

# Powell County Extension News

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
Powell County  
169 Maple Street  
Stanton, KY 40380  
(606) 663-6405  
powell.ca.uky.edu

November, 2023



**SUBSCRIBE**

Scan the QR code or visit <https://bit.ly/Powell4H> to subscribe to our **4-H Youth Development** newsletter & get all the latest news!



**HOW CAN WE**  
**serve you?**

Take our **ten-minute survey** to help us develop programs addressing needs in your community. Scan the code or visit [go.uky.edu/serveKY](https://go.uky.edu/serveKY)



*Happy Holidays!*

**We will be closed  
for Thanksgiving**

November 23rd and 24th and will  
reopen on Monday, November 27th



**KENTUCKY**    
**COOPERATIVE EXTENSION**



an equal opportunity organization

## 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.

# Volunteer Spotlight



## Sue Teasley

### What is your role in Extension?

Clay City Homemakers Club President

### How did you first get involved with Extension?

I was invited by a friend over 50 years ago.

### Which quality do you most like in a person?

Truthfulness and kindness.

### What do you enjoy most about volunteering?

Interacting with other people.

### What is the last book you read?

The Bible

### As a child, what did you want to be when you grew up?

A teacher and mother

### What is a fun fact about yourself?

I was a dog groomer for 45 years.





# 4-H Youth Development



## Emilee Hager

Powell County Agent for 4-H Youth Development

*Emilee Hager*



606-663-6405



Emilee.Hager@uky.edu



Powell County 4-H



[powell.ca.uky.edu/4H\\_Youth\\_Development](http://powell.ca.uky.edu/4H_Youth_Development)



## SUBSCRIBE



Scan the QR code or visit <https://bit.ly/Powell4H> to subscribe to our **4-H Youth Development** newsletter & get all the latest news!

### Enroll in Kroger's FREE Community Rewards Program:



1. Have your Kroger Plus Card ready!
2. Visit [kroger.com/communityrewards](http://kroger.com/communityrewards)
3. Sign in to your online Kroger Plus Card account, update, or create one
4. Scroll down to ENROLL NOW in the Community Rewards Program
5. Find POWELL COUNTY 4-H Council, select, and save/enroll to complete

Powell County 4-H's NPO # is ER490

\*Community Rewards Program does not affect your fuel points or other discounts



# 4-H Art Club

MEETS THE 3RD TUESDAY OF EVERY MONTH  
Opened to ages 5-18 years old

**NOVEMBER 21ST**  
5:30 to 6:30pm

169 Maple Street  
Stanton, Ky. 40380

- Learn about different types of paint
- Learn about ways to paint
- Create art projects that can be entered in fair
- Learn new ways to make art
- Meet new friends

For more information Contact 4-H at 663-6405

An Equal Opportunity Organization



FUN & CREATIVE ACTIVITIES  
**4-H CLOVERBUD CLUB**

**OPEN TO YOUTH**  
Ages 5-8 years old

**Tuesday, November 28th**  
**5:30 to 6:30**

**EXTENSION OFFICE**  
169 MAPLE STREET  
STANTON, KY

For more information contact Emilee at 663-6405

**AN EQUAL OPPORTUNITY ORGANIZATION**





# POWELL COUNTY 4-H POULTRY CLUB

Meeting the 1st Tuesday each month @ 5:30

Open to youth 5-18 years old

Members will learn breeds and species, anatomy,  
showmanship, and responsible ownership

**Next Meeting November 7th**

Meetings will be held monthly at the Powell County Extension Office

For more information  
contact us at 663-6405  
or [emilee.hager@uky.edu](mailto:emilee.hager@uky.edu)



# 4-H LIVESTOCK CLUB

LIVESTOCK CLUB MEETS THE 2ND TUESDAY OF EACH MONTH AT 5:30PM

**Livestock Animal Not Required!**

November 14th

169 Maple Street  
Stanton Ky. 40380



- Curing Country Hams
- Showing Livestock
- Educational Opportunities
- Public Speaking
- To meet new friends

For more information Contact Emilee 663-6405

**4-H**  
**Thanksgiving**  
**BAKING WORKSHOP**  
 OPENED TO AGES 5-18  
 Friday, November 10th  
 5:30 to 7:30  
 For more information or to sign up  
 Contact 4-H at 663-6405

