

Family & Consumer Sciences Newsletter

November 2025


Agent Update:

NOVEMBER'S HERE, AND WE'RE COOKING UP SOME FUN! JOIN OUR HOLIDAY COOKING COMPETITION—BRING YOUR A-GAME AND SWEET TOOTH. DON'T MISS THE CHARCUTERIE BOARD CLASS FOR PERFECT HOLIDAY HOSTING TIPS. AS ALWAYS, WE'LL SEE YOU AT SNACK SMART CLUB AND COOKING THROUGH THE CALENDAR! WARM WISHES,
-ABIGAIL



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 Cooperative
Extension Service

**FAMILY &
CONSUMER
SCIENCES** 
Creating Healthy & Sustainable Families

Menifee County
140 Main Street
Frenchburg, KY 40322
Phone: 606-768-3866
Email: menifee.ext@uky.edu
Website: menifee.ca.uky.edu



Abigail Emmons

Abigail Emmons

CEA for Family & Consumer Sciences / 4-H

Cooperative Extension Service

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Homemakers News



November Club Meetings

November 11th: Home and Hearth- Korea Church of God @ 12pm

November 17th: First Club- Menifee Co. Extension Office @ 6pm

Reminders:

- **KEHA Membership Dues are due no later than December 1st.**
- **Save the Date: 2026 KEHA State Meeting is May 12th-14th at the Hyatt Regency in Lexington**

Interested in becoming an Extension Homemaker?

Complete the Homemaker Enrollment Form on pg. 8 and submit to your FCS Agent by December 1st.

CONGRAGULATIONS TO ALL OF OUR HOMEMAKERS WHO HAD WINNING ENTIRES AT THE AREA CULTURAL ARTS CONTEST!



**JERRI HALE
1ST PLACE
ART NATURAL WOOD**



**JERRI HALE
1ST PLACE
WALL DOOR HANGING DIAMOND
MOSAIC**



**MARGIE GROSS
2ND PLACE
PAPER CRAFTING CARD MAKING**



**MARIE HUMAN
2ND PLACE
PHOTOGRAPHY COLOR**



All Supplies
Are Covered!

Charcuterie Creations 101

Learn how to design your own charcuterie box that's perfect for any celebration! By the end of the class, you'll leave with your own charcuterie creation and the confidence to create beautiful treats all season long.



We'll Cover:



- Pairing cheeses, meats, fruits, nuts, and spreads.
- Tips for balancing flavors, textures, and colors.
- Presentation techniques to impress your guest without the stress

Limited Spots
Available! You
Must Register to
Participate

TO REGISTER:

Call: 606-768-3866

Email: Abigail.emmons@uky.edu

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Disabilities
accommodated
with prior notification.



SWEET HOLIDAY SHOWDOWN

JOIN YOUR LOCAL AGENTS FOR HANDS-
ON BAKING SESSIONS FEATURING OUR
FAVORITE FESTIVE RECIPES. WHILE THE
DESSERTS BAKE, ENJOY A FUN HOLIDAY
CRAFT.

THEN, WHIP UP YOUR OWN TREAT FOR A
CHANCE TO WIN A GIFT CARD!



SESSIONS:
NOVEMBER 25TH
DECEMBER 2ND
DECEMBER 9TH
DECEMBER 16TH
@ 5:30PM

ALL SUPPLIES
ARE INCLUDED!



CLARK ENERGY BUILDING
8 BIBLE CAMP LANE,
FRENCHBURG, KY 40322

REGISTER:
(606)-768-3866



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Snack Smart Club

 Meniffee County Extension Office



A fun, hands-on cooking club! Each month after school, we'll make healthy snacks, learn basic kitchen skills, and discover nutrition tips. All recipes are easy, tasty, and perfect for growing minds and bodies. Come mix, stir, and snack with friends!



