

# ESTILL COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES

November 2023

Estill County Extension Homemakers

Hi everyone,

It is hard to believe that November is here. I know several of you will be having Thanksgiving meals. Please follow these quick tips for food safety:

- ◆ Wash hands for 30 seconds using warm water and soap
- ◆ Thaw meat in the refrigerator on the bottom shelf or in cold water changing it out frequently
- ◆ Keep raw foods separate from cooked foods and fruits and vegetables/use separate cutting boards
- ◆ Wash fruits and vegetables and wipe off the lids of can goods
- ◆ Keep hot foods hot and cold foods cold

Come by the office for publications on food safety and proper ways to prepare your food.

The new Homemaker year is starting. If you would like to join Estill County Extension Homemakers, contact me. If you have a group that would like to start a club, let me know also. You can meet at anytime or anywhere.

Thank you and have a wonderful November.

Judy



Estill County Extension Service  
76 Golden Court, Irvine, KY 40336  
(606)723-4557  
Estill.ext@uky.edu

**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546

## Dates of Interest

- ◆ November 2nd 4:45—Not Your Momma's Homemaker Meeting, Extension Office
- ◆ November 14th 11:30—Sugar and Spice Homemaker Meeting, El Ranchito
- ◆ November 6th—Smart Consumer Class 10:00 a.m. or 6:00 p.m.
- ◆ November 11th 1:30—Rather Be Quilting
- ◆ November 21st 4:00—Leader Lesson, Seasoning with Spices
- ◆ November 24th and 25th—Office Closed
- ◆ December 5th 10:00-12:00—Gifts from the Kitchen
- ◆ December 12th 5:00—Homemaker's Christmas Extravaganza, Extension Office



Judy Vaughn, County Extension Agent  
for Family and Consumer Sciences



Disabilities  
accommodated  
with prior notification.

# Homemakers News

Hello Estill Homemakers,

Not Your Momma's group met October 5th. We discussed business items and upcoming activities for the year and have started new projects. We shared cupcakes for Cheyenne's birthday and started cross-stitch on bookmarks.

Our next meeting will be Thursday, November 2 at 4:45 p.m. at the Estill County Extension Office. During this meeting we will be building gift bags for the Irvine School Apartment residents (there are 17 apartments). If you would like to donate or help, please stop by and join our meeting. We will be accepting non-perishable microwavable items and snacks for these gift bags.

The Homemaker's Bluegrass Area annual meeting was held Friday, October 13<sup>th</sup> in Nicholas County. We had 9 Estill County Homemaker attend the meeting. After the business portion of the meeting, attendees were entertained by stories of Rebecca Boone's life. There were several door prizes and silent auction items to raise money for ovarian cancer. Next year the Bluegrass Area annual meeting will be in Powell County.

After the meeting our Homemakers took a short drive to see a covered bridge to add to our homemaker passports. If you would

like more information on the Homemaker Passport contact FCS Agent Judy Vaughn.

On November 14th, the Estill County Extension Homemakers will be starting a specialty club for plant enthusiasts. During this meeting attendees will be learning about bud vases from Cheyenne Lamb. This specialty club is open

to any Homemaker and will be held at the Extension Office. More information can be found on page 8 of this newsletter.

If you would like to know more about Volunteer Service (VSU) hours, the book list, or any of our other fun activities, please contact the Estill

County Extension Office at (606) 723-4557. Also, let us know if you have any trip ideas or service project ideas.

We hope to see you at some of the next meetings.

Rebecca Lamb  
Estill County Homemakers

*Not Your Momma's  
Homemaker Meeting*

**November 2nd, 2023**

Meeting starts at 4:45 p.m.

Estill Co. Extension Office

76 Golden Court, Irvine, KY

Everyone is welcome to attend.  
Homemaker dues are \$10 per year.  
For more information call 606-723-4557.



## Estill County Extension Homemakers

### It's time to pay your dues.

Yearly dues are \$9.00 or \$10.00 if you want to make a \$1.00 donation to Ovarian Cancer Research. The Homemaker Enrollment form is included in this packet. You can mail or drop off your dues to the Estill County Extension Office no later than November 17, 2023. Checks need to be made out to the Estill County Extension Homemakers.

*Help Homemakers Grow!*

Have a friend sign up for Homemakers and get a packet of seeds for your garden.

Estill County Extension Homemakers  
76 Golden Court, Irvine, KY 40336  
606-723-4557 | [estill.ca.uky.edu](http://estill.ca.uky.edu)



[keha.ca.uky.edu](http://keha.ca.uky.edu)



Annual Homemaker dues for the upcoming 2024 year will be \$10.00 (\$9.00 for annual dues, \$1.00 for Ovarian Cancer donation). Checks need to be made out to Estill County Extension Homemakers. Deadline for dues November 17, 2023.