Sign up online using the QR Code

AN EQUAL OPPORTUNITY ORGANIZATION

**4-H** Martin-Gatton  
 College of Agriculture,  
 Food and Environment  
 University of Kentucky

**4-H Cooking Club**  
 OPENED TO ALL YOUTH AGES 9-18 YEARS OLD

Meetings will be the 1st Tuesday of each month

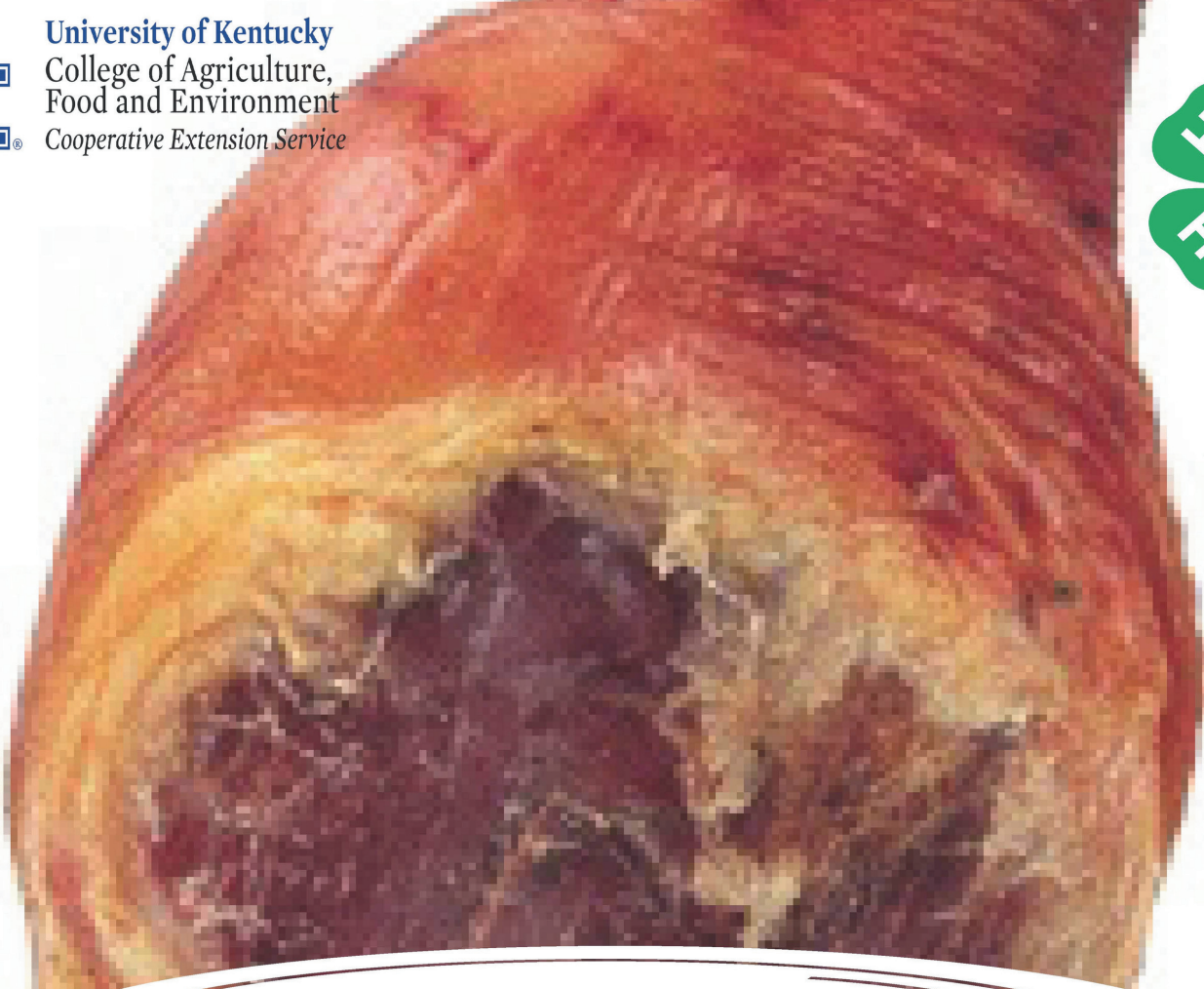
- Learn basic Cooking Skills
- Learn basic Baking Skills
- Learn about Nutrition
- Learn how to Budget