Upcoming Dates:

November 18th

December 10th



3:30pm-5:00pm



To Register:

Call: 606-768-5233

Email: Abigail.emmons@uky.edu



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MENIFEE COUNTY EXTENSION SERVICE

COOKING THRU THE CALENDAR

APRIL 30

MAY 28

JUNE 18

JULY 30

AUGUST 27

SEPTEMBER 10

OCTOBER 29

NOVEMBER 10

DECEMBER 17

AT NOON

140 MAIN STREET, FRENCHBURG, KY

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NOVEMBER 2025

S	M	T	W	T	F	S
						1
2	3	4	5 CHARCUTERIE BOARDS 101 @ 5PM	6	7	8
9	10 COOKING THROUGH THE CALENDAR @ 12PM	11 HOME & HEARTH MEETING @ 12PM	12	13	14	15
16	17 FIRST CLUB MEETING @ 6PM	18 SNACK SMART CLUB @ 3:30PM	19	20	21	22
23	24	25 SWEET HOLIDAY SHOWDOWN @ 5:30PM	26	27 	28	29
30						

Date: _____

Enrollment Form for

_____ County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (Optional): _____

Race (Optional – circle one): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (Optional - circle one): - Hispanic Non-Hispanic

Gender (Optional - circle one): Female Male

Total years of membership: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless 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.

Appendix 11
June 2020

ADULT HEALTH BULLETIN



NOVEMBER 2025

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)

Menifee County
Extension Office
140 Main Street
Frenchburg, KY
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THIS MONTH'S TOPIC

MANAGING DIABETES DURING THE HOLIDAYS



National Diabetes Month is every November in the United States. It's a time set aside to raise awareness about diabetes, its risk factors, and the importance of managing the condition for improved health.

This is also a time of the year when many Americans host family gatherings, special meals, and other celebrations. The holidays are a time for fun, family, and food. But if you have diabetes, they can also bring challenges. With travel, big meals, and busy schedules, it is easy to forget about healthy habits. The good news is that with some planning, you can enjoy the season while keeping your blood sugar in check.

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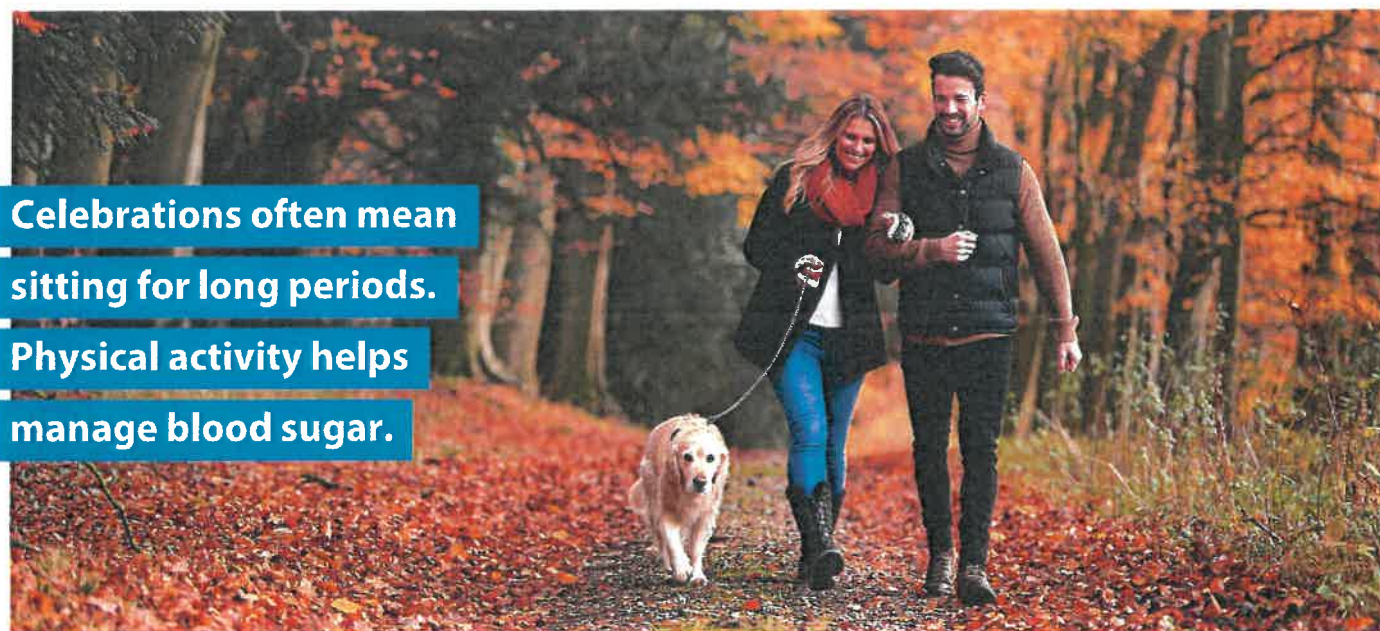
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Celebrations often mean sitting for long periods. Physical activity helps manage blood sugar.

