

Family & Consumer Sciences Newsletter

A Word from the Agent...

Thanksgiving yumminess is upon us as well as the cooler weather. We want to thank everyone who made it out to the Fall Festival at the beginning of October, it was fantastic to see over six hundred people from the community in attendance! We hope to see you next year!

Inside this edition of the newsletter, you will find turkey tips for your holiday preparations as well as some tricks on keeping yourself healthy as the weather changes and those germs start to run amok.

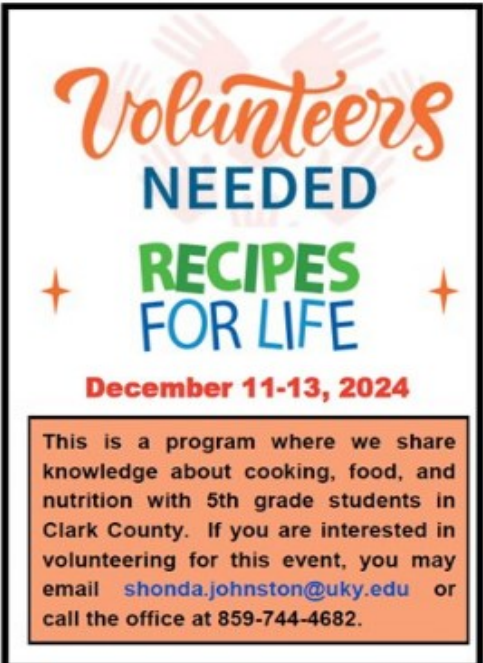
I am also in need of volunteers for our Recipes for Life program, especially on Thursday and Friday. If you have availability, we would love to have you help with this awesome program.

Take time this month to reflect on all the things you are thankful for and enjoy your turkey holiday with family and friends.



Shonda Johnston
SHONDA JOHNSTON

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Family & Consumer Sciences
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**Volunteers
NEEDED
RECIPES
FOR LIFE**

December 11-13, 2024

This is a program where we share knowledge about cooking, food, and nutrition with 5th grade students in Clark County. If you are interested in volunteering for this event, you may email shonda.johnston@uky.edu or call the office at 859-744-4682.



**OUR OFFICE WILL BE CLOSED
THURSDAY, NOVEMBER 28TH &
FRIDAY, NOVEMBER 29TH IN
OBSERVANCE OF
THANKSGIVING**



ADULT HEALTH BULLETIN



NOVEMBER 2024

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

NAME Clark County
Extension Office
1400 Fortune Drive
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Zip 40391
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THIS MONTH'S TOPIC

KNOW YOUR DIABETES RISKS



More than 1 in 3 adults in the United States have prediabetes — and many may not even know it. National Diabetes Month, in November, is a time to raise awareness about diabetes as a health concern and encourage people to take charge of their health.

Diabetes is a long-lasting, or chronic, disease that affects how your body turns the food you eat into energy. Your body breaks down most of the food you eat into sugar, or glucose. The increase in sugar tells your pancreas to release insulin. Insulin is needed for the cells in your body to be able to use the sugar as energy. If you have diabetes, your body doesn't make enough insulin or can't use it as well as it should. Then, too much sugar stays in your bloodstream instead of becoming energy and being used. Over time, the build-up of sugar in your blood can cause serious health problems like heart disease, kidney damage, and vision loss.

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



Disabilities
accommodated
with prior notification.



**There is no cure for diabetes,
but you can manage
prediabetes and can even
reverse it with the right
medical care and
lifestyle choices.**

→ Continued from the previous page

There are many potential risk factors for diabetes. For type 1 diabetes, the most common risk factors are family history of diabetes and age. Type 1 diabetes doesn't usually happen because of lifestyle factors, but instead is associated with an immune system response that most often occurs in young children or teens. For type 2 diabetes, the following are common risk factors:

- Overweight or obesity
- 45 or older
- A parent or sibling with type 2 diabetes
- Physically active less than three times a week
- Have non-alcoholic fatty liver disease (NAFLD), now called metabolic dysfunction-associated steatotic liver disease (MASLD)
- Had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds

There is no cure for diabetes, but you can manage prediabetes and can even reverse it with the right medical care and lifestyle choices. That is why it is so important to know the signs and risk factors and to receive a diagnosis and treatment plan quickly. You can't change some risk factors like age and family medical history. However, there

are some things you can do to reduce your risk of prediabetes, type 2 diabetes, or gestational diabetes. Some behavior changes to lower your risk include:

- Increasing physical activity,
- Eating a healthy diet, and
- Losing weight if you are overweight.

