



November 2022 Newsletter

VOL. 22-11

Cooperative Extension Service

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"Welcome sweet November, the season of senses and my favorite month of all."

- Gregory F. Lenz



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Agriculture and Natural Resources
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LEXINGTON, KY 40546



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Nutrition Notes.....

(Alta) Gaye Hutchison,
EFNEP Assistant

(Expanded Food and Nutrition Education Program)

November 2022

Nutrition

Education

Program Calendar

Recipe

SHEET PAN DINNER



Nutrition facts per serving:

260 calories;
16g total fat; 4g
saturated fat; 0g
trans fat; 65mg
cholesterol; 720mg
sodium; 17g total
carbohydrate; 2g
dietary fiber; 8g total
sugars; 0g added
sugars; 13g protein;
0% Daily Value of
vitamin D; 4% Daily
Value of calcium;
10% Daily Value of
iron; 6% Daily Value
of potassium.

Source: Central
District (1-4)
Nutrition Education
Program

- 1 package of fully cooked turkey sausage, sliced
- 3 cups chopped vegetables such as onion, bell pepper, sweet potatoes, zucchini, carrots, and broccoli
- 2 tablespoons olive oil
- 2 teaspoons garlic powder
- Black pepper to taste

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently scrub all vegetables under cool running water before preparing them.
3. Preheat oven to 400 degrees F.
4. Place sliced sausage and vegetables

on a baking sheet and drizzle with olive oil, garlic powder, and black pepper. Bake for 30 minutes or until veggies are fork tender.

5. Store leftovers in the refrigerator within 2 hours.

Vegetarian option:

Omit the turkey sausage, and use one cup of chickpeas. This reduces sodium by 500 mg.

Makes 4 servings.

Serving size: 3 ounces sausage plus 3/4 cup vegetables

Cost per recipe: \$6.65

Cost per serving: \$1.66

What do a turnip, a beet, and a jicama all three have in common? They're all a *root crop* and over 250 Wayne County Early Elementary Children did taste trials on all three in October! The turnip was the favorite.



Dig, dig, dig.

Dig, dig, dig,
in the ground.

Dig, dig, dig,
all around.

Pull, pull, pull,
as hard as you can.

Pull, pull, pull,

What's' in your hand?



Each month our EFNEP Assistant, Gaye Hutchison does one lesson of the LEAP (Literacy, Eating, and Physical Activity for Preschool/Primary) Curriculum with early elementary students at Walker Early Learning Center, Immanuel Christian Academy, Monticello Christian School, and Wayne County Head Start.

Each lesson consists of a book being read, a related activity, a food trial, and sometimes a song.

HSW-JSW716



LEAP FOR HEALTH NEWS

TURNIPS ARE GOOD FOR YOU



Turnips are fat free, cholesterol free, low in sodium and an excellent source of vitamin C. They may be eaten raw or cooked.

You can eat even turnip leaves (turnip greens). They are delicious sautéed or steamed as a side dish with garlic, onion, olive oil and lemon, or added to soups, stews and pasta.

HOW TO HELP YOUR CHILDREN EAT VEGETABLES

- Set a good example for children by eating vegetables with meals and as snacks.
- Let children decide on the dinner vegetables or what goes into salads.
- Depending on their age, children can help shop for, clean, peel or cut up vegetables.
- While shopping, have children pick a new vegetable.
- Use cut-up vegetables for afternoon snacks.
- Children often prefer foods served separately. So, rather than mixed vegetables, try serving two single vegetables.



MAKE VEGETABLES MORE APPEALING

- Many vegetables taste great with a dip or dressing. Try a low-fat salad dressing with raw broccoli, red and green peppers, celery sticks or cauliflower.

QUESTION FOR FAMILY TIME

Q: What happened after the turnip was pulled out?

A: Everyone ate turnip stew.

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October's LEAP lesson was on root vegetables and the students got to see a lot of different root vegetables.



Extension Homemaker Club Meetings

Sunnybrook - November 3rd @ 6:30 p.m. - Downstairs Meeting Room

Charity - November 8th @ 5:00 p.m. - New Charity Baptist Church

Odds 'N Ends -November 10th @ 12 noon - Downstairs Meeting Room

Pots & Pans - November 14th @ 6:00 p.m. - Upstairs Meeting Room

Country Charmers - November 14th @ 6:00 p.m. - Downstairs Meeting Room

Creative Characters - November 15th @ 1 p.m. - Downstairs Meeting Room

Happy Chippers - November 17th @ 1:00 p.m. - Downstairs Meeting Room

Mudslingers - November 21st & 22nd @ 12 noon-Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!