November 7th  
 4:30 to 5:30  
 169 Maple Street  
 Stanton Ky. 40380

For more information contact Emilee at 663-6405

An Equal Opportunity Organization





# 4-H Country Ham Project

- **4-H members will receive 2 hams to cure, they learn how to cure ham and hang their hams for 8 months.**
- **After the hams are cured, youth are required to give a presentation on a specific topic related to country hams.**
- **Youth are required to give a 3-5 minute presentation at the KY State Fair in August 2024.**
- **Youth must get 6 hours of classroom instruction to compete at State Fair. We will have monthly evening meetings at Extension Office.**
- **Any youth 9-18 years old may participate. Youth under 9 and adults may participate in ham curing only (\$50.00 per ham)**

**COST: \$10 includes 2 hams, cure mix & supplies**

**The deadline to sign-up is WEDNESDAY DECEMBER 13th**

Interested in learning more? Please contact Powell County 4-H  
606-663-6405  
emilee.hager@uky.edu



# FAMILY AND CONSUMER SCIENCES

Building strong families. Building Kentucky. It starts with us.



## Kendyl Redding

Powell County Agent for Family & Consumer Sciences

*Kendyl Redding*

606-663-6405

 [Kendyl.Redding@uky.edu](mailto:Kendyl.Redding@uky.edu)

 Powell County FCS Extension

 [powell.ca.uky.edu/fcs](http://powell.ca.uky.edu/fcs)

**Martin-Gatton**  
College of Agriculture,  
Food and Environment  
UNIVERSITY OF KENTUCKY

How can we  
**serve you,  
Kentucky?**

Take our survey at  
[go.uky.edu/serveKY](http://go.uky.edu/serveKY)

**KENTUCKY**  
COOPERATIVE EXTENSION  
*An Equal Opportunity Organization.*



## EXTENSION HOMEMAKERS

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

### HOMEMAKER COUNCIL

will meet November 10th at  
10 a.m.

### AREA MEETING PLANNING COMMITTEE

will meet November 13th at  
10 a.m.

### EVENING HOMEMAKERS

A Holiday Cookie Exchange  
hosted by the evening  
Homemakers will be  
November 7th at 6 p.m.

### DUES

Annual Homemaker dues  
are due by December 1st.  
Payment can be dropped  
off at the Extension Office  
or mailed to 169 Maple St.,  
Stanton.

### CLAY CITY HOMEMAKERS THANKSGIVING DINNER

will be November 14th at 11  
a.m. Hostesses will bring a  
turkey breast and dressing,  
everyone else should bring a  
side item.

### QUILT CLUB

Quilt Club will be meeting  
on November 13th at 11 a.m.

### BEGINNER CROCHET

Learn how to start a  
temperature blanket  
December 5th at 6 p.m. at  
the Extension Office. Free  
for Homemakers, \$10 for  
non-members. Each  
participant will receive a  
crochet needle and a ball  
of yard to take home.

Registration is required for  
adequate supplies.





# **EVENING HOMEMAKERS HOLIDAY COOKIE EXCHANGE**

**BRING YOUR FAVORITE HOMEMADE  
COOKIES TO SHARE! LEAVE WITH A  
TIN OF HOMEMADE COOKIES AND  
NEW RECIPES TO TRY FOR THE  
UPCOMING HOLIDAYS!**

**TUESDAY, NOVEMBER 7TH  
6:00 PM**

**POWELL COUNTY EXTENSION OFFICE  
169 MAPLE STREET, STANTON**





**HOSTED BY  
POWELL COUNTY  
EVENING HOMEMAKER CLUB**







# Cookie Exchange Rules:

1. All cookies should be homemade.
  2. Please bring at least 2 dozen cookies (or more if you'd like!).
  3. Print out copies of the recipe to share.
  4. Arrange cookies in a basket or platter (be creative!).
  5. Bring a large container to carry away your cookies.
  6. If you encounter a baking mishap or don't have time to bake, please bring 2 dozen cookies from your local bakery, or simply grab a box of store bought cookies if you really need to.
  7. **Prizes included for the tastiest cookie, most creative, most festive and more!**
  8. Have fun and eat delicious cookies with friends!
- 
- 



# Savor *the* Flavor



College of Agriculture,  
Food and Environment  
Cooperative Extension Service

## SEASONING WITH SPICES

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!

Participants will prepare and sample three recipes using a variety of spices.



