



Cooperative Extension Service  
Wayne County  
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Monticello, KY 42633  
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Disabilities accommodated with prior notification.





# Nutrition Notes.....

(Alta) Gaye Hutchison

Nutrition Education Program Assistant

November 2025

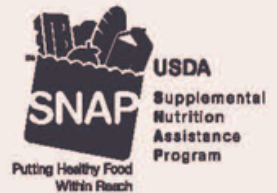
Nutrition

Education

Program

Calendar Recipe

## Parmesan Carrot Chips



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

**Prep time: 5 minutes**

**Cook time: 30-35 minutes**

- Nonstick cooking spray
  - 1 bag (1 pound) carrot chips (or 4 large carrots, sliced 1/4-inch thick)
  - 2 tablespoons olive or vegetable oil
  - 2 tablespoons cornstarch
  - 2 teaspoons garlic powder
  - 1 teaspoon paprika
  - 1/2 teaspoon chili powder or cumin
  - Dash cayenne pepper or red pepper flakes (optional)
  - 1/4 cup parmesan cheese
1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
  2. Preheat the oven to 425 degrees F. Line a large baking sheet with foil or parchment paper. Spray with nonstick cooking spray. Set aside. (Note: You

might need two baking sheets to avoid layering the carrots.)

3. In a medium bowl, mix olive oil, cornstarch, garlic powder, paprika, chili powder or cumin, and cayenne pepper (if using). Add carrots and toss to coat.
4. Spread carrots out in a single layer on the baking sheet. Place in the oven and bake for 18 minutes. Remove from oven, sprinkle with parmesan cheese, and toss to coat all sides. Return to the oven for 5 to 7 minutes or until crispy and slightly browned.
5. Remove from oven and allow to rest several minutes before serving.
6. Refrigerate leftovers within 2 hours.

Recipe makes 4 servings  
Serving size: 2/3 cup  
Cost per recipe: \$2.64  
Cost per serving: \$0.66

### Nutrition facts per serving:

140 calories; 9g total fat; 2g saturated fat; 0g trans fat; 5mg cholesterol; 160mg sodium; 13g total carbohydrate; 2g dietary fiber; 4g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

### Source:

Brooke Jenkins, Extension Specialist for Curriculum, University of Kentucky Cooperative Extension Service



## Slow Cooker Smoky Black-Eyed Peas

**Servings:**12 servings **Serving Size:**1 cup **Recipe Cost:**\$6.69 **Cost per Serving** \$0.56

### Ingredients:

- 1 medium onion, chopped
- 1/2 medium bell pepper, chopped
- 2 cloves minced garlic, or 1/2 teaspoon garlic powder
- 2 small or 1 large jalapeno pepper, ribs and seeds removed and finely chopped (optional)
- 1 pound dried black-eyed peas, sorted and rinsed
- 1 (12 ounce) package smoked turkey sausage, cubed
- 1/2 teaspoon Cajun seasoning
- 1/4 teaspoon ground black pepper, or to taste
- 2 small bay leaves
- 7 cups water



### Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool running water and gently scrub using a clean vegetable brush before chopping.
3. Add all ingredients to a 6-quart or larger slow cooker.
4. Cook on high for 5 hours or until peas are tender, adding more water if needed.
5. Remove bay leaves.
6. Serve over hot, cooked brown rice, if desired.
7. Refrigerate leftovers within 2 hours.

**Stovetop Option:** Sauté chopped vegetables in 1 tablespoon vegetable oil in a large pot over medium heat. Cook for 5 minutes or until tender. Add all remaining ingredients, increasing water to 8 cups. Bring mixture to a full boil. Reduce heat to low, cover, and cook for 1 hour or until peas are tender.