Roll Call & Thought of the Day for KEHA Monthly Club Meetings November 2022



Thought for the Day: "We must find time to stop and thank the people who make a difference in our lives." -John F. Kennedy

Roll Call: In November, we celebrate Thanksgiving. What is one thing you are thankful for this year?



Donate Blood
Save a Life!

Blood Drive!

Tuesday, November 8th

Aspire Center

Charity 11:45 a.m.-3:00 p.m.

Sunnybrook 3:00 p.m.-6:15 p.m.

Let Your Light Shine!

Each month we will "feature" a Homemaker Club. Your club will be asked to send us information about your club. Where have you been? Any special projects? Community service? A club outing? etc. We like pictures too!

Your club will be spotlighted in the FCS Newsletter, Facebook, the Z93 Daily, and the Wayne Weekly. The month that your club has been assigned, you will be asked to do an article about your club, with a picture, or you can have a picture and a small write-up each week of your featured month. It is your choice.

This will be **FUN**, and we need to let others know how much fun it is to be a Wayne County Extension Homemaker.

September 2022 - Mudslingers
November 2022 - Odds 'N Ends
November 2022 - Christmas Village
January 2023 - Sunnybrook
February 2023 - Charity



March 2023 - Creative Characters
April 2023 - Country Charmers
May 2023 - Happy Chippers
June 2023 - Pots & Pans
July 2023 - Silver Thimbles

****Remember: You are welcome and encouraged to share your club happenings anytime and not just in your featured month. Please share your homemaker experience with others. Clubs - Please turn in ALL your information to the Extension Office by the 10th of the month before your club is featured.**

Wayne County Extension Homemakers Christmas Village

The Wayne County Extension Homemakers will be celebrating their 38th Christmas Village on Saturday, November 19th. A large crowd attends the annual event from 9:00 a.m.-2:00 p.m. EST which will be held at the Wayne County Extension Office this year.

A beautifully decorated Christmas tree, gifts, crafts, food of all kinds, Children's Village, Santa, and more are featured at this festive event. The Homemaker Clubs have all the craft and food items you will ever need for Thanksgiving and Christmas holidays. A portion of the proceeds from club sales are donated to various charitable causes chosen by the Extension Homemaker Clubs. An optional admission charge of a canned food item or monetary donations is accepted at the door.

A decorated tree will be featured and a backdrop for pictures. Hundreds of Christmas ornaments will adorn the tree and Santa will arrive. A special attraction at the Christmas Village is the Children's Village. Children, ages 5-12, may shop for gifts for relatives. The Christmas Village has something to offer everyone. While at the Village, join an Extension Homemaker Club. Annual membership dues are \$10. For more information about the event or Extension Homemakers, please call the Wayne County Extension Office at 606-348-8453.

Odds 'N Ends Homemaker Club

The Odds 'N Ends Homemaker Club has been organized longer than any other homemaker club which is now functioning. We perhaps have some of the "oldest" members also.

In 1979, two homemaker clubs decided to combine because of declining membership. Our club received its name when Jean Elam (long deceased) said, "Why not call ourselves the Odds 'N Ends, because we are taking the ends of two clubs and members from all walks of life--doctors, wives, nurses, housewives, factory workers, etc. to form one club." Several of our members have been active since 1979.

Through the years, many of our club members have served as county, club, and area officers. As a club, we try to go on an educational outing each year. However, we haven't been since COVID. We enjoy a pizza meal every year while working on crafts and items for the Christmas Village. At one of our meetings, we serve a salad potluck, and we always have a fun filled Christmas party.

We have supported Zadie's Ladies, the House of Blessings, the 4-H Scholarship Program, and the Contented Heart Quilt Show for many years.

We enjoy fellowship, educational lessons, and good food. New members are welcome to join our club. In the last couple of years, we have welcomed the following new members: Janice Davis, Kathy Moore, Betty Owens, Linda Combs, Brenda Dolen, Bethe Bryant, Betty Rains, and Ruby McFarland.

Club meetings are held the second Thursdays of each month (September-May) at 12 noon at the Wayne County Extension Office.



Cooking Thru the Calendar!



Wayne County Extension Office
Downstairs Meeting Room @ 12 Noon
Recipe Demos & Taste Testing!
Free Classes!
Must register so we can be
prepared for you!
Call (606) 348-8453

Monday, November 14th - Sheet Pan Dinner
Monday, December 12th - Cheese & Corn Chowder

Our Adventures Await!!

Leader Training: Will be 4th Tuesdays at 5:30 p.m. at the Wayne County Extension Office unless designated otherwise.