Menu includes:

- Lean Green Lettuce Tacos
- Fresh Corn with Jalapeno Peppers
- Peach Crisp

**Tuesday, November 14th**

**5:30pm-7:30pm**

**Powell County Extension Office**

**Registration is required, space is limited!**



**Must be 18 years or older to attend.**



**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.





**job club**  
**KENTUCKY**

Job Club is for you if you are motivated and currently out of work, underemployed or looking to make a career transition. Participants may attend in person at the Fayette County Extension Office or online via zoom.

## **Job Club November Meeting Schedule:**

### **November 14: Positive Employability**

Presented by Diana Doggett, MS, Family and Consumer Sciences Extension Specialist, UK  
Having the technical skills and knowledge to successfully execute your job duties is only one part of being the best you can be in the workplace. In addition to these “hard” skills, we also need “soft” skills, those skills which allow us to effectively work with others. Identify how to use empathy, professionalism, and communication to build effective workplace relationships. Learn how attitudes, self-confidence, and the ability to network affect job candidate and/or employee success.

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC111423>

### **November 28: The Cure for Imposter Syndrome**

Presented by Kristin LaFontaine, Co-Founder, Owner, LaFontaine Preparatory School  
Imposter syndrome is a common experience for job seekers. It can manifest as feelings of inadequacy, self-doubt, and fear of being exposed as a fraud. This can lead people to undersell themselves, avoid applying for jobs they are qualified for, or settle for lower-paying positions. Kristin will explore the impact imposter syndrome can have on anyone during their job search. She will help attendees learn how to identify imposter syndrome in themselves and others, and how to overcome it. Kristin will also share practical tools that will help build confidence and achieve their career goals.

ONLINE ATTENDEES REGISTER HERE: <https://bit.ly/JC112823>



**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment





# SURVIVING THE HOLIDAZE

---

Coping with Grief and Loss During the Holidays

---

**November 18, 2023**

**4:00 – 5:30 PM**

**Powell County Extension Office**



While the holiday season can be a time with family and friends, for many, it is a time of pain and loneliness because of the deep grief we experience from the loss of a loved one. We will talk about the stages of grief, how to cope with that grief, and the local resources that are here to help.

Refreshments will be provided as well as, goody bags, and drawings for \$25 gift cards.

**Presenters include:**

Dana Conn, Licensed Clinical Social Worker, Raven Rock

Tamara Stewart-Mays, Masters in Rehabilitation Counseling

**Event Sponsors:**

Clay City Church of God  
Hospice East  
Powell County Extension Office  
Raven Rock Health and Wellness  
Wells Funeral Home



Clay City Church of God



College of Agriculture,  
Food and Environment  
Cooperative Extension Service







*Beginner*

# CROCHET

## LEARN HOW TO START A TEMPERATURE BLANKET

The basic idea of a temperature blanket is to crochet (or knit) a number of rows on a blanket each day for a full calendar year. The different shades of yarn is a record for the temperature each day. Each participant will receive a crochet needle and ball of yarn to take home.

**Powell County Extension Office  
December 5th at 6:00 p.m.**



*Free for Homemaker members  
\$10 for non-members*

*Registration required for  
adequate supplies!!*

**UK** Cooperative  
Extension Service







# Join Extension Homemakers

The Kentucky Extension Homemakers Association (KEHA) welcomes members regardless age, race, color, national origin, creed, marital status, gender, education or economic status. Any full or part-time homemaker, male or female, rural or urban, teenager or senior citizen and in-between, may belong to KEHA.

As a homemaker member, you will gain new knowledge and skills that improve the quality of life for yourself and your family. Practical demonstrations and discussions are important parts of the meetings. Educational programs are implemented by other members, in cooperation with County Extension Agents, based on the latest research data from the University of Kentucky. County, state and national meetings and workshops provide fellowship combined with concentrated learning opportunities and opportunities to enhance leadership skills.

If you are interested in joining or starting an Extension Homemakers Club in your neighborhood or community, please contact your local Family and Consumer Sciences Extension Agent.

---


## Visit a current club!

Clay City Homemakers: 2nd Tuesday @ 11a.m.

Quilt Club: 2nd Monday @ 11 a.m.

Evening Homemakers: 1st Tuesday @ 6p.m.