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

Date joined: \_\_\_\_\_

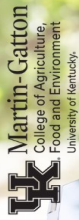
I, (print full name) \_\_\_\_\_, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others 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.

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

# Smart Consumer Class

## NOVEMBER 6, 2023

### 10:00a.m. or 6:00p.m.

Estill County Extension Office, 76 Golden Court, Irvine

- Learn the new way of couponing
- Shopping using apps
- Safe online shopping

Call the Estill County Extension Office at 606-723-4557 to sign up.

If you have any questions about this class  
contact **Judy Vaughn, County Extension  
Agent for Family & Consumer Sciences.**

*Judy Vaughn*

**Judy Vaughn**  
County Extension Agent  
for Family & Consumer Sciences

#### Cooperative Extension Service

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



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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!*

## November 21, 2023

### 4:00 p.m.

Estill County Extension Office  
76 Golden Court, Irvine, KY

For more information, contact...

Judy Vaughn, FCS Extension Agent  
Phone: 606-723-4557  
E-mail: [judy.vaughn@uky.edu](mailto:judy.vaughn@uky.edu)



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# ADULT 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>

Estill County  
Extension Office  
76 Golden Court  
Irvine, KY  
40336  
(606) 723-4557

## THIS MONTH'S TOPIC:

# KNOW YOUR FAMILY HEALTH HISTORY



**N**ov. 23 is National Family Health History Day, and what better topic to bring up at Thanksgiving or other holiday family gathering than your shared health history.

Family health history is the record of the diseases and health conditions in your family. You and your family members likely share genes. You may also have behaviors in common, such as exercise habits and what you like to eat. You may live in the same area and encounter similar things in the environment, now or in the past. Family history includes all these factors, all of which can affect your health.

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*Family health history information, even if incomplete, can help your doctor decide which screening tests you need and when those tests should start. You may also be a better candidate for certain types of preventative care.*



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You may know a lot about your family health history or only a little. To get the complete picture, it can be helpful to use family gatherings as a time to talk to relatives about gaps in your knowledge.

Collect information about your parents, siblings (whole and half), children, grandparents, aunts, uncles, nieces, and nephews. Include information on major medical conditions, causes of death, age at disease diagnosis, age at death, and ethnic background. If family members are no longer living, you may use legal records such as death certificates or medical records to help fill in those blanks. Be sure to update the information regularly and share what you've learned with your family and with your doctor.

Most people have a family health history of at least one chronic disease, such as diabetes, cancer, or heart disease. If you have a close family member with a chronic disease, you may be more likely to develop that disease yourself, especially if more than one close relative has (or had) the disease or a family member got the disease at a younger age than usual.

Even if you don't know all your family health history information, share what you do know with all your medical providers. Family health history information, even if incomplete, can help your doctor decide which screening tests you need and when those tests should start. You may also be a better candidate for certain types of preventative care.

Being aware of your family health history can also help you make healthy choices moving forward! You cannot change your genes, but you can change certain behaviors, such as smoking, activity level, and eating habits, and start participating in health screenings. Finding disease early can often mean better health in the long run, for you and your family members.

**REFERENCE:**  
[https://www.cdc.gov/genomics/famhistory/famhist\\_basics.htm](https://www.cdc.gov/genomics/famhistory/famhist_basics.htm)

**ADULT  
HEALTH BULLETIN**

Written by:  
Katherine Jury, MS  
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Adobe Stock







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>

Estill County Extension Office  
76 Golden Court  
Irvine, KY 40336  
(606) 723-4557

THIS MONTH'S TOPIC:

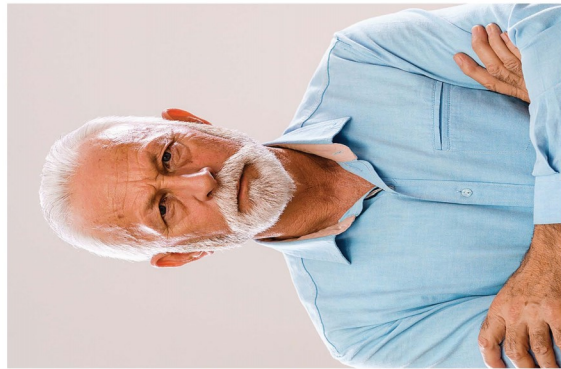
LEWY BODY DEMENTIA

**L**ewy body dementia (LBD) is a disease caused by abnormal deposits of protein in the brain. These deposits, called Lewy bodies, lead to problems with thinking, mood, behavior, and movement (NIH). According to the National Institutes of Health, LBD is one of the most common causes of dementia after Alzheimer's disease and vascular disease. It affects more than one million people in the U.S.

