



Laurel County Extension Homemakers

"We are so much more than you think!"

ANNOUNCEMENTS

Club leaders please note that the next Laurel County Homemaker Advisory Council meeting is scheduled for November 2nd starting at 10am

Month		November		Year		2022	
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	1 ★	2 ☆	3	4	5	6	
7 ★	8 ★	9 ★	10 ★	11 ★	12 ☆	13	
14 ☆	15 ★	16 ☆	17 ★	18	19	20 ☆	
21 ★	22 ★	23 ☆	24 ☆	25	26	27	
28 ★	29	30					

Classes:

- 1st Dining with Diabetes @ 10am-12pm
- 1st Cook Together, Eat Together @ 6pm-8pm
- 7th Basic Cake Decorating Day 1 @ 6pm-8:30pm
- 8th Dining with Diabetes @ 10am-12pm
- 8th Stained Glass: Ornaments Day 1 @ 6pm-9pm
- 9th Made by You @ 10am-2pm
- 10th Holiday Cooking School @ 5pm
- 11th Basic Cake Decorating Day 2 @ 6pm-8:30pm
- 14th Laugh & Learn @ 11am-12pm
- 15th Dining with Diabetes 10am-12pm
- 15th Stained Glass: Ornaments Day 2 @ 6pm-9pm
- 15th Cricut Basics: Tshirt @ 6pm-8pm
- 17th Stained Glass: Ornaments Day 3 @ 6pm-9pm
- 21st Advanced Cake Decorating Day 1 @ 6pm-8:30pm
- 22nd Dining with Diabetes @ 10am-12pm
- 28th Advanced Cake Decorating Day 2 @ 6pm-8pm

Homemaker Events:

- 2nd Laurel Homemaker Advisory Council @ 10am
- 11th Macedonia Monthly Meeting @ 6pm
- 12th Mountain Laurel Quilters Monthly Meeting @ 9am
- 14th Laurel Silver Threads Monthly Meeting @ 9am
- 16th Mountain Laurel Quilters - Sew Day @ 9am-8pm
- 20th Busy Needles Monthly Meeting @ 2pm
- 23rd Laurel Silver Threads Second Day @ 8am

CELEBRATE OUR NOVEMBER BIRTHDAYS!

1st Carolyn Etherton (Sublimity)

3rd Kathy Grosswiler (Mailbox)

3rd Rebecca Keltner (Mailbox)

3rd Myra Raiche (Mailbox)

5th Jen Byrkit (Mountain Laurel Quilters)

7th Barbara Williams (Laurel Silver Threads)

10th Kathy Denney (Mailbox)

12th Ann Rindge (Mailbox)

14th Joyce Konitzer (Sublimity)

15th Rebecca Maggard (Laurel Silver Threads)

16th Virginia Richardson (Laurel Silver Threads)

21st Gerrie Creech (Mailbox)

22nd Charlotte Whitaker (Mailbox)

23rd Wanda Scalf (Macedonia)

23rd Linda Smallwood (Mailbox)

25th Charleen Armentrout (Mailbox)

30th Vicky Greenwell (Sublimity)

UPCOMING OFFICE CLOSURES

November 24th - Thanksgiving Day

November 25th - Day after Thanksgiving

December 26th through January 2nd - Christmas and New Year's Holidays

Wilderness Trail Area Holiday Cooking School

Homemade for the Holidays

Featured Cookbook: *Homemade with Love*
(Bell County Extension Homemakers)

Date: November 10, 2022

Where: Optimist Club London, KY

Time: 5:00 pm

Tickets: \$25 includes admission and a copy of the featured cookbook.

Contact your local Cooperative Office to purchase tickets and get your cookbook! Tickets will not be sold at the door and are extremely limited.

Local Cooperative Extension Office Directory:

Bell County: 337-2376
Knox County: 546-3447
Clay County: 598-2789
Laurel County: 864-4167
Harlan County: 573-4464
Rockcastle County: 256-2403
Jackson County: 287-7693
Whitley County: 549-1430

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Congratulations to all winners at the Area competition for Cultural Arts!