Everyone is welcome. Invite a friend or neighbor. You do not have to be an Extension Homemaker to attend. Please register to attend so we can be prepared for you. Some of these lessons are hands on and require materials and supplies.

Upcoming Lessons:

November 22nd - Holiday Make & Take - Must register!

December - Club Choice

PASSPORT



Passport Program

Wayne County Extension Homemakers
Your "Adventures Await"
Passports are ready for pick up.
Ask us for more information.
Fun, Fun, Fun!



Volunteer Service Unit (VSU)

What is a Volunteer Service Unit (VSU)? A VSU is an hour of volunteer effort. These hours include hours spent in preparing to carry out a volunteer activity as well as the hours spent directly involved in volunteer work. This includes hours spent with the KEHA organization, in volunteer roles with Cooperative Extension and other community work.

The VSU program has four categories of service: Extension, KEHA, Community and Personal. Some examples are listed for each category.

- **Extension** - Participating in agent-led training and then teaching the lesson to your club or other audiences. Assisting with other programs such as 4-H events, volunteering for Extension events, and serving as a member or officer for the county Extension Council, etc.
- **KEHA** - Programs that originate and are directed by KEHA leaders and members. Participation in KEHA-sponsored events. All volunteer time for club, county, area or state KEHA projects and fundraisers. Examples include: baking for local bake sales, planting trees, picking up trash in local clean-up projects, etc.
- **Community** - Service as a member or officer within community groups not Extension or KEHA coordinated or led. Examples: library board, Kiwanis, Eastern Star, parent-teacher organizations, etc. This category is also for reporting volunteer time tutoring students, senior home visits, American Cancer Society, Red Cross, etc.
- **Personal** - This category is for reporting any unpaid service to family, friends, and neighbors such as babysitting relatives not living with you, taking a friend to the doctor, mowing the neighbors' lawn, shoveling their snow, etc. Church and faith-based participation such as choir member practice, teaching Sunday School, transporting church members, etc. are included in this category.

Club Name: _____

Volunteer Service Unit (VSU) Log (copy as needed)

Name _____ Address _____
 County _____ Phone _____ Email _____

Date	Activity/Job Performed	Hours (report in appropriate category)			
		Extension	KEHA	Community	Personal
10/01/2022	Delivered food for House of Blessings			3	
10/05/2022	Club meeting	2			
10/15/2022	Babysitting				4
TOTALS					

Categories: Extension= Volunteer service for projects or programs directed by an Extension Agent; KEHA = Volunteer hours for projects initiated and led by KEHA members; Community= Service to other entities/organizations in the community (not Extension or KEHA projects); Personal= Unpaid service to family, friends and neighbors. See KEHA Handbook pages 88-90 for complete category descriptions. Report all hours earned within the past KEHA year (July 1 - June 30). Logs are due to the county Leadership Chairman, or designated contact by July 1.

Here is an example of the VSU log sheet filled out.

It is very important to list your activities by date and to put the hours in the appropriate category for each activity you perform. When we submit your hours to KEHA, we have to list the total number of hours by the categories. Turn in hours from July 1, 2022 to June 30, 2023.

Copies of the VSU log are available at the Extension Office.

Project Helping Hands

We need your help with the following Community Service Projects.

House of Blessing:

- **Christmas Cakes** - can be homemade or store bought. Cakes are needed on December 14th. Cakes can be delivered to the Aspire Center between 1:00 p.m. and 2:30 p.m., or if you need to drop off sooner, you can drop it off at the Extension Office and we will get it there for you.
- **Christmas Hams** - Christmas hams or \$ for Christmas hams are needed by December 12th. You can take directly to the House of Blessings or drop off at the Extension Office and we will get it to them.

Senior Stocking Stuffers:

We are collecting items to "**Stuff the Christmas Stockings**" for some of our local Senior Citizens. Items will be collected at the Extension Office no later than Wednesday, December 7th. Everyone is welcome to come to the Extension Office on December 8th at 10:00 a.m. to help us STUFF STOCKINGS! Please let us know if you can come help. Stockings will be delivered to local Senior Citizens by the House of Blessings.

Items needed for men and women:

- Warm socks and gloves.
- Toothpaste and toothbrushes.
- Soap, shampoo, deodorant, powder, lotion, etc.
- Hairbrushes and combs.
- Any items a Senior might like in their stocking.



We would also like for you to include Christmas cards with words of encouragement and warm thoughts. These can be homemade or bought, and you can sign them from Wayne County Extension Homemakers. The **Holiday Season** can be a very lonely time for some Seniors. Let's help make their **Holiday Season** an extra special blessing.