**Source:** Anita Boyd, Mason County SNAP-Ed Program Assistant Senior



## Extension Homemaker Club Meetings 2025



Busy Bees - November 6th @ 1:00 p.m. - Downstairs Meeting Room  
Country Charmers - November 6th @ 5:30 p.m. - Downstairs Meeting Room  
Sunnybrook - November 6th @ 6:30 p.m. - Downstairs Meeting Room  
Pots & Pans - November 10th @ 6:00 p.m. - Downstairs Meeting Room  
Charity - November 11th @ 5:00 p.m. - New Charity Baptist Church  
Crafter's Anonymous - November 12th @ 1:00 p.m. - Downstairs Meeting Room  
Odds 'N Ends - November 13th @ 12 noon - Downstairs Meeting Room  
Creative Characters - November 18th @ 12:30 p.m. - Downstairs Meeting Room  
Happy Chippers - November 20th @ 12:30 p.m. - Downstairs Meeting Room  
Mudslingers - November 24th - Assigned Appointments Only-Contact Seth Hart  
Mudslingers - November 25th @ 12:30 p.m. - Downstairs Meeting Room

*Reminder: PLEASE turn in your monthly reports!*



Discover KEHA  
"A Hidden Treasure"  
November 2025



Thought for the Day: "Feeling gratitude and not expressing it is like wrapping a present and not giving it." ~ William Arthur Ward

Roll Call: November is National Gratitude Month. What are you grateful for today?



### Blood Drive!

November 18, 2025

Aspire Center

Pots & Pans ~ 12:30-3:00 p.m.

Crafter's Anonymous ~ 3:00-5:30 p.m.





## November Events

November 3 - Big Blue Book Club Watch Party - 1:30 p.m. - Downstairs

November 6 - Dining with Diabetes (Surviving the Holidays) - 1 p.m. - Upstairs

November 6 - County Extension Council Committee Meeting - 5:30 p.m. - Upstairs - Thanksgiving Dinner will be served. Register by October 30th.

November 10 - Safe Food Handling Class - 10 a.m. or 6 p.m. - Downstairs

November 10 - Big Blue Book Club Watch Party - 1:30 p.m. - Downstairs

November 11 - "Rolling Stones" Quilt Class @ 10 a.m. - Downstairs

November 13-15 - Feather Together Retreat

November 17 - Big Blue Book Club Watch Party - 1:30 p.m. - Downstairs

November 18 - Community Blood Drive - 12:30-5:30 p.m. - Aspire Center

November 21 - In-Stitches Class (Trip Around the World) - 10 a.m. - Downstairs

November 21 - Set up for Jingle All the Way - Aspire Center

November 22 - Jingle All the Way - 9 a.m.-1 p.m. - Aspire Center

November 27-28 - Thanksgiving Holiday - Office Closed

*"In November, the earth is growing quiet. It is making its bed, a winter bed for flowers and small creatures."  
— Cynthia Rylant*



# Upcoming Events

## DECEMBER EVENTS

December 2 - Books & Milk & Cookies with Santa & Mrs. Claus

December 3 - Dining with Diabetes - 1 p.m. - Upstairs

December 5 - Setup for Breakfast with Santa - Downstairs

December 6 - Breakfast With Santa - 8-11 a.m. - Downstairs

December 10 - (Homemakers Christmas Party) All I Want for Christmas is a Cure - 1-4 p.m. - Downstairs

December 12 - "Swoon" Quilt Class with Sheryl Bowling - CANCELLED - Will be rescheduled sometime in 2026.

December 15 - Ovarian Cancer Screening - Leave at 8:30 a.m. - Lexington

December 16 - Ovarian Cancer Screening - Leave at 8:30 a.m. - Lexington

December 18 & 19 - Hometown Henhouse Quilt Class - 10 a.m. - Downstairs

December 24-January 2 - Office Closed for Holidays



## JANUARY EVENTS

January 5 - Ovarian Cancer Screening - Leave at 8:30 a.m. - Lexington

January 8 - Dining with Diabetes - 1 p.m. - Upstairs

January 9 - Ovarian Cancer Screening - Leave at 8:30 a.m. - Lexington

January 16 - In-Stitches Class TBA - 10 a.m. - Downstairs

January 19 - Office Closed - MLK Observance

January 27 - Community Blood Drive - 12:30-5:30 p.m. - Aspire Center

January 28 - "Dream Weaver" Quilt Class - Instructor: Vickie Johnson - 10 a.m. - Downstairs



### Safe Food Handling Class

November 10th

10 a.m. or 6 p.m.

