how long it will take to thaw. Allow 24 hours for every 4 to 5 pounds.
- Clean the house. You can allow two days for this!

4 days before

- Purchase fresh items for the menu.
- Purchase ice or make ice and place in bags in freezer.
- Make a cooking timetable for the morning of to ensure all dishes are cooked thoroughly and ready when needed.

3 days before

- Prepare table linens.
- Make a plan for keeping food warm. Set out warming plates or slow cookers.

2 days before

- Set the table or assemble the buffet.
- Set up a bar for drinks.
- Make cards identifying each dish so guests will know what they are eating and if any allergens are present.



- Thaw frozen dishes in the refrigerator for cooking the morning of.
- Spot clean high traffic areas in the house.

1 day before

- Make any dishes that can be made ahead of time – usually pies and desserts.
- Chop and measure ingredients for dishes that cannot be made ahead of time.
- Place drinks in cooler for icing the next morning.
- Set out fresh flowers.

The morning of

- Place turkey, ham, or roast in the oven.
- Start cooking items according to your timetable.
- Ice the drinks in the cooler.
- Set out fresh towels in the bathroom. Have a roll of paper towels in the bathroom as a backup as well.
- Relax and enjoy the day.

References:

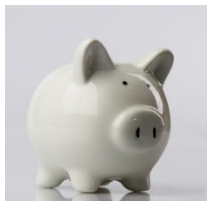
<https://www.tasteofhome.com/article/holiday-hosting-checklist/>

<https://leisurelydoesit.com/thanksgiving-countdown/>

Source: Annhall Norris, Food Preservation Extension Specialist

Holiday Spending Tips

Holiday spending is more than just purchasing popular gifts like clothing, gift cards, and toys. Other expenses like family dinners, office parties, decorations, greeting cards, and outings with kids and friends all take a toll on household budgets in the winter. Cut back your household's spending this year by planning ahead and working within your budget limitations.



PLANNING AHEAD. Maintain control of your money by setting limits, making lists, and sticking to an overall budget you can afford. If you tend to overspend, consider a cash-only or envelope system. Start buying early so you can spread out the cost over more than one month. List what you need, but also list what you've already purchased.

If your shopping list is a little more than you can afford, consider giving up something you regularly

spend money on and putting that extra cash into your holiday fund. Or increase your income by finding part-time seasonal work for extra money.

WORKING WITHIN YOUR BUDGET LIMITATIONS.

You don't have to keep up with the Joneses. Give what you can afford. If necessary, trim your list or discuss setting a spending limit within the gifting group. They may all appreciate that you brought up the topic.

For larger groups, suggest a gift exchange. Buying one very nice gift may cost less than buying multiple smaller gifts. Start a Secret Santa or White Elephant exchange and have each person include a wish list of items within the set price range.

You could also do something thoughtful instead of expensive. Create something crafty, bake, or spend time doing a task or activity that will be appreciated. Another idea is to donate to charity in place of giving a gift.

Sales, coupons, and apps that help you find better prices may keep costs down. However, making the most of these resources can take a lot of time. Beware the temptation to overspend or buy an item you don't need just because it's a bargain.

Finally, pay attention to your holiday spending. If you find you spend big and want to continue doing so next year, make it a regular part of your budget. Total your holiday spending and divide by 12. That is how much you should save per month next year. Consider it your personal "savings layaway."

Reference: National Retail Federation. (Oct. 24, 2018) *Consumers will spend 4.1 percent more than last year during winter holidays.* Retrieved Aug. 27, 2019, from <https://nrf.com/media-center/press-releases/consumers-will-spend-41-percent-more-last-year-during-winter-holidays>.

