

CUMBERLAND COUNTY HOMEMAKER NEWSLETTER



Make Food to Make Memories

The holidays are filled with food and memories. We often think of a specific dish we ate as a child when we think of certain holidays. We can bring our family closer together by cooking together. Kids can learn a lot in the kitchen, and the holidays are a great time to include them. Not only will kids learn about cooking, they might even learn about family traditions! Even though the holidays are a busy time of year, take time to include kids in the kitchen. Use the tips below to include kids of all ages:

Ages 2-3:

- Let them observe and explain what you are doing in the kitchen to help them learn terms like whisk, stir, coat, etc.
- Let them imitate what you are doing without ingredients. For example, if you are stirring ingredients together, let them make the same motion with a wooden spoon and empty bowl.

If your child is capable of tasks like stirring, allow them to help you stir the ingredients. Have kids hand you the ingredients you need.

Ages 4-6:

- Read recipes to kids.
- Allow kids to help you gather ingredients for a recipe.
- Include them in measuring ingredients. Let them pour measured ingredients into a bowl.
- Allow them to stir foods that are not on the stovetop.
- Let kids press "start" on a timer.
- Let kids help you dry dishes.

Ages 7 and up:

- Let kids help with cutting foods. For younger kids, use a butter knife to cut soft foods like a banana. For older kids, let them chop zucchini or cucumbers. Watch videos on PlanEatMove.com for guides on how to chop certain foods.
- Let kids read recipes out loud to you.
- Let kids measure ingredients.
- Teach them how to use a can opener and allow them to try it if they are capable.
- Let them help you with food prepared on a stovetop if they are old enough.

Source: Healthy Choices for Healthy Families November/December 2024



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Winter CRAFT CLASS

DECEMBER 6, 2024 • 2PM

AT THE CUMBERLAND COUNTY EXTENSION OFFICE

Join Barbara Booher and Amy Thompson, Cumberland County Community Educator, for a fun crafting session where you'll create a short gift learner and a shelf sitter.

Cost is \$5. Payment is required on the day of the class and should be given directly to the instructor.



MANY DESIGNS
TO CHOOSE FROM!

REGISTRATION

CUMBERLAND COUNTY EXTENSION OFFICE
(270) 433-7700

THIRD FRIDAY Activity

December 20th, 2024

at the Cumberland County Extension Office

90 Smith Grove Rd, Burkesville, KY 42717

Cookie Decorating - 10am



Simple cookie decorating tips using crusted buttercream frosting on cookies. Instructor: Amy Thompson, Cumberland County Community Educator. **Cost: \$5**

Busted Canvas- 1pm



A "busted canvas" craft is where you take a regular canvas, decorate the back with paper or fabric, and then cut slits or tears into the front canvas to create the illusion that the decorated image is "bursting out" from the canvas. Bring a favorite christmas card or use one of ours to create a holiday 3D craft! Instructor: Amy Thompson, Cumberland County Community Educator. **Cost: \$5**

Frosted Jar- 2pm



Create a beautiful frosted jar to add to your holiday decor or to gift to someone special! Instructor: Barbara Booher, Cumberland County Homemaker President. **Cost: \$2**

To Register:

Cumberland County Extension Office
(270) 433-7700





Friends of Burkesville Manor

The Cumberland County Extension Office will be collecting the following item for the month of December:

- Muffin Mixes

Items are due December 13th, 2024 to the Extension Office.

Community Give Away

The Community Give Away was huge success this year. Months of planning and preparation go in to this event every year.

This fulfills a great need for families in our community. These families are able to shop for clothing, household items, toys, and gifts.

Helping others is what Homemakers is about!

Not Your Grandma's Brussels Sprouts

- 1 pound Brussels sprouts, quartered
 - 1 tablespoon olive oil
 - 2 teaspoons garlic powder
 - ½ teaspoon salt
 - ½ teaspoon pepper
 - 2 tablespoons grated Parmesan cheese
1. Preheat oven to 425 degrees F.
 2. Lay Brussels sprouts on baking sheet or oven safe skillet and drizzle with olive oil. Season with salt, pepper and garlic powder. Toss to coat.
 3. Bake 10 minutes, shake the pan to turn and bake for an additional 8-10 minutes, until crisp and golden.
 4. Remove from oven and sprinkle with grated cheese.



Source: Adapted from USDA What's Cooking?

100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 230mg sodium; 11g carbohydrate; 5g fiber; 3g sugar; 0g added sugar; 5g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

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