Downstairs Meeting Room

This is **required** for **ALL** Extension Homemakers preparing or handling food for Extension Homemaker Clubs, Extension activities, or events. Please let us know which time slot you want when you register for the class. Even if you have already attended in the past, we highly encourage you to attend as a refresher course.





## Wayne County Extension Homemakers 75th Year Celebration!

The Wayne County Extension Homemakers will be celebrating 75 years. Each Homemaker Club will be hosting a special activity to commemorate this milestone.

Month	Club	Activity
<u>2025</u>		
November	Charity	“Socks for Seniors” Drive - Drop off box is located at the Wayne County Extension Office.
December 10th 1:00-4:00 p.m. Downstairs Meeting Room	County Executive Officers	Homemakers ‘Christmas Party Theme: All I Want for Christmas is a Cure! Will be accepting donations for Ovarian Cancer Awareness
<u>2026</u>		
January	Happy Chippers	Hands-On Educational Activity
February	Crafter’s Anonymous	Community Service
March	Mudslingers	Hands-On Activity - Pinch Pots
April	Country Charmers	Community Service
May	Creative Characters	Hands-On Educational Activity
June	Pots & Pans	Community Service

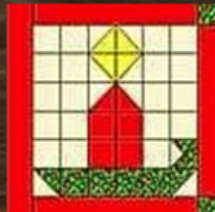
If you would like to join the Wayne County Extension Homemakers, please stop by the Wayne County Extension Office to pick up an enrollment form. Membership dues are \$10 for the 2025-2026 program year. This is going to be an EXCITING and ACTIVE year for Wayne County Extension Homemakers! Don’t miss out! Join today!



**Seth Hart**  
Program  
Assistant  
for  
Community Arts

## BARN QUILT PAINTING WORKSHOP

Instructor: Seth Hart



**Tuesday,**

**December 16**

**5:00 - 9:00 pm EST**  
(Evening Hours)

### SIZE OPTIONS

**1 ft x 1 ft ... \$15.00**

**2 ft x 2 ft ... \$30.00**

**4 ft x 4 ft ... \$60.00**

*Limited to 15 participants*

*All materials will be provided*

*\$5.00 discount to homemaker members*



***Deadline to  
Register:***

*Friday, October 31*

### PRE-PAYMENT REQUIRED

Due to limited spacing, our waiting list fills quickly. If you cancel, it must be one week prior to class in order to receive a refund. This will allow us adequate time to notify someone else who wants to join the workshop.

*For more information, contact*

*Seth Hart*

*Extension Program Assistant for Community Arts*

*Wayne County Cooperative Extension Service*

*255 Rolling Hills Blvd.*

*Monticello, KY 42633*

*606-348-8453*

*seth.hart@uky.edu*



**Cooperative  
Extension Service**

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

### **MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

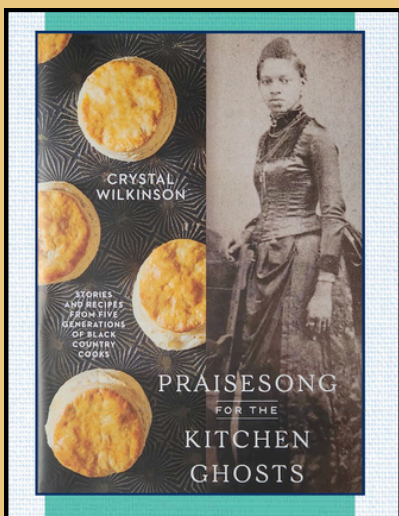
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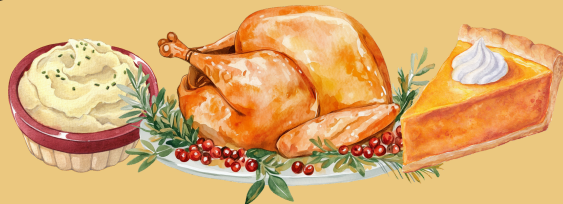
**Big Blue Book Club Watch Party**  
**November 3, 2025**  
**1:30 p.m.**  
**Downstairs Meeting Room**