\*\* All meetings held at the Powell County Extension Office \*\*

 Cooperative  
Extension Service





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## THIS MONTH'S TOPIC: MONEY TRANSFER APPS

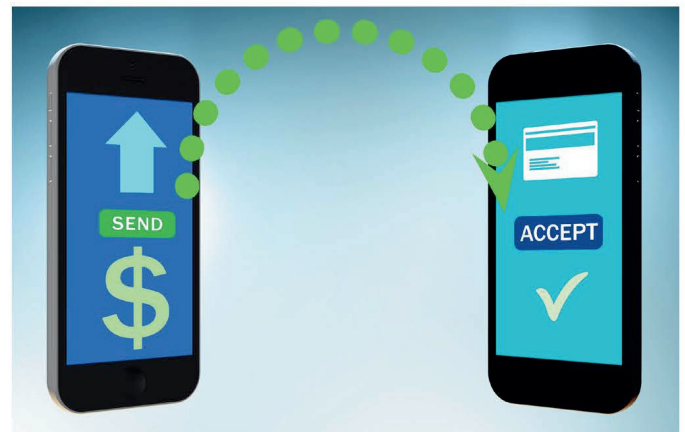
Money transfer apps are a convenient way to send money to others. Despite the benefit of convenience, there are tax implications and risks to using money transfer apps. When using these services, be careful to avoid payment mishaps and scams. Always research money transfer apps before using them to ensure that the app you choose is reputable.

### WHAT ARE MONEY TRANSFER APPS?

You may have heard of apps such as Venmo, Cash App, Zelle, or PayPal. These apps allow for person-to-person money transfers directly from your account to the recipient. Convenience is a large draw for these apps, as they make it easy to send money without having to carry cash or swipe a card. For example, you can easily repay a friend for covering your lunch if you forget your wallet, or you might pay a babysitter when you don't have cash on hand.

### TAX IMPLICATIONS

Money transfer apps often allow you to make a note of what the payment is for or indicate if a transaction is personal or for business. The app might need to report transfers related to a business expense. So, labeling transfers can keep personal transactions from being counted as income, such as a friend paying you back for dinner.



### PAYMENT MISHAPS

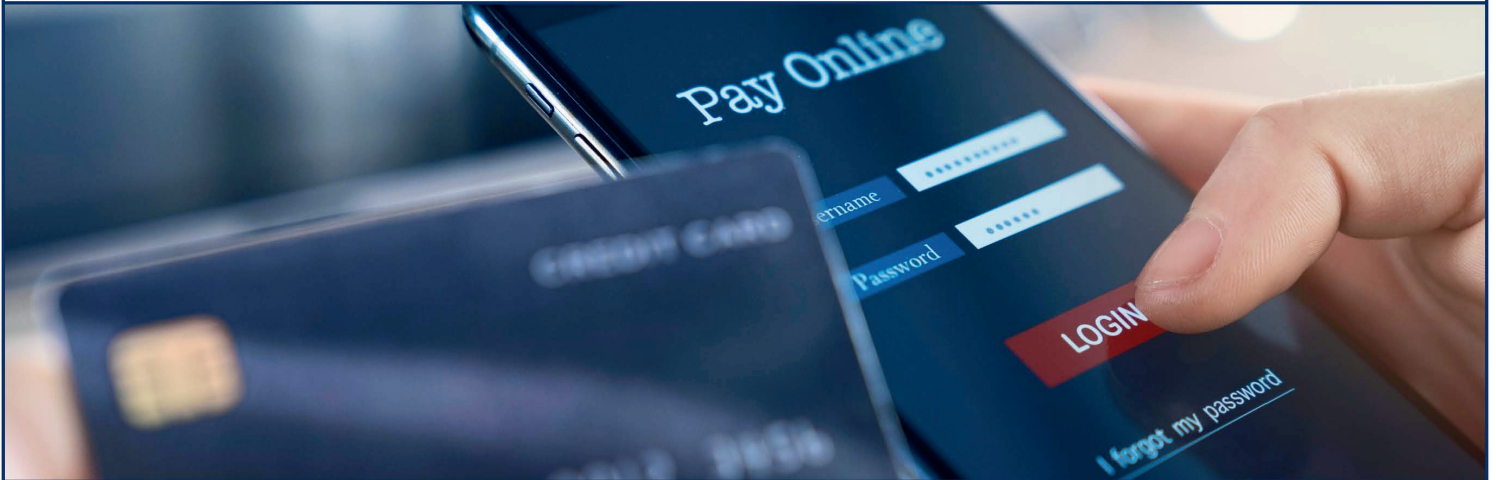
Have you ever sent an email or text message to the wrong person? This mistake can happen with money transfer apps too, but with your money! Only use money transfer apps for people you know well and can verify their identity.

