

# FAMILY AND CONSUMER SCIENCE NEWS



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Family and Consumer Sciences

**Cooperative Extension  
Service**

Boyd County  
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**Boyd County Cooperative Extension Service  
December, 2025**



**Happy Holidays, Everyone!**

I cannot believe that December is here and 2026 is weeks away. This year has flown by! I hope that you all had a good 2025 and that you learned a lot from Extension programs, handouts, or just conversations. I know that I learned a great deal from you all this year, and that I will continue to learn from you all in 2026.

I am very grateful for each of you, and I look forward to 2026 as another year of learning, fun, and fellowship.

Please stop by my office if you have any questions or would like to chat!

*Jacqueline Doucet*  
Jacqueline Doucet  
County Extension Agent  
for Family and Consumer Sciences

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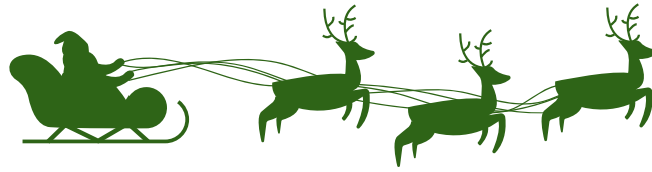
Lexington, KY 40506



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## MESSAGE FROM THE PRESIDENT



Merry Christmas, Homemakers,

The Christmas season is right around the corner. Parades, shopping, decorating, family, friends, food, parties, the list goes on and on. It is also the season to celebrate the birth of our Lord and Savior.

To find peace and joy, to share, to give, to lend a helping hand, spread kindness. When the pressures of the holidays start to build, put others first, say thank you, smile, breathe deeply, enjoy the twinkle of the lights, sip a cup of hot cider, step back, and remember the reason we celebrate. Take time for yourself.

Remember the moments that got us through the year.

As always, you are in my thoughts and prayers,

Kathy



# Homemaker Upcoming Events & Announcements



- *Cooking with the Calendar: FCS, **December 4th at 10 a.m., Boyd County Extension Office. December Recipe: Lasagna Soup***
- *Longaberger Basket Bingo, **December 4<sup>th</sup> at 5:30 p.m., Boyd County Extension Office.***
- *Homemaker Council Meeting, **December 10th at 10 a.m. Boyd County Extension Office.***
- *Homemaker Christmas Dinner, **December 18th at 6 p.m. Boyd County Extension Office.***
- *Sewing/Quilting/UFOs: **Every Monday at 5 p.m. Boyd County Extension Office.***
- *Mats for the Homeless: **Every Thursday at 10 a.m., Boyd County Extension Office.***





# KEHA Upcoming Events & Announcements



- Dec. 15 – County dues due to the KEHA State Treasurer and Area Treasurer **(use remittance form found in the KEHA Manual, Appendix page 18)**. Please send remittance to Patsy Kinman, KEHA Treasurer, 310 Falmouth St., Williamstown, KY 41097.
- March 4-6, 2006- KEHA Leadership Academy, **Blue Licks Battlefield State Resort Park**.
- May 12-14-KEHA State Meeting, **Hyatt Regency, Lexington, KY**.



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# COOKING THROUGH THE CALENDAR PROGRAM SCHEDULE 2025

**JANUARY 16TH**

**FCS:  
SPLIT PEA  
SOUP**

**FEBRUARY 6TH**

**CATLETTSBURG:  
CAULIFLOWER  
BITES**

**MARCH 6TH**

**HILLTOP:  
CRUNCHY AIR  
FRYER FISH**

**APRIL 3RD**

**TRACE:  
LEMON  
BROCCOLI  
PASTA**

**MAY 1ST**

**HILLENDALE:  
BANANA  
PANCAKES**

**JUNE 5TH**

**HILLENDALE:  
RICE AND BEAN  
SALAD**

**JULY 10TH**

**TRACE:  
CHICKEN  
BURGERS**

**AUGUST 7TH**

**SUNSHINE:  
SLOW COOKER  
ASIAN PORK  
TACOS**

**SEPTEMBER 4TH**

**HILLTOP:  
GRITS, GREENS  
AND EGG BOWL**

**OCTOBER 2ND**

**CATLETTSBURG:  
CHEESY  
PUMPKIN PASTA  
BAKE**

**NOVEMBER 6TH**

**SUNSHINE:  
PARMESAN  
CARROT CHIPS**

**DECEMBER 4TH**

**FCS:  
LASAGNA SOUP**

# Recipes from the 2025 Food and Nutrition Recipe Calendar



## December's Recipe: Lasagna Soup

Join us at the Boyd County Extension office for our monthly cooking demonstration and sampling. Try tasty Nutrition Education Program Calendar recipes and discover strategies to eat healthier and cook at home!

**December 4<sup>th</sup>**  
**at 10 a.m., Boyd County**  
**Extension Office.**

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# 2025 Lunch and Learn Upcoming Dates

12 pm-1 pm

## Boyd County Extension Office

Join us for a fun lunchtime discussion.

Lunch will be provided

Please call 606-739-5184 to Register.