**We have a couple of books available if you would like to come to the watch party. Books are \$10.**



**Dining with Diabetes**  
**November 6, 2025 @ 1 p.m.**  
**Upstairs Meeting Room**

**The holidays are fast approaching. In this class, we will be discussing how to survive the holidays by making your holiday foods healthier. This class is free and open to the public. Invite a family member, friend, or neighbor. Please contact Wayne County Extension Office to register for the class.**



**WAYNE COUNTY HIGH  
SCHOOL FCCLA STUDENT  
\$30 SPONSORSHIP**

**FCCLA STUDENTS ARE OUR FUTURE FCS AGENTS, TEACHERS, & OTHER FCS CAREER RELATED INDIVIDUALS. PLEASE HELP SUPPORT A STUDENT WITH A \$30 SPONSORSHIP DONATION TO HELP PAY THEIR ASSOCIATION DUES. PLEASE DROP OFF YOUR DONATION AT THE WAYNE COUNTY EXTENSION OFFICE.**

*More Information*



**Wayne County Extension Office**  
255 Rolling Hills Blvd., Monticello, KY 42633  
606-348-8453

*An Equal Opportunity Organization.*




**OVARIAN CANCER  
SCREENINGS**

**DATES:**  
**DECEMBER 15 & 16, 2025**  
**JANUARY 5 & 9, 2026**

**Space for each date is limited. MUST register!**  
**If you cannot attend, you MUST contact us in time to fill your slot. We want our spaces FILLED, and we don't want anyone to miss out on the opportunity to have their Ovarian Cancer Screening.**

**We will leave the Extension Office at 8:30 a.m. ET prompt. Please arrive by 8:15 a.m. ET to complete paperwork. We will travel to Lexington, potential shopping stop, and lunch in Lexington (will be on your own). Then we will proceed to Markey Cancer Center for screening.**

 **606-348-8453**



# **“Socks for Seniors”**

For the special activity to commemorate celebrating Wayne County Extension Homemakers' 75 years, the Charity Homemaker Club will be organizing a “Socks for Seniors” drive.

During the month of November, a collection box will be placed at the Wayne County Extension Office to collect socks. Please drop off **NEW** pairs of socks into the box. The best socks for seniors are those with non-slip bottoms, however, any socks can be used.

At the end of November, the socks will be taken to the Nursing Home to be distributed.



**Crafter's Anonymous  
Homemaker Club Meeting  
November 12<sup>th</sup> @ 1:00 p.m.  
Downstairs Meeting Room**

The Crafter's Anonymous Homemaker Club will be meeting on November 12th at 1:00 p.m. for their monthly meeting. To get ready for the holidays, they will be making a cute Santa Claus decoration after the business meeting. All supplies will be provided.

If you would like more information on how to join Crafter's Anonymous or any other homemaker club, please contact the Wayne County Extension Office at 606-348-8453. Annual dues are \$10.00.





**Rolling Stones Quilt Class**  
**Tuesday, November 11, 2025 @ 10 a.m.**

**Contact the Wayne County Extension Office  
for class information.**



**In Stitches Quilt Class - Trip Around The World**  
**Friday, November 21, 2025 @ 10 a.m.**  
**Downstairs Meeting Room**

**Contact the Wayne County Extension Office  
for class information.**

**Hometown Henhouse**  
**Instructor: Teresa Slagle**  
**December 18 & 19, 2025 @ 10 a.m.**  
**Intermediate Skill Level Class**  
**Class Fee \$10 - Must Register!**

Once you are registered, you will be given fabric requirements and instructions.

**DO NOT CUT YOUR FABRICS!**

We will be cutting and prepping our quilt on Day 1 of the class as there are hints, tricks, and tips that will make this process easier to understand.