Source: Kelly May, Senior Extension Associate for Family Finance and Resource Management

Sincerely,
Jill B. Harris
 Jill Harris

Extension Agent for
 Family & Consumer Sciences



Upcoming Classes & Activities

January Leader Training – Ready, Set, Bake

Learn how to be a better baker by attending the January lesson, “Ready, Set, Bake.” It will be taught at the **Christian County Extension Office on Tuesday, January 5, at 10:00 a.m.** The class is hands-on and has a fee of \$3.00 per person. Please pre-register at the Todd County Extension Office by December 15. **The class will not be offered on Zoom.**

Sweaters & Bows – Annual Meeting

Todd County Homemakers Annual Meeting will be held **December 1, 6:00 p.m.** at the POPS Building in Elkton. The cost is \$10 to attend (register and pay by **November 23**). The meal will be a baked potato bar, we will have a short business meeting as well as a Bakeless Bake Sale to raise money for the Brenda Church Memorial Scholarship Fund. The program will be given by Cherie Morris; she will show how to tie 3 different types of bows and you will make your own to take with you. Wear a sweater of any kind and enjoy food, fun, and fellowship with others. You may register for the meeting at the Todd County Extension Office or at a club meeting in November.

Homemaker Dues

Homemaker membership dues of \$10 are due to the Todd County Extension Office by **November 16**. (Dues are free for first year members.) With your membership dues, you will also receive the monthly Homemaker lesson in the mail. You are also invited to all Todd County Homemaker events and activities.

Todd County Homemakers Council

Todd County Homemakers Council will meet **Monday, January 23, 5:00 p.m.** Location to be announced.

Area Cultural Arts

Save the date for the Pennyryle Area Cultural Arts Display. It will be held on **March 28, 2023**, at the Christian County Extension Office.

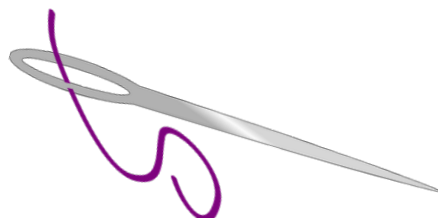
The categories are :

1. APPAREL
2. ART, 3-Dimensional
3. ART, NATURAL
4. ART, RECYCLED (Include a before picture)
5. BASKETRY
6. BEADING
7. CERAMICS a
8. COUNTED CROSS STITCH
9. CROCHET
10. DOLL/TOY MAKING
11. DRAWING
12. EMBROIDERY
13. FELTING
14. HOLIDAY
15. JEWELRY
16. KNITTING (HAND)
17. KNITTING (OTHER)
18. NEEDLEPOINT
19. PAINTING, ART
20. PAINTING, DECORATIVE
21. PHOTOGRAPHY
22. QUILTS
23. PAPER CRAFTING
24. RUG MAKING
25. WALL or DOOR HANGING
26. WEAVING
27. MISCELLANEOUS



For a list of subcategories, please contact the Todd County Extension Office or go to this link on the KEHA website:

http://keha.ca.uky.edu/files/cah_cultural_arts_categories_and_rules_2022.pdf





Ready, Set, Bake!

Become a better baker by getting back to the basics. This lesson is designed to give you a better understanding of ingredients and their role in the baking process, as well as demonstrate basic baking techniques. This will be a hands-on class.

January 5, 2023 10:00 a.m. Christian Co. Extension Office
January 5, 2023 2:00 p.m. Lyon Co. Extension Office
In case of inclement weather, the class will be offered by Zoom on January 5, 10:00 a.m.



Holiday Schedule

NOVEMBER 24-25	CLOSED
DECEMBER 26-30	CLOSED
JANUARY 2	CLOSED
JANUARY 16	CLOSED

Todd County Homemakers
Annual Meeting

SWEATERS & BOWS

THURSDAY
DECEMBER 1
6:00 PM

COST: \$10.00 | **DEADLINE: NOVEMBER 23**

- Baked potato bar
- Short business meeting
- Bakeless Bake Sale fundraiser for the scholarship
- Make and take your own bows
- Wear a sweater (any kind)
- Fellowship with other homemaker members

POPS Building, 201 East Main Street, Elkton, KY