Types of LBD

"Lewy body dementia" (LBD) is an umbrella term that includes two related types of dementia: dementia with Lewy bodies (DLB) and Parkinson's disease dementia (PDD), according to the Lewy Body Dementia Association. DLB and PDD are related but differ in the timing of cognitive and mobility impairment (NIH).

- With DLB, a person experiences dementia within one year of movement symptoms, such as rigidity, slowed movement, stiffness, and tremors (Alzheimer's Association,



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(NIH). Decline in thinking may look like Alzheimer's disease, but over time, other DLB symptoms and problems with movement will occur.

- With PDD, movement symptoms, consistent with Parkinson's disease, start first and cognition problems don't occur for more than a year (NIH). Not all people with Parkinson's disease develop dementia, but it is not uncommon for older adults living with Parkinson's to do so. According to the NIH, a later life diagnosis of Parkinson's disease is a risk factor for PDD.

DLB symptoms

The Lewy Body Dementia Association reports the following distinct features of DLB.

- Progressive cognitive impairment
- Fluctuating attention and alertness can present like delirium, lasting for hours or days
- Recurring visual hallucinations
- Parkinson-like movement (rigidity, shuffling, slowed mobility, tremors, stooped posture)

DLB is also associated with changes in sleep and autonomic functions like blood pressure, thermal regulation, digestion, urinary incontinence, and sexual response. DLB is progressive, which means the symptoms and decline can get worse over time. Changes should be reported to a health-care professional. Ultimately, people with DLB will require full-time care.

DLB risk factors

The cause of LBD is unknown. No specific lifestyle factors are proven to increase risk and no genetic test can prove if someone will develop it. As researchers continue to learn more, they do know that the following risk factors are linked to higher risk (NIH):

- Older age
- Rapid eye movement sleep behavior disorder
- Parkinson's disease

In addition, the Mayo Clinic reports that LBD affects more men and, sometimes, those with a family history may have greater risk.

Diagnosis

LBD can be difficult to diagnosis. Not only can LBD occur alone or with other brain disorders, but it can also resemble other diseases and disorders



(Lewy Body Dementia Association, NIH). The order and/or severity of symptoms can also vary (Lewy Body Dementia Association). The only definitive diagnosis of LBD is with an autopsy. But health-care providers use a "one-year-rule" to help identify the type of LBD, which helps doctors better understand the likely disease progression and determine a proper treatment (NIH). Evaluations consist of medical history, physical examinations, lab work, brain imaging, and neuropsychological tests (NIH).

Treatment

There is no cure for LBD, but a correct diagnosis and proper treatment can help improve quality of life. Certain medication, therapies, counseling, home safety modifications, and adaptive equipment can make daily tasks more manageable. The NIH also suggests building a caregiving team that might include a neurologist who specializes in dementia and/or movement disorders; a primary care physician; physical, speech, occupational, and sleep therapists; palliative care specialists; and a pharmacist. Support groups can also be a valuable resource for both patients and caregivers.

Advice for LBD caregivers

- Educate yourself and others about the disease, including health-care professionals
- Ask for help
- Form a caregiving team
- Be flexible and realistic
- Care for yourself
- Talk to children and teens in age-appropriate terms
- Seek resources. Start with Lewy Body Dementia Association (800-539-9767 or 404-935-6444)

REFERENCES:

- Lewy Body Dementia Association (LBDA). (2023). Clinical Management. Retrieved August 28, 2023 from <https://www.lbda.org/clinical-management>.
- Mayo Clinic. (2023). Lewy Body Dementia Overview. Retrieved August 25, 2023 from <https://www.mayoclinic.org/diseases-conditions/lewy-body-dementia/symptoms-causes/syc-20352025>
- NIH. (2023). Lewy Body Dementia. Retrieved August 27, 2023 from <https://www.ninds.nih.gov/health-information/disorders/lewy-body-dementia>





# PARENT HEALTH BULLETIN

NOVEMBER 2023

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## 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.

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*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>

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

ADULT HEALTH BULLETIN



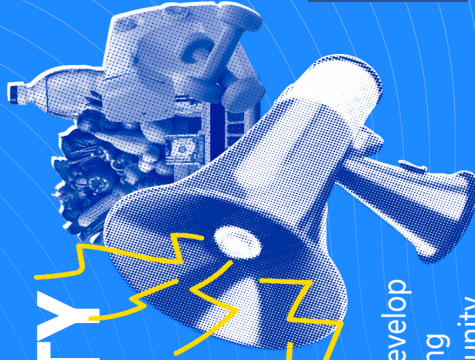
Take the Community Assessment Survey and be entered for a chance to win one of two \$50 grocery cards.