**Day 1 - Cutting & Prep**

**Day 2 - Sewing**





# “Jingle All the Way” Craft Market

Sponsored by Wayne County Extension Homemakers

**HANDMADE CRAFTS - DELICIOUS FOOD  
DOOR PRIZES ~ KIDS ACTIVITIES ~ SILENT AUCTION  
POTTERY ~ PAINTINGS ~ CANDIES ~ CAKES  
ORNAMENTS ~ PERSONALIZED GIFTS ~ RECIPE BOOKS**

Start the Holiday Season by shopping for Christmas gifts early. Our Homemaker Clubs will have a wide variety of crafts that will make great gift ideas. Enjoy a delicious lunch in the food court or snack on homemade cakes, cookies, or cinnamon rolls! Make a bid on a “Silent Auction Basket.”

**KIDS SHOPPING AREA - \$4.00**

**Saturday | November 22, 2025 | 9 AM-1 PM**

10% from club sales will be donated to various charitable causes. House of Blessings is one of our many charities we contribute to. Please consider bringing a canned food item to help us support them.

**Aspire Center  
90 Airport Rd., Monticello, KY 42633  
For more information contact:  
Wayne County Extension Office @ 606-348-8453**



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Disabilities  
accommodated  
with prior notification.



Free & open to the public but **MUST** register by calling the Wayne County Extension Office at 606-348-8453 so we will have enough supplies for everyone.

 Cooperative  
Extension Service



## BOOKS & MILK & COOKIES WITH SANTA & MRS. CLAUS



**DECEMBER 2, 2025 @ 4:00 P.M.**

Come join Santa & Mrs. Claus for some Christmas stories and milk & cookies!

We will have some healthy snacks too!

Children will decorate Christmas cookies, read books with Santa & Mrs. Claus, have snacks, and do fun activities.

Children **MUST** be accompanied by an adult.

**Please register by calling the Wayne County  
Extension Office at 606-348-8453.**



Wayne County Extension Office - Downstairs Meeting Room  
255 Rolling Hills Blvd., Monticello, KY 42633

*An Equal Opportunity Organization.*

# Breakfast *With Santa*

**Saturday | December 6, 2025 | 8-11 AM**

Bring your children for a delightful morning filled with joy and wonder. Join us for breakfast with Santa Claus, where children can share their holiday wishes, enjoy a delicious breakfast, and revel in the magic of the season. There will be plenty of arts and crafts for the children. Have your picture taken with Santa Claus. Special mailbox for letters. Storytelling by Mrs. Claus, door prizes and fun activities for ALL! Great family event! All proceeds support your local Wayne County Extension Homemakers.

Entry Fee (includes breakfast): \$6.00 per person

\$20.00 for family of 4

\$25.00 for family of 5

**Menu: Pancakes & Ham or Biscuits & Gravy  
Coffee, Hot Chocolate, Water, Hug Juice**

Wayne County Extension Office  
255 Rolling Hills Blvd., Monticello, KY 42633  
606-348-8453

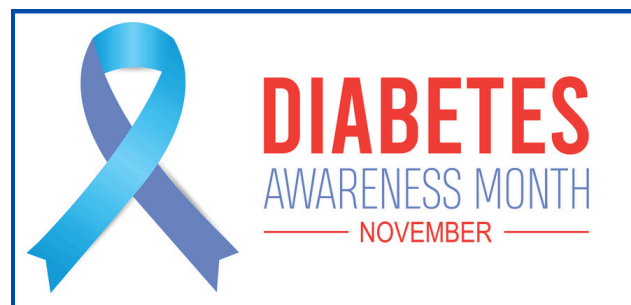


*An Equal Opportunity Organization.*





**Joy McGinnis**  
❖  
**FCS Program Assistant**



### **Warning Signs & Symptoms**

Know the warning signs and symptoms of diabetes and diabetes complications so you can take action to improve your health. The following symptoms of diabetes are typical. However, some people with diabetes have symptoms so mild that they go unnoticed. Common symptoms of diabetes:

(1) Urinating often, (2) feeling very thirsty, (3) feeling very hungry—even though you are eating, (4) extreme fatigue, (5) blurry vision, (6) cuts/bruises that are slow to heal, (7) weight-loss—even though you are eating more (type 1), and (8) tingling, pain, or numbness in the hands/feet (type 2).

