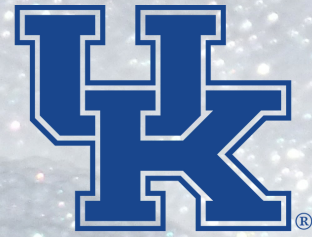




BUILDING STRONG FAMILIES FOR KENTUCKY

January 2023



College of Agriculture, Food and Environment
Cooperative Extension Service

3341 Zion Road
Henderson, KY 42420
(270) 826-8387

Check out our new and Improved website

<https://henderson.ca.uky.edu/>

Winter Holiday Cooking Class

We will be having our next in-person FREE cooking class on January 25th at 11:00 a.m. and 5:00 p.m. in the Expo Kitchen. Please call the office to reserve your spot or register online at <https://henderson.ca.uky.edu/fcs>

2022 Cooking Thru the Calendar

We will continue our virtual Cooking Classes on January 19th at 11 a.m. via Facebook Live.

Cooking classes can be found on the Henderson County Extension Family and Consumer Sciences Facebook Page.

Bingocize

Bingocize- A way to have fun playing bingo and light exercises! will take place January 12, 19, 26, February 2 and 9 at 10:00 a.m. in the main building. Call the office to sign up!

Cancer Support Group

If you are a cancer survivor or have a family member or friend with cancer then come out and support each other. The group meets on the 3rd Monday of each month at 3:00 p.m. But in January, we will meet on 4th Thursday January 23rd at 3:00 p.m.

Craft & APP

Come join us on January 18th for a Craft & App.

This will be a Plate It Up Recipe & activity at 5:00 p.m. in the Extension Expo Project Room.

FREE Class - Call office to sign up or register online at <https://henderson.ca.uky.edu/fcs>



Happy New Year

Amanda L. Hardy

Amanda L. Hardy
County Extension Agent
for Family and Consumer Sciences



hello
January

Homemakers



Roll Call:

January rings In the newyear. Share one goal you have for the new year.

Thought for the month:

"I like the dreams of the future better than the history of the past."



*2023 KEHA State Meeting – May 9-11, 2023
Crowne Plaza
Louisville, KY*

for more Information check our website:

<https://keha.ca.uky.edu/content/state-meeting-information>



Watch, Listen and Follow

Tune into Lifestyles on News 25 the 2nd Tuesday of each month at 11 a.m. Listen to WSON Thursday mornings at 6:45 a.m. Follow us on Facebook-Henderson County Extension-Family and Consumer Sciences.

If you would be interested in joining a club or starting a new club, please give our office a call at 270-826-8387.

Club Meetings

Town and Country- 3rd Monday of each month at 6 p.m. in Expo Building.

Happy Knitters- every Tuesday at 10 a.m. in Expo Conference Room.

Niagara- Wednesday, January 18th 10 a.m. at Cash Creek Baptist Church

Central-Thursday January 12th at 11:00 a.m. in Expo Building Project Room.

January Lesson

Move your Way: Exercise for Everyone



Homemaker Leader Lessons

February Lesson- Transferring Cherished Possession: Estate Planning for Non-Titled Property- Management and Safety Lesson

January 17 Daviess County at 10:00 a.m.
January 18- Henderson County at 10:00 a.m.

March Lesson- Elements & Principles of Art Cultural Arts & Heritage Lesson

January 17- Daviess County at 11:00 a.m.
January 18- Henderson County at 11:00 a.m.

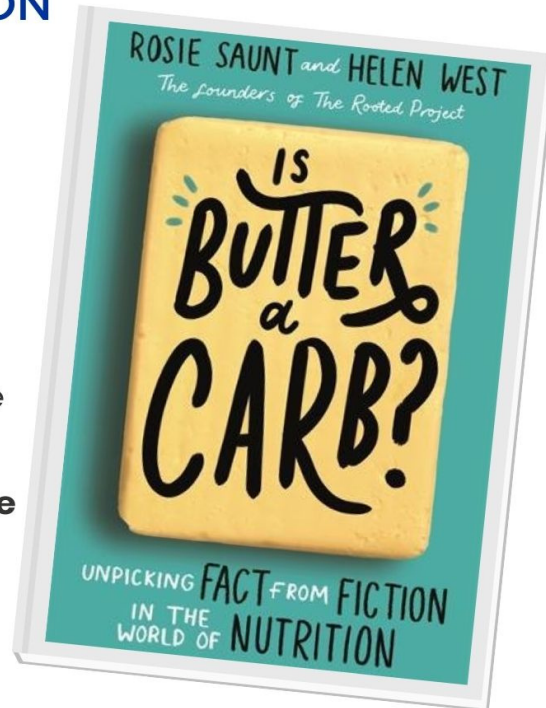
BIG BLUE BOOK CLUB

 University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

IS BUTTER A CARB?

UNPICKING FACT FROM FICTION IN THE WORLD OF NUTRITION

Evidence-based, body positive and practical, *Is Butter a Carb?* is the modern must-have nutrition book for everybody interested in food, health, and pop science. **This isn't a diet book or quick-fix book.** Instead, the book is an engaging way to determine fact from fiction in the world of nutrition and **helps readers feel more confident as consumers.**



BOOK CLUB WILL BE HELD
ON THURSDAYS

MARCH 2, 9, 16, 23 AT 10AM (ET)

REGISTER BY JANUARY 27, 2023

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Reminder:

If schools are closed or dismiss early due to weather we will cancel our programs that day.

The Extension
Office will be closed
January 16th to
observe MLK Day.

Henderson County
3341 Zion Road
Henderson KY 42420

RETURN SERVICE REQUESTED

NONPROFIT ORG
US POSTAGE PAID
HENDERSON KY
PERMIT 564

Sweet & Spicy Butternut Squash

2 medium butternut squash
1 tablespoon olive oil
1/4 teaspoon kosher salt
1/4 teaspoon cayenne pepper
1/4 teaspoon ground cinnamon
1/4 cup honey

Preheat oven to 450 degrees F. **Wash** squash and **pierce** the skin of each squash with a fork in several places. **Place** both squash in a microwave oven. **Cook** on high setting for 4-5 minutes. **Place** squash on a cutting board and **cut** 1/2 inch off both ends. **Cut** squash in half lengthwise and remove seeds and pulp. **Peel** off the skin using a sharp vegetable peeler. **Cut** the squash into 1/2 inch cubes. **Place** the squash cubes in a large mixing bowl. **Add** olive oil, kosher salt, cayenne pepper and cinnamon. **Toss** to coat.

Spread the seasoned squash cubes on a greased baking sheet. **Roast** for 40 minutes or until fork tender. **Remove** turning after 20 minutes. **Remove** from oven and let sit for 5 minutes. **Warm** honey in a microwavable dish and **dizzle** over the squash.

Yield: 12, 1/2 cup servings

Nutritional Analysis:
60 calories, 1 g fat, 0 g saturated fat, 0 mg cholesterol, 50 mg sodium, 14 g carbohydrate, 2 g fiber, 7 g sugar, 1 g protein.