Some apps have security measures built in to avoid paying the wrong person, such as with a recipient's phone number or email address. Always double check that the recipient is who you intend them to be before sending money. Some apps allow the recipient to send you a request for payment. Others will allow you to add friends or contacts. Consider sending a small "test" amount first, such as \$1, to ensure it goes to the correct person before sending larger sums.





## MONEY TRANSFER APPS ARE AN EASY TARGET FOR SCAMMERS BECAUSE OF THE QUICK NATURE OF THE TRANSACTIONS



### AVOIDING SCAMS

Money transfer apps are an easy target for scammers because of the quick nature of the transactions and the difficulty of getting money back once it has been sent. Common scams include promise of product, loved one in need, and fake customer support scams.

**Promise of product** scams are when a scammer requests payment and promises a product with no intention to deliver. Promised items might include concert tickets, puppies, or other items sold on online marketplaces. Always research a seller to ensure they are reputable or wait until you have the product in hand before transferring money.

**Loved one in need** scams involve a scammer pretending to be a loved one in crisis requesting you immediately send money. These scams prey on your emotions. Always take time to verify the situation before acting. For example, if you received a message on social media, their account may have been hacked. Call your loved one before you consider transferring money.

**Fake customer support** scams can be tricky to spot. Scammers pose as representatives from a money transfer app or company. They

send emails, texts, or make phone calls that seem legitimate, but they ask for your personal information or account details. Always seek customer support directly through the app or company website, and never disclose personal information if you receive unsolicited contact.

If you suspect a scam, report it to help stop the scammer. Visit <https://reportfraud.ftc.gov/> to file a report with the Federal Trade Commission.

### REFERENCES:

Consumer Financial Protection Bureau. <https://www.consumerfinance.gov/about-us/blog/helpful-tips-using-mobile-payment-services-and-avoiding-risky-mistakes/>

National Credit Union Administration. <https://mycreditunion.gov/about-credit-unions/products-services/mobile-payments-wallets/person-to-person-payment-apps>

Taxpayer Advocate Service. <https://www.taxpayeradvocate.irs.gov/news/tas-tax-tip-use-caution-when-paying-or-receiving-payments-from-friends-or-family-members-using-cash-payment-apps/>

Written by: Miranda Bejda | Edited by: Nichole Huff and Alyssa Simmss | Designed by: Kelli Thompson | Images by: 123RF.com

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)

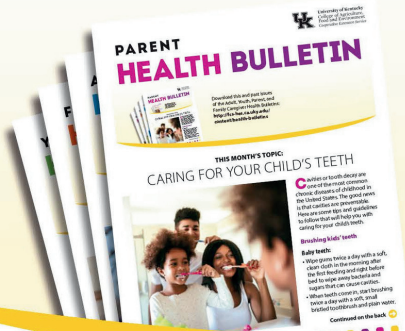


Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)