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

### **Diabetes Complications**

Diabetes can lead to severe, and in some cases, life-threatening complications. But you can lower your risk of diabetes-related complications like heart, kidney, and eye disease, as well as nerve damage by making healthy lifestyle changes, knowing the warning signs, and attending regular visits with your health care provider.

### **Diabetes Complications Explained**

Diabetes increases your risk of many serious health problems. The good news? With the correct treatment and recommended lifestyle changes, many people with diabetes can prevent or delay the onset of complications such as cardiovascular disease, chronic kidney disease, diabetes-related eye disease, neuropathy, foot complications, skin complications, oral complications, hearing loss, diabetic ketoacidosis, and stroke.

### **What is the A1C Test?**

The A1C test can be used to diagnose diabetes or help you know how your treatment plan is working by giving you a picture of your average blood glucose (blood sugar) over the past two to three months.

## How Does the A1C Test Work?

It can identify prediabetes, which raises your risk for diabetes. It can be used to diagnose diabetes. And it's used to monitor how well your diabetes treatment is working over time. It's also a critical step in forming your game plan to manage diabetes with your diabetes care team.

## The Big Picture: Monitoring Treatment

This relatively simple blood test can tell you a lot. The test results give you a picture of your average blood glucose (blood sugar) level over the past two to three months. The higher the levels, the greater your risk of developing diabetes complications. Your doctor will tell you how often you need the A1C test, but usually you'll have the test at least twice a year if you're meeting your treatment goals. If you're not meeting your goals or you change treatments, you may need to get an A1C test more often.

## Interpreting Your A1C Results. So, what do your numbers mean?

When it comes to the numbers, there's no one-size-fits-all target. A1C target levels can vary by each person's age and other factors, and your target may be different from someone else's. The goal for most adults with diabetes is an A1C that is less than 7%.

Source: American Diabetes Association



### CURRIED CHICKPEA STEW WITH ROASTED VEGETABLES *Submitted by: Joy McGinnis*

*Servings: 4      Serving Size: 2 Cups*

#### Ingredients:

- 1 cup sweet potatoes (peeled and diced, for the roasted veggies)
- 1 whole red bell pepper (diced, for the roasted veggies)
- 1 cup cauliflower florets (for the roasted veggies)
- 2 tsp. olive oil (divided)
- ½ tsp. salt (divided)
- ½ tsp. black pepper (divided)
- 1 small onion(s) (diced)
- 2 cloves garlic (minced)
- 2 tsp. curry powder
- ½ tsp. ground turmeric
- 14 oz. canned diced tomatoes (no-salt-added)
- 6 oz. lite unsweetened coconut milk
- 1 cup low sodium vegetable broth
- 7 oz. canned chickpeas (rinsed and drained)
- 1 bunch fresh cilantro (chopped, for garnish)

*Calories 180, Fat 6g, Cholesterol 0mg,  
Sodium 350mg, Carbohydrates 27g, Protein 5 g*

#### Directions:

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. In a large bowl, toss the sweet potato, red bell pepper, and cauliflower florets with ½ tsp. salt, ¼ tsp. pepper, and 1 tsp. of olive oil.
3. Spread the vegetables in a single layer on the prepared baking sheet. Roast in the preheated oven for 20-25 minutes until they are tender and slightly caramelized.
4. In a large pot or Dutch oven, heat remaining olive oil over medium heat. Add the diced onion and minced garlic, and sauté until they become fragrant and translucent.
5. Add the curry powder, turmeric, ¼ tsp. salt, and ¼ tsp. pepper to the pot. Stir well to coat the onions and garlic with the spices.
6. Pour in the diced tomatoes (with their juice), coconut milk, and vegetable broth. Stir to combine. Add the rinsed chickpeas to the pot and stir everything together. Bring the mixture to a boil.
7. Reduce the heat to low and let the stew simmer uncovered for about 15-20 minutes, allowing the flavors to meld together. Stir occasionally.
8. Remove the roasted vegetables from the oven and add them to the pot. Stir gently to incorporate them into the stew. Serve the curried chickpea stew in bowls, garnished with fresh cilantro.