***Participation in these community service projects can count as volunteer service hours and earn you some double points in your passport log!*

Wayne County High School FCS Program



The Extension Homemakers collected items to help support our WCHS Family & Consumer Science/FCCLA program.

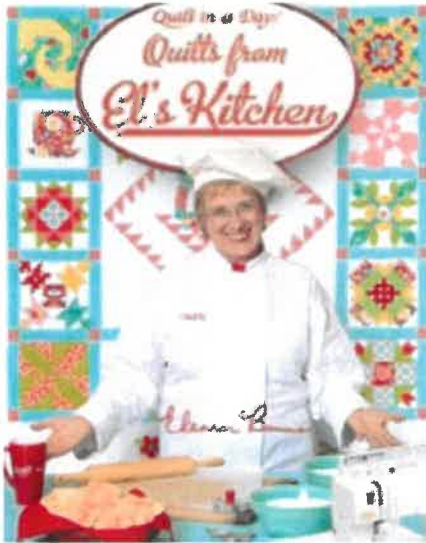


In-Stitches Class

The next In-Stitches Class is scheduled for Wednesday, November 16th @ 10 a.m.

Downstairs Meeting Room at the Extension Office.

We will be doing the Pig's Tail and Broken Dishes Blocks from El's Kitchen Quilt Book.



Rock the Clock Event

Several people attended the Rock the Clock Event on October 15th and enjoyed working on various sewing projects.





Seth Hart,
Program Assistant
for Community Arts

Fine Arts Homemaker Program Fall Fest

On Saturday, October 1st, club members from the Fine Arts Homemaker Program attended Fall Fest at Monticello-Wayne County Memorial Park, displaying a variety of their creations, some of which they plan to sell in promotion for Christmas Village on November 19th. These club members belong to Happy Chippers, Mudslingers, and Creative Characters.



CERAMICS WORKSHOP

Instructor: Seth Hart

Discover the secrets of creating functional pottery. This class will provide basic instruction on using a pottery wheel, followed by glazing techniques and kiln firing.

Please dress for mess and bring an old towel. All other materials will be provided.

TWO SESSION WORKSHOP

PLEASE CALL TO REGISTER

\$20.00

Each Session will be held on separate days.

SESSION ONE

POTTERY WHEEL

DUE TO A LIMIT OF FIVE POTTERY WHEELS, THREE SEPARATE TIME SLOTS ARE AVAILABLE FOR THIS SESSION. CALL TO RESERVE A SPACE FOR EITHER TIME:

Wednesday, November 30th

Slot A 5:00 pm

Slot B6:00 pm

Slot C 7:00 pm

SESSION TWO

GLAZING

MEMBERS ARE AUTOMATICALLY REGISTERED FOR THIS SESSION.

Wednesday, December 07

6:00 - 8:00 pm



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



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Starry Night Nativity

With

Suzanne Pogue



November 29th

Upstairs Meeting Room

6pm – 8pm

Deadline to register: November 21st

All Supplies Provided ~ Fee \$30 made payable:

Wayne County Extension Office

Memo: Nativity Painting

**Note this is a painting class, paint is permanent, please dress in clothing you don't mind getting paint on or wear a painting smock/apron.*



Joy McGinnis,
FCS Program Assistant

Keep it Simple to Avoid Holiday Stress

Family holiday gatherings can be a source of tension and stress. During these tough economic times, families are struggling to meet their needs. Not having money for the wants, like gifts and travel expenses, can add stress and lead to overspending. Feelings of sadness and helplessness are not uncommon. Individuals can find themselves in a financial spiral that leaves them wondering how they will make ends meet. The demands of shopping, preparing holiday meals, and attending social events during holidays leave many feeling exhausted and tired. How can you turn holiday stress into peace and joy?

- Count your blessings.
- Concentrate on what you have and not on what you don't have.
- Maintain a positive attitude.
- Don't worry about the things you can't control.
- Exercise and eat good, nutritional foods.
- Avoid caffeinated beverages.
- Try to get eight hours of sleep each night.
- Do something just for yourself.
- Spending quality time with friends.

Source: <http://www.mayoclinic.com/health/stress/MH00030>

November is Alzheimer's Disease Awareness Month

November marks Alzheimer's Disease Awareness month. Alzheimer's disease is a serious public health problem that particularly affects older adults. Although Alzheimer's disease is not a normal part of aging, the risk for developing it increases with age. About 5 percent of people ages 65 to 74 have Alzheimer's disease and about half of people aged 85 years and older may have Alzheimer's disease. Symptoms of Alzheimer's disease can include a gradual loss of memory, disorientation, difficulty in making judgements, a decline in the ability to perform routine tasks, and personality changes.