# 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>

## 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** →





# *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.*

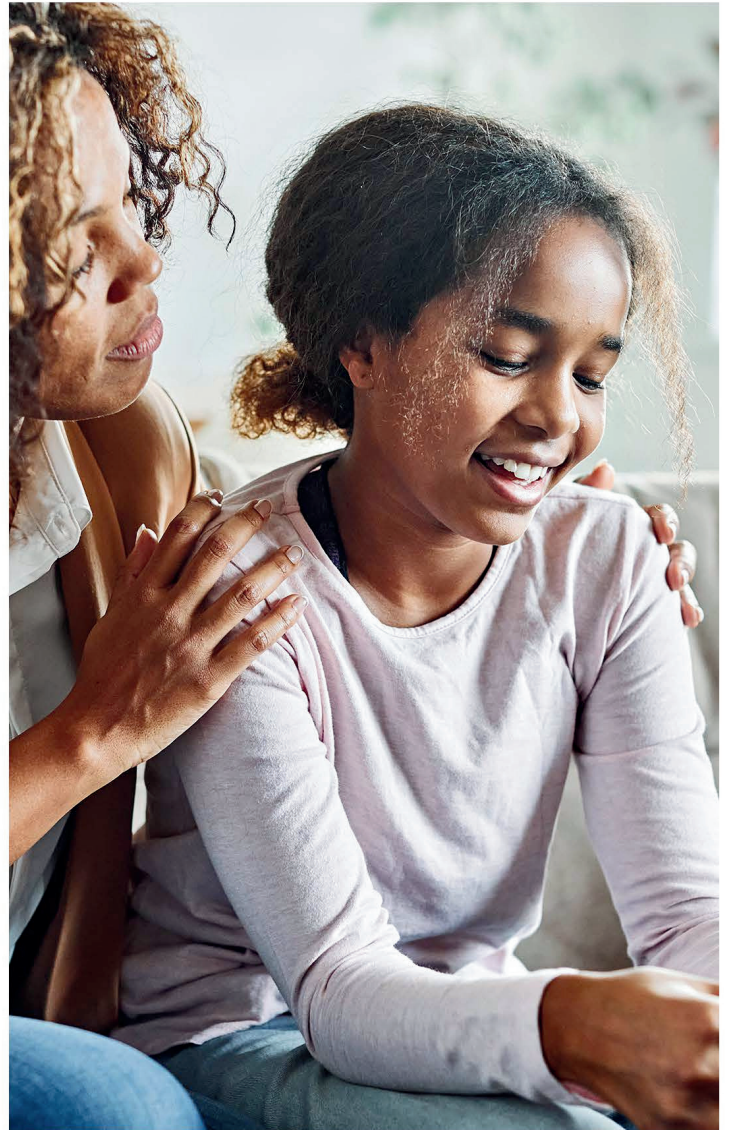
## → Continued from the previous page

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







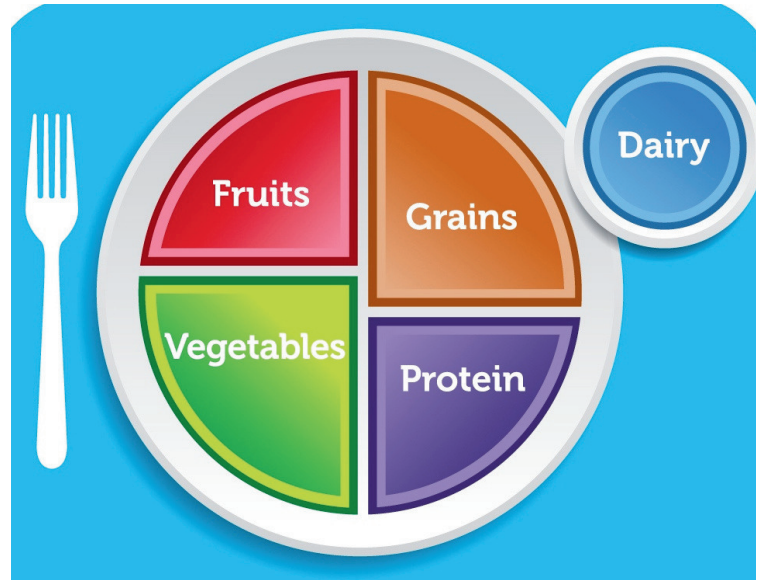
# Supplemental Nutrition Assistance Program

## Nutrition

- Did you know the Dietary Guidelines for Americans has different subgroups for vegetables? The subgroups include dark green vegetables; red and orange vegetables; beans, peas, and lentils; starchy vegetables; and other vegetables. We should aim to eat a range of vegetables from the subgroups so we get a range of vitamins and nutrients. This recipe uses sweet potatoes, which fit into the red and orange vegetable subgroup. Sweet potatoes are a good source of dietary fiber, high in vitamins A and C, and a good source of potassium.

## Cooking Tips

- When shredding chicken, do so in a heat-safe bowl or pan that can catch the juices. Use two forks to shred the chicken.
- Sweet potatoes can sometimes carry dirt. Be sure to wash them thoroughly and scrub with a clean vegetable brush to remove any debris.
- Use tongs to plate and cut the sweet potatoes. They will be extremely hot after coming out of the oven.
- This is a great recipe to make ahead of time and eat throughout the week. You can store the chicken and potatoes individually and then family members can build their own stuffed potato when they are hungry.
- Combine leftover shredded chicken with the sauce ingredients for a speedier version of this recipe.