Source: American Diabetes Association





**Joy McGinnis**

**FCS Program Assistant**



### ***Have a Winning Tailgate***

As you head out to tailgate before the big game, remember food safety is key to defeat BAC!® (foodborne bacteria).

### ***The Play by Play***

- Keep cold perishable foods in an insulated cooler with several inches of ice, frozen gel packs, or another cold source. Cold items should be held at 40°F or below in a cooler. Put an appliance thermometer in your cooler to monitor temperature.
- Pack foods in your cooler in reverse-use order – pack foods first that you are likely to use last. Remember to securely pack raw meat and poultry to prevent cross-contamination with other items.
- Keep drinks in a separate cooler from foods. The beverage cooler will be opened frequently while the food cooler stays cold.
- When traveling, transport the cooler in the air-conditioned passenger compartment of your car, rather than in a hot trunk. Keep the cooler out of direct sun.
- Hot take-out foods should be consumed within two hours of purchase.
- Hot foods prepared at home to take to the tailgate should be held in an insulated container. Keep the container closed to keep heat in.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit out for more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90 °F).
- Bring non-perishable snacks for after the game, so you aren't tempted to eat perishable food that has been sitting out for too long.

### ***Grilling All-Stars***

Be a grilling all-star at your tailgate by keeping food safe. Follow these tips to make a great play at the grill:

- Grill foods to a safe internal temperature. Use a food thermometer to be sure. When cooking meat, check the temperature of the thickest part, and avoid the bone, fat and gristle. Be sure to clean the thermometer after each use.
- Prevent cross-contamination by using clean utensils and platters for cooked food. Never put cooked food on the same plate that held raw meat, poultry, seafood, or eggs.

### ***Grilling All-Stars (Continued)***

- Grilled food can be kept hot until serving by moving it to the side of the grill rack, just away from the coals to avoid overcooking.
- When bringing food to a tailgate, do not partially cook meats and finish cooking on the grill. Partially cooked meats are at increased risk for bacterial growth.

### ***Clean your Way to Victory***

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food. Prepare a tailgate handwashing station by bringing water, soap and paper towels. Hand sanitizer and antibacterial wipes will work in a pinch, but they are not as effective at removing dirt and bacteria from hands.
- Be sure to clean food-contact surfaces with water and soap or with disinfecting spray or wipes.

### ***Your Food Safety Game Plan***

Be sure to have the following items on hand before the big game:

- Insulated cooler
- Ice or frozen gel packs
- Appliance thermometer
- Water
- Dish soap
- Hand sanitizer (in case you run out of soap and water)
- Disinfecting spray
- Food thermometer
- Clean platters and utensils to hold cooked foods
- Non-perishable snacks



### ***Resources***

If you have more questions or concerns about food safety, contact:

- The U.S. Department of Agriculture (USDA) Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854). TTY 1-800-256-7072.
- The Fight BAC!® Web site at [fightbac.org](http://fightbac.org)
- Gateway to Government Food Safety Information at [www.foodsafety.gov](http://www.foodsafety.gov)

The Partnership for Food Safety Education is a non-profit organization and creator and steward of the Fight BAC!® consumer education program. The Partnership is dedicated to providing the public with science-based, actionable recommendations for the prevention of foodborne illness.





# Wayne County Extension Homemakers' Christmas Party

**December 10, 2025  
From 1-4 pm ET**

**Wayne County Extension Office  
Downstairs Meeting Room**

**Door Prizes  
Games**

**Karaoke**

**Theme:**

**All I Want for**

**Christmas is a Cure!**

**We will be accepting donations  
for Ovarian Cancer Awareness.**

*We can't wait to see you!*

*Please register by calling  
606-348-8453.*



*Debbie Shepherd*

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DS/vm**



**We Grow  
Families.**  
[www.ca.uky.edu](http://www.ca.uky.edu)



**Website:**

[wayne.ca.uky.edu](http://wayne.ca.uky.edu)



**Wayne County Cooperative  
Extension Family and  
Consumer Sciences**



**Cooperative  
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Agriculture and Natural Resources  
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Disabilities  
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