This program is FREE

Limited to 20 participants

~~July 18th~~

~~Saving Water At Home~~

~~October 17th~~

~~Reducing the Risk of Identity Theft~~

~~August 8th~~

~~Scam Red Flags & Avoiding Fraud~~

~~November 14th~~

~~Talking Turkey~~

~~September 26th~~

~~What's That Date Mean?~~

~~December 19th~~

~~Sweet Enough Without All That  
Sugar~~

LUNCH





# 2026 Lunch and Learn Upcoming Dates

**12 pm-1 pm**

**Boyd County Extension  
Office**

**Join us for a fun lunchtime discussion.**

**Lunch will be provided**

**Please call 606-739-5184 to Register.**

**This program is FREE**

**Limited to 20 participants**

**January 16th**

Dinner on a Dollar

**April 17th**

Health and Travel

**February 13th**

Healthy Ways to Flavor Your Food

**May 8th**

Picking Out Produce

**March 20th**

Food Allergens-Alphal Gal

**June 12th**

Cultural Diversity in Food

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## Lasagna Soup



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

**Prep time: 15-20 minutes**

**Cook time: 30 minutes**

- 1 pound lean ground beef
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 jar (24 ounces) marinara sauce
- 1 box (32 ounces) low-sodium chicken, vegetable, or beef broth
- 12 ounces water (fill half of the marinara jar)
- 6 sheets lasagna noodles, broken into bite-size pieces (NOT oven-ready noodles)
- 1 container (10 ounces) frozen, chopped spinach

*Optional toppings: a scoop of ricotta or cottage cheese, a sprinkle of parmesan or mozzarella cheese*

1. Wash hands with soap and warm water, scrubbing for at least 20 seconds.
2. Heat a large pot over medium-high heat. Add beef to pot and break into fine crumbles. Season with salt and pepper. Cook beef

until it's no longer pink and it reaches 160 degrees F using a food thermometer. Drain any fat.

3. Add marinara sauce, broth, and water to the pot with beef. Increase heat to high, place lid on the pot and bring to a boil, about 6 minutes.
4. Once boiling, add lasagna noodles and lower heat to medium-high. Stir occasionally so noodles do not stick to the bottom of the pot. Cook uncovered for about 6 minutes, or until noodles are close to being done.
5. Add frozen spinach. Cook until noodles have a bit of firmness left and until spinach is heated through, about 2 to 3 minutes.
6. Ladle into bowls and add desired toppings.
7. Refrigerate leftovers within 2 hours.

*Note: Any short-shaped pasta will work for this soup.*

Makes 7 servings  
Serving Size: 1 1/2 cups  
Cost per recipe: \$12.71  
Cost per serving: \$1.82

### Nutrition facts

#### per serving:

310 calories; 8g total fat; 3g saturated fat; 0g trans fat; 60mg cholesterol; 590mg sodium; 29g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 20% Daily Value of iron; 25% Daily Value of potassium

#### Source:

Jeannie Noble, RD,  
Extension Specialist for  
Nutrition, University of  
Kentucky Cooperative  
Extension Service

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# ADULT HEALTH BULLETIN



**DECEMBER 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)

## THIS MONTH'S TOPIC

# DEALING WITH HOLIDAY STRESS AND ANXIETY



**T**he holidays can be a wonderful time full of family, friends, and fun traditions, but they can also bring stress and anxiety. There are many ways to manage these feelings and make the season more enjoyable.

One helpful step is to plan ahead and set realistic expectations. It can be easy to feel pressure to make everything perfect, from meals to gifts to decorations. Instead, focus on what is most important to you. For example, if spending time with family matters more than having a perfectly decorated house, let go of some of the decorating stress. Make a simple to-do list and plan your time so you do not feel rushed ahead of the

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### ➔ Continued from the previous page

gathering. Space out your errands or cooking tasks to help you stay calm and organized. This can also allow you to enjoy time with loved ones more.

Asking for help is another way to reduce stress. You do not have to do everything by yourself. If you are hosting a holiday meal, ask guests to bring a dish or to come early to help set up. If shopping feels overwhelming, see if a friend can go with you. You can also divide your shopping list among family members. Even small acts of teamwork can make things easier and more fun.

It is also important to take breaks and make time for yourself. The holidays can be busy, and it can be easy to forget your own needs. Schedule a few minutes each day to do something relaxing, like taking a walk, reading a book, listening to music, or practicing deep breathing. These short breaks can help you recharge and keep your stress levels down.

Staying healthy can also make a big difference. Try to eat balanced meals, get enough sleep, and stay active. When we are tired or eating too many sugary holiday treats, it is easier to feel irritable or anxious. A short walk after dinner, a few stretches in the morning, or a fun family activity can help your body release stress and boost your mood.

Sometimes, family gatherings or social events can feel overwhelming. It is okay to set boundaries. You can politely say no to events that don't fit your schedule, or take a short break if things feel too loud or tense. For example, stepping outside for a few minutes of fresh air or going to a quiet room to breathe deeply can help you feel calmer. If you see your child or another family member feeling stressed, invite them to do the same to help ease tension.

Finally, remember that it is normal to feel stressed sometimes. You are not alone. The holidays do not have to be perfect to be meaningful and special. Be kind to yourself, focus on the good moments, and appreciate the little things, like laughter, music, or a cozy evening at home. By caring for your mental and physical health, you can enjoy the holidays in a way that feels more peaceful and fulfilling.

#### REFERENCE:

<https://www.samhsa.gov/blog/supporting-your-mental-health-during-holiday-season>

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**Stock images:** Adobe Stock