*An equal opportunity organization*

# ESTILL COUNTY

**How can we serve you?**

Take a ten-minute survey to help us develop programs addressing needs in our community.



## HOW TO ENTER

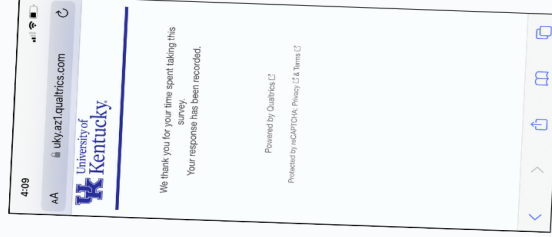
Visit <https://go.uky.edu/serveKY>

- Complete the ten-minute survey (make sure you choose ESTILL County)
- Take a screenshot of the final page and email the image along with your name and a valid phone number to [estill.ext@uky.edu](mailto:estill.ext@uky.edu)

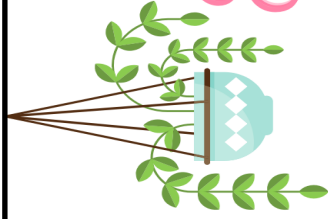
## ADDITIONAL WAY TO ENTER

- Stop by the Estill County Extension Office and pick up a paper copy of the survey. Bring the completed survey back to be entered.

**For more information on the Community Assessment Survey contact the Estill County Extension Office at 606-723-4557.**



# Homemaker Houseplant Special Interest Group



Join us every 2nd Tuesday of the month at 6:00 pm for the Homemaker's Houseplant special interest group.

These meetings will be held at the Estill County Extension Office at 76 Golden Court, Irvine, KY 40336.

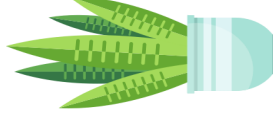
This group will meet to fellowship with other plant lovers, as well as participate in a monthly presentation and activity.

**Our first meeting will be held on November 14th at 6:00 pm. Cheyenne Lamb will be teaching us how to make holiday bud vase arrangements!**

Please bring a small bud vase for this activity.

**If you would like to sign up for this club or have questions, please call Estill County Extension Office at (606) 723-4557.**

We encourage you to attend if you are interested! You are also welcome to join homemaker's any time. Dues are \$10 and can be brought to the extension office.





You are invited to attend the 2023



**Estill County Extension**



**Homemaker Extravaganza**

**Candy Christmas**

**Tuesday, December 12, 2023**

**Beginning at 5:00 p.m.**

**Estill County Extension Office, 76 Golden Court, Irvine**

**Estill County FCS Agent, Judy Vaughn, will be making chili. Homemakers are asked to bring finger foods and desserts.**

**Pre-registration with payment required by Dec. 8th**

**Registration Fee: \$10.00**

**Checks made out to Estill County Extension Homemakers**



**Questions? Contact the Estill County Extension Office at 606-723-4557**

**Judy Vaughn**  
**Estill County Extension Agent**  
**for Family & Consumer Sciences**

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Estill County  
76 Golden Court  
Irvine, KY 40336

RETURN SERVICE REQUESTED

# Baked Apples and Sweet Potatoes

5 medium sweet potatoes	1/2 cup margarine	1 teaspoon nutmeg
4 medium apples	1/2 cup brown sugar	1/4 cup hot water
	1/2 teaspoon salt	2 tablespoons honey

- 1. Boil** potatoes in 2 inches of water until almost tender.
- 2. Cool** potatoes, peel and slice. **Peel,** core and slice apples.
- 3. Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.
- 4. Layer** potatoes on the bottom of the dish.
- 5. Add** a layer of apple slices.
- 6. Sprinkle** some sugar, salt, and tiny pieces of margarine over the apple layer.
- 7. Repeat** layers of potatoes, apples, sugar, salt and margarine.
- 8. Sprinkle** top with nutmeg.
- 9. Mix** the hot water and honey together.
- 10. Pour** over top of casserole.
- 11. Bake** for 30 minutes. **Yield:** 6, 1 cup servings.



**Nutrition Analysis:** 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.  
Source: USDA Food Stamp Nutrition Connection, Recipe Finder, June, 2008.

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



For more Plate it up recipes visit  
<https://fcs-hes.ca.uky.edu/pukkp-recipes>