- Basketry, Miniature - Myra Raiche, Mailbox, Blue
- Crochet, Accessories - Pat Gray, Macedonia, Blue
- Crochet, Fashion - Pat Gray, Macedonia, Blue
- Crochet, Home Decor & Afghans - Pat Gray, Macedonia, Blue
- Embroidery, Basic Embroidery - Sheryl Bowling, Silver Thread Quilters, Blue
- Needlepoint, Plastic - Naomi Conaway, Sublimity Blue
- Painting/Decorative, Wood - Pat Gray, Macedonia, Blue
- Painting/Decorative, Other - Faye Miracle, Macedonia, Blue



THINK ABOUT CREATIVE ALTERNATIVES THAT COULD BECOME NEW TRADITIONS



Simplify sides. Vegetable-based dishes, such as sweet potato or green bean casseroles, are common around the holidays. While these dishes are tasty, they require several ingredients that can increase meal prices. Consider simplifying side dishes by serving vegetables “on their own” rather than in a fancy recipe. This cuts both costs and calories.

Traditional twists. There is no rule that you must serve turkey on Thanksgiving, for example. Instead, think about creative alternatives that could become new traditions. Choose meals that best fit your budget and the needs of your guests. For instance, pasta dishes can feed a crowd. You can prepare them ahead of time, they require few side dishes (just a big healthy salad), and you can change them to fit dietary needs. Ask your guests for creative suggestions (such as baked potato bars, themed dinners, etc.) and recruit their help when it’s time to cook.

Gather early. Suggest hosting your holiday meal earlier in the day. Breakfast, brunch, and lunch options often come with fewer expectations for side dishes, drinks, and desserts. In addition to lowering costs, an earlier meal may free up time later in the day to attend multiple gatherings or add in a fun, low-cost activity like a friendly game of football, a board game, movie, or craft.

As you consider budgeting for your holiday festivities, remember that changes don’t have to be permanent. Budgets, needs, and wants change from year to year — your holiday plans can too. To explore healthy, budget-friendly recipe ideas, visit the University of Kentucky Family and Consumer Sciences Extension **Plate it up! Kentucky Proud** series at <https://fcs-hes.ca.uky.edu/piukp-recipes>

Nichole Huff and Miranda Bejda | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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

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Laurel County Extension Office | 200 County Extension RD | London, KY | 40741 | (606)864-4167

THIS MONTH'S TOPIC: HOSTING HOLIDAY MEALS ON A BUDGET

If you've ever hosted a holiday gathering, you know there is a lot to consider: Who will be invited? When will they arrive? What will be cooked? and How much will it cost? With inflation driving up the costs of goods and services, the rising prices of groceries might be on the minds of many Kentuckians who plan to host an event this holiday season. Holiday meals can get pricey, especially when serving a large crowd. As you prepare for this year's festivities, there are several strategies you can use to lower costs while maintaining holiday cheer.



Plan ahead. First, gather your recipes and make a list of the ingredients you will need. Then shop your pantry and freezer, noting what you already have. Identify only the items you need to buy. When you shop, buy store-brand items when possible. These usually come with a lower price tag. Planning early also allows you to take advantage of sales and comparison shop.

Shop intentionally. Store mailers, websites, mobile apps, and social media pages can help you shop wisely. Use these tools to compare deals and prices between brands and stores. If the stores you choose provide online ordering, consider buying groceries through pickup. Ordering online can help you avoid impulse buys. It also helps you easily compare prices

and nutritional information and keep an eye on your overall total. Whether you shop online or in-store, use coupons and customer loyalty programs to maximize deals. If you're shopping in the store, keep a running tally of your total as you add items to the cart. Prioritizing purchases helps us stick to a budget.

Delegate dishes. If you're hosting a holiday gathering, suggest an organized "potluck" instead of trying to do everything yourself. Ask everyone to sign up to bring something. Assigning side dishes, desserts, and drinks, for example, is one way to split the costs and stress of hosting a holiday meal. It gives others a chance to purchase or share special recipes while distributing the responsibility.





November C.L.A.S.S. Events

Register at 606-864-4167 or online at [HTTPS://BIT.LY/LCESCLASS](https://bit.ly/LCESCLASS)



Dining with Diabetes First Four Tuesdays in November | 10 AM—12 PM | \$0

Dining with Diabetes is a four part health and wellness program. Come learn strategies to lessen the health risks of diabetes, healthy techniques to use in your own kitchen, and discuss issues with a dietitian or certified diabetes educator. Lessons will be focused on living with diabetes, carbohydrates, fats & sodium and putting it all together. This class is scheduled for 11/1, 11/8, 11/15, and 11/22 and is a 4-part series with each class focusing on different topics.

