

FCS WINTER NEWSLETTER

HOLIDAY COOKING SCHOOL-NOVEMBER 9TH @ 5:00 P.M

HOMEMAKERS-NOVEMBER 16TH @ 12:00 P.M

QUILT GUILD-NOVEMBER 14TH. ALL DAY

LAUGH AND LEARN-NOVEMBER 28TH@6:00 P.M.

KATHY LAY PAINTING AND HOLIDAY STRESS-DECEMBER 7TH @ 12:00 P.M.

QUILT GUILD-DECEMBER 12TH. ALL DAY

SAVOR THE FLAVOR-DECEMBER 14TH@ 11:00 P.M.

COOKING THROUGH THE CALENDAR-JANUARY 8TH @ 1:00 P.M.

QUILT GUILD-JANUARY 9TH. ALL DAY

HOMEMAKERS-JANUARY 18TH@ 12:00 P.M.

BEAUTIFUL MINDS-JANUARY 22ND @ 1:00 P.M.

LAUGH AND LEARN-JANUARY 23RD @ 6:00 P.M.

SAVOR THE FLAVOR-JANUARY 25TH @ 11:00 A.M.



PLEASE SIGN UP FOR ALL PROGRAMS BY CALLING (606) 546-3447

(IF KNOX COUNTY PUBLIC SCHOOLS ARE CLOSED DUE TO WEATHER ALL PROGRAMS WILL BE CANCELLED.)

Yhelene Dewels
AGENT FOR FAMILY & CONSUMER SCIENCES

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

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, age, geographic location of status, genetic information, or veteran status physical or mental disability or receipt or retaliation for prior civil rights action. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Dept. of Agriculture, and Kentucky Counties Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification





Martin-Gatton
College of Agriculture,
Food and Environment

Kathy Lay

Painting and Holiday Stress- December 7th @ 12:00 P.M.



\$5.00
class fee

546

Please call the office @ 606-545-3447 to sign up for this class.

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

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, physical or mental disability or receipt or retention for prior civil rights activity. Reasonable accommodations of disabled may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Genetics Cooperative, Lexington, KY 40506



Individuals
accommodated
with prior notification



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

Savor *the* Flavor



SEASONING WITH SPICES

Should I buy whole versus ground spices? Which are the best ones to have on hand while cooking? You may hear often that spices are a great way to add flavor without additional sodium and fat, but how? Join us for this lesson where we will learn about various spices, how to incorporate them into your favorite dishes, and enhance flavor while cooking!

We look forward to seeing you!

December 14, 2023

11:00 A.M.

Knox County Cooperative Extension Office



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.



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

Savor *the* Flavor



EXPLORING COOKING METHODS

Have you ever felt that you would like to cook more meals at home, but feel limited to a few standard recipes? Do you want to know how to increase flavor in foods, but aren't quite sure where to start? By learning a few basic varieties of cooking methods and using a few simple techniques to add satisfying flavors to foods, creating tasty meals at home can be easy and fun!

We look forward to seeing you!

January 25, 2024

11:00 A.M.

Knox County Cooperative Extension Office



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.

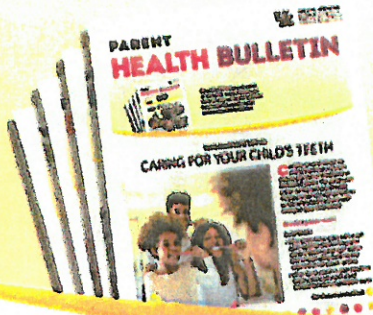
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

PARENT

HEALTH BULLETIN



NOVEMBER 2023

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Knox County Cooperative Extension
Office
215 Treuhaft Blvd
Barbourville, KY 40906
(606) 546-3447

THIS MONTH'S TOPIC:

TEACHING YOUR CHILD TO BE GRATEFUL



The upcoming holiday season is the perfect time to teach your children a very important life lesson about gratitude that can last well past Thanksgiving.

Gratitude, or being thankful, is a high-level concept that can be tricky for children to grasp. Children are naturally self-focused in their early years of development, but as children grow, they become more aware of the needs and feelings of others. This is the perfect opportunity to teach children to shift their focus from just thinking about people and things that they love and appreciate, to thankfulness and gratitude of those people and things.

Continued on the next page 

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

When we teach our children to appreciate the people, places, and things that they love, we are helping them become happier, healthier people for life.

➔ Continued from the previous page

With that in mind, how do we teach our children to be grateful? One way to start is to talk with them about what they are thankful for. It can be easier to help children think about what they are thankful for in terms of people, places, and things.

- 1. Teach them to say thank you to the people who do things for them.** Model gratitude in the world around you and encourage them to do the same. This could be toward a server at a restaurant, a sibling who helped them clean up a mess, or a friend who gives them a gift.
- 2. Tell your kids why you are grateful for them.** Be specific in letting your children know they are special and loved. For example: "I appreciate the way you speak kindly to your sister," or "I am thankful to spend time with you practicing baseball."
- 3. Talk about the things you are grateful for.** You can do this in many ways, from a blessing before dinner to keeping a family gratitude journal or taking turns sharing what you are thankful for out loud.
- 4. Support a charitable cause.** Whether you donate clothes or toys, participate in a food drive, or raise funds for an organization, involve your child in the process, and talk to them about what those actions mean to those who receive the kindness.
- 5. Be consistent.** Like all skills, gratitude is not learned in one lesson. Look for ways to weave the concept of gratitude into daily conversations and routines.

Gratitude leads to caring actions and helps build more positive relationships. When we teach our children to feel and express heartfelt gratitude, it increases our bond with them and their ability to bond with others.

Research shows that grateful people are usually more optimistic. They tend to be less stressed out and depressed. When we teach



our children to appreciate the people, places, and things that they love, we are helping them become happier, healthier people for life.

REFERENCE:


<https://www.firstthingsfirst.org/first-things/teaching-young-kids-about-gratitude>

ADULT
HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



Laugh and Learn



Come laugh and learn with your 3- to 5-year-old child(ren) at the Knox County Extension Office located at 215 Treuhaft Boulevard, Suite 7 Barbourville KY, 40906

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.

When: November 26th @ 6:00 p.m.

Theme: Thanksgiving and Turkey

and

When: January 23rd @ 6:00 p.m.

Theme: Jungle

Please sign up by calling the Knox County Extension Office @ 606-546-3447.





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

PRESORTED
STANDARD
US POSTAGE PAID
BARBOURVILLE, KY
PERMIT # 33

Knox County Cooperative Extension Service
215 Treuhart Blvd., Suite 7
Barbourville, KY 40906

RETURN SERVICE REQUESTED