Small, gradual changes can make a big difference in lowering your risk of prediabetes, type 2 diabetes, or gestational diabetes, and improving your overall health and wellness. It's never too late or too early to get started.

If you have been diagnosed with prediabetes or believe you have multiple risk factors listed above, talk with your doctor about what you should be doing to decrease your risk of developing diabetes and increase your overall health.

REFERENCE:

<https://www.cdc.gov/diabetes/about>

**ADULT
HEALTH BULLETIN**

Written by:
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Stock images:
Adobe Stock



Vaccine Drive Thru

Protect Yourself and Others, Without Leaving Your Car!

Sunday, November 17th
COVID, FLU, TDAP

TDAP (Prevention Against Pertussis/Whooping Cough)

12pm - 3pm

100 Vaught Rd. Suite 1,
Winchester, KY 40391

Bring your ID & insurance card



Bluegrass Community Health Center
Clark County Clinic

We accept most insurance & offer discounts to those who are uninsured based on household income and size

What's cooking?



Holiday meals, especially Thanksgiving, often go hand-in-hand with turkey. In fact, it's probably safe to say that more homes will be serving turkey on the major fall and winter holidays than any other item. Whether you've cooked turkeys for the last 50 years or are just beginning a new tradition this year, it's a good idea to look at some of the latest safety updates as well as shopping tips.

Turkeys may be purchased either fresh or frozen. When purchasing a turkey, plan for a little over 1 pound per person. A fresh turkey should be purchased no more than two days prior to the day of preparation. Vacuum-packaged fresh turkey has a shelf life of up to 10 days. Before you buy, inspect the package and ensure there are no holes or tears. A frozen turkey will keep up to one year. Remember to allow adequate time for thawing.

Size of Turkey	Thawing Time
4 to 12 pounds	1 to 3 days
12 to 16 pounds	3 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days

Size of Turkey	Thawing Time
4 to 12 pounds	2 to 6 hours
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours

If you want to cook your turkey in the oven, preheat the oven to 325°F. Next remove the turkey from its packaging. Do this in the sink to allow juices to drain, but don't wash (or rinse) the turkey. Remove the bag of giblets and pat the turkey dry with a paper towel. Rub salt, pepper and other dry seasonings

Unstuffed Bird		Stuffed Bird	
Weight	Time	Weight	Time
4-6 lb. breast	1½-2¼ hours	8-12 lb.	3-3½ hours
6-8 lb. breast	2¼-3¼ hours	12-14 lb.	3½-4 hours
8-12 lb.	2¾-3 hours	14-18 lb.	4-4½ hours
12-14 lb.	3-3¾ hours	18-20 lb.	4¼- 4¾ hours
14-18 lb.	3¾-4¼ hours	20-24 lb.	4¾-5¼ hours
18-20 lb.	4¼-4½ hours		
20-24 lb.	4½-5 hours		

of your choice all over the bird. Drizzle oil (or butter) generously over the skin and massage. The oil will allow for a crispy skin. Once the bird is seasoned, place it breast-side up on a rack in a roasting pan. Add 1½-2 cups of liquid (e.g. chicken broth, water) to the pan. Place the pan in the oven and cook the turkey until the internal temperature reaches 165°F measured with a food thermometer.

For food safety reasons, it is best to cook the stuffing separately. If you want to cook a stuffed bird, mix the ingredients right before stuffing and stuff loosely. Be sure to check the temperature of the stuffing when you check the temperature of the turkey. The stuffing should reach a temperature of 165°F as well. If your turkey already looks done and the skin is a nice golden brown, but the internal temperature has not reached 165°F, you should cover the skin with aluminum foil and keep cooking. The turkey is not safe to eat until the internal temperature reaches 165°F, no matter what color the skin is, or the color of the juices. Check the table below for estimated cooking times.

Turkey's Tips

for healthy holiday meals

LEFTOVERS

Eat or freeze leftovers within 3 to 4 days! Reheat leftovers to 165 degrees F and bring gravy to a boil (gravy should be used within 2 days).

The Extension Office has two publications available to pick up that have great information on turkey preparation. It includes alternative ways to prepare turkey and some good information on what to do with all those yummy leftovers. Feel free to call or come out to the office to get this information. Enjoy your holiday!



Fall Festival 2024 Awesome!