According to the Centers for Disease Control and Prevention (CDC), Alzheimer's disease is the 6th leading cause of death among American adults and the 5th leading cause of death for people aged 65 years and older. About 5 million Americans have Alzheimer's disease and 15 million people care for a loved one with the disease. Moreover, mortality rates for Alzheimer's disease are rising, unlike heart disease and cancer death rates that continue to decline.

Resources: Alzheimer's Association, The NIH Alzheimer's Disease Education and Referral Center, & Eldercare Locator

Holiday Online Shopping Savvy

The holiday season is quickly approaching, and many of us are going to shop online for at least some of our holiday purchases. Being smart when and where you shop online this holiday season can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection can make you an easy target for cyber thieves who can steal your credit card information. Remember public internet connections are not always secure, even if you are on your own device, and the public network's security software may not always be up to date.

When buying online, look for a padlock symbol on the page and shop from sites that start with an <https://> web address. The "s" after the "http" shows that the website encrypts your information as the transaction is processed.

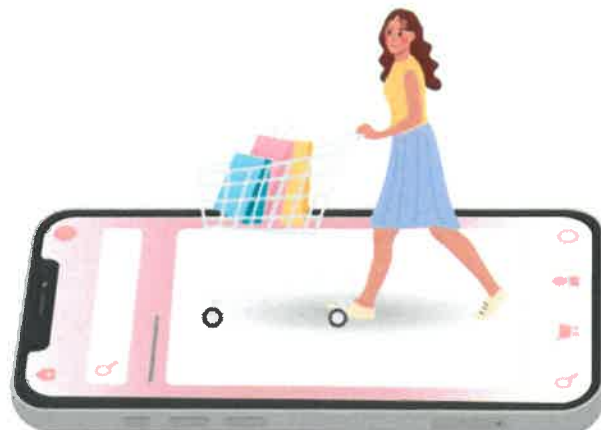
Use credit cards instead of debit cards to make purchases online. The Fair Credit Billing Act limits your responsibility to the first \$50 in charges if your credit card is used fraudulently, and many credit card companies will not hold you responsible for any fraudulent charges made online. Review your statements and report any suspicious transactions to your credit card company. You can also request a free credit report from the three credit reporting agencies: Experian, TransUnion, and Equifax.

Create strong passwords and PIN numbers. Use different combinations of upper and lowercase letters, numbers, and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday, or name in your passwords, as these are easy for thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different passwords for each of your online accounts.

Automatically set updates on your device to keep it up to date with the latest security features. This includes updating apps, browsers, and your operating system. Password protect your home connection to keep your personal internet network secure.

For more ways to protect your financial well-being, contact the Wayne County Extension Office.

Source: Kelly May, Senior Extension Associate





Christmas Village
Saturday, November 19th
Set-up Day: Friday, November 18th
Location: Wayne County Extension Office

Children's Village:

Please remember to donate items for CHILDREN'S Village! Everyone is welcome to donate. You don't have to be a club member. You can be a mailbox member or just a member of the community that would like to help out.

Non-Perishable Food Items:

We will be collecting non-perishable food items at the Christmas Village! Please remember to bring your items.

Set-Up Day - Friday, November 18th - Extension Homemakers:

Please be at the Extension Office by 9:00 a.m. to help decorate and set up. Don't forget your items for Children's Village and your tree ornaments!

For County & Club Officers Only! - "Our Adventure Awaits"

Sugar Plum Fairy Christmas Tea!



December 15th @ 6:00 p.m. - Taylor County Extension Office

We will leave the Wayne County Extension Office at 4:00 p.m.

PLEASE check your mailbox for a special invitation with all the details!



Photo Contest
Theme: Wayne County Winter Scenes

Photo contest coming in January!
Keep a LOOKOUT for more details soon!



UPCOMING EVENT

Office Holiday Closing - December 24-January 2 for Christmas & New Year's.

Executive Homemaker Council Meeting - January 5, 2023 @ 5:00 p.m.

County Homemaker Council Meeting - January 12, 2023 @ 5:30 p.m.

Soup Contest & Event Fundraiser - February 11, 2023 - More information coming soon.

Yard Sale Fundraiser - Start thinking about cleaning out those closets, storage areas, and buildings. Yard sale on April 1, 2023 at the Wayne County Extension Office - More details coming in the Spring!



The Wayne County Extension Office will be closed on Thursday, November 24 and Friday, November 25 for the Thanksgiving Holiday. We wish you a Happy Thanksgiving!

Debbie Shepherd

Debbie Shepherd, CEA FCS
Wayne County Extension Agent
for Family & Consumer Sciences
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DS/vm



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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2022

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

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.



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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