**USDA**  
Supplemental Nutrition Assistance Program

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





# Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes

- 1 pound boneless skinless chicken breast
- 6 small sweet potatoes
- 1 bunch green onions, chopped (optional, for topping)
- Low-fat Greek yogurt, low-fat sour cream, or low-fat dressing (optional, for topping)

### Buffalo sauce:

- 1 tablespoon hot pepper sauce
- 1 teaspoon paprika
- 1/4 teaspoon cayenne pepper\*
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons unsalted butter, melted
- 1 tablespoon vinegar
- 2 tablespoons water
- 1/2 tablespoon cornstarch + 1 tablespoon water

\*For a hotter sauce add another 1/4-1/2 teaspoon cayenne

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse sweet potatoes under cool running water and set aside.
3. Add raw chicken to a slow cooker.
4. In a small bowl combine all buffalo sauce ingredients, reserving cornstarch. Pour sauce over the chicken.
5. Cover slow cooker with lid and cook on high heat for 4 hours or on low for 6 to 8 hours.
6. About 45 minutes before the chicken is done, preheat the oven to 425 degrees F.
7. Place sweet potatoes on a baking sheet and bake until tender, about 40 to 50 minutes.
8. When chicken is fully cooked, remove it from the slow cooker and shred it.



9. Before returning the shredded chicken to the slow cooker, mix cornstarch and water together and add to the slow cooker. Whisk until thickened. Return chicken to the slow cooker and combine with the sauce.
10. When sweet potatoes are done cooking, split each one open and top with a portion of shredded buffalo chicken.
11. Drizzle optional topping over the finished sweet potatoes and chicken, and top with green onions, if desired.
12. Refrigerate leftovers within 2 hours.

**Note:** To make an optional blue cheese cream topping, mix 8-ounce nonfat plain Greek yogurt, 1/3 cup blue cheese salad dressing, 2 tablespoons low-fat milk, and 1/4 teaspoon ground black pepper in a small bowl.

**Makes 6 servings**  
**Serving size: 1 potato with chicken**  
**Cost per recipe: \$8.82**  
**Cost per serving: \$1.47**



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

### Nutrition facts per serving:

210 calories; 6g total fat; 3g saturated fat; 0g trans fat; 65mg cholesterol; 270mg sodium; 18g total carbohydrate; 3g dietary fiber; 5g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

**Source:**  
LaToya Drake,  
Program Coordinator II,  
University of Kentucky  
Cooperative  
Extension Service





# This month at the Extension Office

Tuesday

7

Cookie Exchange at 6 p.m.

---

4-H Cooking Club at 4:30 p.m.

---

4-H Poultry Club at 5:30 p.m.

Saturday

18

Surviving the Holiday

Tuesday

21

4-H Arts & Crafts Club at 5:30 p.m.

Friday

10

4-H Thanksgiving Baking Workshop at 5:30 p.m.

---

Homemaker Council at 10 a.m.

Thursday

23

Extension Office closed for Thanksgiving

Thursday

24

Monday

13

Homemakers Quilt Club at 11 a.m.

Tuesday

14

Clay City Homemakers at 11 a.m.

---

Savor the Flavor at 5:30 p.m.

---

4-H Livestock Club at 5:30 p.m.

Tuesday

28

4-H Cloverbuds at 5:30 p.m.

Thursday

30

Wellness Event at 4 p.m.



Powell County Extension Service  
Powell County 4-H  
Powell County Nutrition Education Program  
Powell County Farmers' Market  
Powell County Livestock Association



Powell County FCS Extension





# Wellness event

Health & Wellness Resource event with free meal kit. Access to resources to help you “Stress Less and Live More!”

Featuring: Ask a dietitian • At home exercises • Mental Health resources • Spiritual resources • Powell County Extension Services • And More!

**Appointments between 4-5:30 p.m.**  
**on Thursday, November 30th**  
**Powell County Extension Office**  
*(located at 169 Maple Street, Stanton)*

Registration is required with limited openings.  
Sign up by Wednesday, November 29th by calling  
606-726-8185 or email [mlmills@mercy.com](mailto:mlmills@mercy.com)

**No restrictions** on who is eligible to attend but you must be present to receive a meal kit. One kit per household.

THIS FREE EVENT IS SPONSORED BY:

**Mercy Health — Marcum and Wallace Hospital**

*\* Pictured above is staff and meal kit from a previous wellness event*



 Cooperative  
Extension Service

Powell County



University of Kentucky  
College of Agriculture,  
Food and Environment