➔ **Continued from the previous page**

Plan for travel

Traveling can make it challenging to stick to your routine. If you are flying or driving, bring healthy snacks like nuts, fruit, or whole-grain crackers. Pack your medicines, supplies, and testing equipment in a bag you keep with you. Try to stick to your regular meal and medicine times, even if you are in a different time zone. Drink water often and take breaks to stretch and move when you can.

Be smart at special meals

Holiday meals are often full of rich foods and sweets. You do not have to miss out, but you can make wise choices. Fill half your plate with vegetables or salad and eat those first. Starting your meal with high-fiber foods can help you feel full without eating as much. Always include protein as well, to keep you full for longer. Choose smaller portions of higher-carb foods, such as bread, stuffing, or casseroles. If you want a treat, pick your favorite and enjoy a small serving. Eating slowly can help you feel full and avoid overeating. Also, remember to drink plenty of water, and avoid sugary drinks like soda, punch, and too much alcohol.

Stay active

Celebrations often mean sitting for long periods. Physical activity helps manage blood sugar. Take a walk after meals, play a game with

family, or dance to holiday music. Even short bursts of movement can make a difference.

Keep track of your blood sugar

Check your blood sugar more often during the holidays. New foods, travel, and stress can cause changes. Bring your testing supplies with you and record your numbers regularly. This will help you stay on top of your health and amend your insulin or other medications if needed.

Manage stress and rest

Holidays can be stressful, and stress can impact blood sugar levels. Take time to relax, breathe, and get enough sleep. Rest helps your body stay balanced and gives you more energy to enjoy the season. You may need to make conscious choices to limit your commitments and allow enough extra time to avoid feeling rushed.

REFERENCES:

- <https://www.cdc.gov/diabetes/healthy-eating/5-healthy-eating-tips-holidays.html>
- <https://www.wakehealth.edu/stories/tips-on-managing-diabetes-during-the-holidays>

Written by: Katherine Jury,
Extension Specialist for Family Health

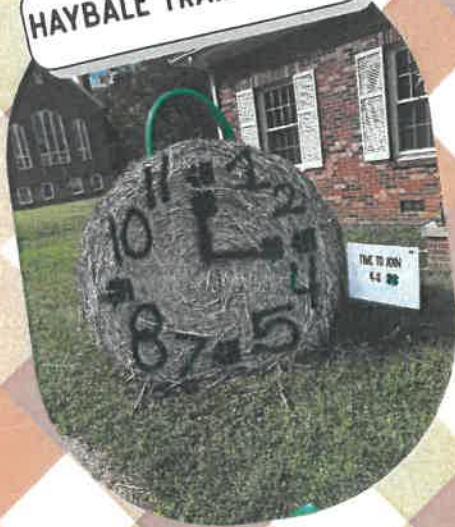
Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



HAYBALE TRAIL DISPLAY



WHAT WE'VE BEEN UP TO...

WELLNESS FAIR



HOMEMAKER DAY TRIP



SNACK SMART CLUB



OFFICE STAFF LUNCH HIKE



Pumpkin Apple Muffins

1½ cups all-purpose flour
1¼ cups whole-wheat flour
1¼ teaspoons baking soda
½ teaspoon salt
1½ teaspoons ground cinnamon

½ teaspoon ground ginger
½ teaspoon ground nutmeg
1¼ cups honey
2 large eggs

1½ cups fresh pureed pumpkin
½ cup canola oil
2 cups Granny Smith apples, finely chopped

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

