

Homemaker Hilite



February-March 2024

As temperatures drop, heating costs can rise. Here's how you can save this winter.

1. Check your appliances. Well-maintained systems make better use of your fuel supply.
2. Upgrade your systems. Older appliances work harder and can lead to higher bills.
3. Change your furnace filter. A clean filter allows your heating system to operate more efficiently.
4. Upgrade your showerhead. A new efficient showerhead can reduce your water usage significantly.
5. Lower your thermostat. Or consider a programmable thermostat that effortlessly changes your home's temperature settings, so you consume less energy while away or asleep.

Copyright © 2023 Suburban Propane. All rights reserved.
Suburban Propane, 240 State Route 10 Whippany, NJ 07981-2105
Williamstown Distribution Location.

Laugh & Learn

Laugh & Learn is a free, one-hour program for your child(ren) ages 3-5 years old. It is held monthly at the Grant County Library. Please call 859-824-3355 to sign up so we have activities for everyone.

February 16: My Family

March 15: Rainbows

COOKING THROUGH THE CALENDAR

February 28: Everything Tuna Melt

March 27: Veggie Egg Rings

Call 859-824-3355 to register.

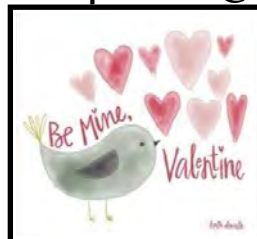
Classes start at 1 PM at the Senior Center.

Paint Nights

Call 859-824-3355 to sign up.

Class begins at 6 PM and will be cancelled if fewer than 5 sign up.

\$25/person @ Senior Center



February 16



March 15



Boone County Extension Homemakers

Saturday, April 27, 2024
1:00-4:00 p.m.

Boone County Extension Enrichment Center, Upper Level
1824 Patrick Drive, Burlington, KY 41005

\$35.00 per person – all art supplies provided
(you may bring your own brushes and support items
if you wish)

Proceeds benefit ovarian research at the
Markey Cancer Center at the University of
Kentucky. Homemakers have a long history of
supporting the ovarian cancer program at the
Markey Cancer Center. Spend a few hours
with us to be creative, visit with others, enjoy
a snack and a mocktail or two.



DEADLINE TO REGISTER: Friday, April

Questions? Roberta Couch (859-630-0108) or
Jennifer Spriggs (859-912-1902) or Veronica Davis
(859) 628-8141

12, 2024
Registration form on back.



\$35.00 per person

11" x 14" canvas (provided)

along with all painting supplies (you may bring your
own brushes and supplies)

Mocktails and Beverage Bar

Snacks (recipes will be shared)



DETACH AND RETURN THIS FORM WITH PAYMENT BY CHECK

Your name _____

Your phone number: _____ Your email: _____

Number of tickets for full experience _____ @ \$35.00 = _____

Number of tickets but no plans to paint _____ @\$35.00 = _____

I do not plan to attend but am enclosing a donation for the ovarian cancer program _____

Additional donation to Markey Ovarian Cancer Research _____

Total amount enclosed: _____

Make checks payable to: **Boone County Extension Homemakers**

Send this registration form and check to:

Roberta Couch
7810 River Road
Hebron, KY 41048



► **Deadline to register: Friday, April 12, 2024**

Knife Skills



March 7, 2024
9:30 - 11:30 a.m.

Carroll County Extension Office
500 Floyd Dr., Carrollton
(502) 732-7030

*Space Limited
Please Bring Your Own Chef Knife.*

Please Call to Register

- Learn the Proper Way to Hold a Knife!
- How to: Slice - Dice - Mince - Chop - Julienne!
- The Do's and Don'ts of Handling Knives!

Instructors

Asa Conkwright

Grant County Extension Agent for Family & Consumer Sciences

Christy Eastwood

Carroll County Extension Agent for Family & Consumer Sciences

If you would like to have a couple of knives sharpened we will have someone here to sharpen knives.



Cooperative Extension Service

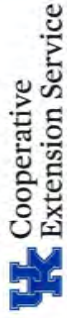
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Extension 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, creed, religion, political beliefs, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, disability or any other basis. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, US Department of Agriculture, and Kentucky Counties, Cooperating Institutions, KY 40306



DIABETES Education



The more you know...

DIABETES BASICS

Thursday, March 7, 2024, 1:00-3:30 PM

Adults will learn about managing diabetes from Paula Bergen, RN, CDCES and Julie Shapero, RDN, LD, LDE and enjoy a taste of a diabetes-friendly recipe.

Boone County Extension Office
(Lutes Room)

6028 Camp Ernst Road, Burlington, KY 41005
(enter building across from flagpole)
(859) 586-6101 or boone.ca.uky.edu to register
Registration required.



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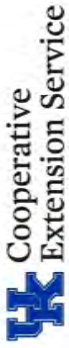
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Jennifer Spriggs and Roberta Couch,
International Committee Co-chairs



The Northern Kentucky Area Extension Homemakers
International Committee presents:



Travel the world
without Leaving Your Kitchen



Italy



MONDAY, February 26, 2024

6:00—8:00 p.m.

Virtually via Zoom

859-586-6101 or boone.ca.uky.edu to register

Deadline to register: February 19, 2024

Zoom link and needs for cook-along will be sent a week prior to the program



Cook-along as we explore the foods of Italy and learn about the country and areas in Northern Kentucky influenced by Italian immigrants. One lucky attendee who completes the challenge presented during the program, and returns a survey, will be chosen to receive a themed gift basket.



This is part of the KEHA "Healthy Eating Around the World" initiative.

Calendar Corner

- February 13: Dry Ridge Homemakers, 10:30
- February 16: Laugh & Learn, 11 am @ Grant County Library
Paint Night @ Senior Center, 6 PM
- February 28: Cook through the Calendar, 1 PM @ Senior Center
- March 12: Dry Ridge Homemakers, 10:30
- March 15: Laugh & Learn, 11 am @ Grant County Library
Paint Night @ Senior Center, 6 PM
- March 27: Cook through the Calendar, 1 PM @ Senior Center



Sweet & Spicy Butternut Squash

2 medium butternut squash	¼ teaspoon kosher salt	1 teaspoon ground cinnamon
1 tablespoon olive oil	¼ teaspoon cayenne pepper	¼ cup honey

Preheat oven to 450 degrees F. **Wash** squash and **pierce** the skin of each 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** ½ 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 ½ 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, **turning** after 20 minutes. **Remove** from oven and let **sit** for 5 minutes. **Warm** honey in a microwavable dish and **drizzle** over the squash.

Yield: 12, ½ 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.