Cook Together, Eat Together November 1st | 6 PM—8 PM | \$0

We've all been there, struggling to figure out what to fix for your family's dinner or struggling to spend enough time with your family once everyone has made it home after their busy days. Join us for this fun cooking event where you won't even have to leave your home! At this fun cooking event you will cook with your kids, get tips that make cooking fast, fun and delicious, learn how to make healthy and affordable recipes, receive recipes to make vegetables "taste as good as a French fry", get special tips on family meals, leftovers and "less mess" cooking, share shopping tips for buying healthy food on a budget, and get the scoop on shopping at farmers markets!

Basic Cake Decorating Nov 7th & 11th | 6 PM—8:30 PM | \$20

Join us for this scrumptious classes where we will cover basic cake decorating equipment, filling and icing a cake, icing borders, creating drop flowers and leaves, creating flowers such as roses, and basic figure piping. This class will also touch on royal icing. Registrants will need to pre-register for this class as your registration fee will cover a kit with all needed materials for both dates.

Stained Glass: Ornaments Nov 8th, 15th, and 17th | 6 PM—9 PM | \$75

During this three session class, students will learn how to create a 3-D angel and their choice of an angel or holly ornament. Class includes all materials and tools necessary to complete the project. Students must supply and wear closed toe shoes and safety glasses.

Made by You Nov 9th | 10 AM—2 PM | \$0

This is an open workshop day to work on your unfinished projects. Come join others who need a place to spread out, encouragement, or perhaps just a set aside time to work. Participants will bring their own personal projects, necessary tools and supplies. Help is available upon request if needed.

Laugh & Learn November 14th | 11 AM—12 PM | \$0

We will be offering a FREE one-hour Laugh and Learn Playdate every month for you and your child(ren) to engage in playful activities that are designed to prepare them for kindergarten. Adults and children will hear stories, sing songs, make crafts, play games, and enjoy a healthy snack during every playdate. Be sure to sign up and mark your calendars with the following dates so you and your child(ren) can together build the skills they will need to best prepare them for school.

Advanced Cake Decorating November 21st & 28th | 6 PM—8:30 PM | \$20

Join us for these follow-up classes to our Basic Cake Decorating classes. During these sessions we will review the basics, before introducing you to fondant, mint paste, marzipan, and more advanced figure piping. Registrants will need to pre-register for this class as your registration fee will cover materials for both classes.



December C.L.A.S.S. Events Sneak Peak

Register at 606-864-4167 or online at [HTTPS://BIT.LY/LCESCLASS](https://bit.ly/LCESCLASS)



Crochet Earwarmers December 6th | 6 PM—8 PM | \$0

The weather is getting colder and the days are getting shorter, so it's the perfect time to work on your crocheting skills and make this super cozy set of earwarmers! This project can be done with any color scheme that you would like! This will be a beginner friendly class.

Materials needed: 1 skein of bulky (size 5) yarn and a size K (6.5mm) hook.

Holiday Candies December 8th | 6 PM—8 PM | \$0

Join us for this super sweet class focused on the variety of candies that can be incorporated into your holiday season! This will be a hands on class where you will get to make different candies using different techniques. All registered participants will receive samples.

Laugh & Learn December 12th | 11 AM—12 PM | \$0

We will be offering a FREE one-hour Laugh and Learn Playdate every month for you and your child(ren) to engage in playful activities that are designed to prepare them for kindergarten. Adults and children will hear stories, sing songs, make crafts, play games, and enjoy a healthy snack during every playdate. Be sure to sign up and mark your calendars with the following dates so you and your child(ren) can together build the skills they will need to best prepare them for school.

Made by You December 14th | 10 AM—2 PM | \$0

This is an open workshop day to work on your unfinished projects. Come join others who need a place to spread out, encouragement, or perhaps just a set aside time to work. Participants will bring their own personal projects, necessary tools and supplies. Help is available upon request if needed.

Craft n' Creations: Snowman Hanging Decoration December 15th | 6 PM—8:30 PM | \$5

Join us each month on the third Thursday of each month (unless otherwise noted) for some crafting and creating! You will get the chance to slow down and have some fun while working on a stress-relieving craft project.

DETAILS TO BE ANNOUNCED!

Adult Quilt Camp

hosted by the Laurel County Silver Threads Homemakers

Dates: December 26th through December 30th

Keep an eye out in the mail for the coming details around the multiple options being offered for the Adult Quilt Camp project this year, you won't want to miss it!

Lora Davidson

Lora Davidson
Laurel County Extension Agent
For Family & Consumer Sciences