

CUMBERLAND COUNTY HOMEMAKER NEWSLETTER



SPRING CLEAN YOUR PANTRY

Spring cleaning doesn't just apply to the house. Some items in your pantry may have been there longer than you realize. It's a good idea to clean out your pantry at least once a year. Cleaning the pantry can help you use items before they expire, get rid of expired items, and make room for new items. Follow these simple tips when cleaning your pantry:

- Remove each item and look at the expiration date. Pile items into these groups:
 - Expired items to throw away.
 - Items expiring within the next few months.
 - Items that you don't see yourself eating and you can donate.
 - All other items.
- Wipe off containers, wipe down shelves or drawers, and get rid of any crumbs that may attract pests.
- Place items back on shelves with these tips in mind:
 - Put items expiring within the next few months toward the front to remind yourself to use them.
 - Keep items you eat often, such as cereal, toward the front of the pantry.
 - Group similar items together to avoid buying items you already have. Put all canned vegetables together, all canned tomato products, canned fruit items, etc.
 - Consider putting snack items in bins.

Source: Jeannie Noble, MS, RD
Healthy Choices For Healthy Families March/April 2025



Cumberland County
Cooperative Extension Service
90 Smith Grove Rd.
Burkesville, KY 42717
(270)433-7700
Website: cumberland.ca.uky.edu

Debbie Messenger,
Debbie Messenger
Agent for Family &
Consumer Sciences
Email: debbie.messenger@uky.edu

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Friends of Burkesville Manor

The Cumberland County Extension Office is collecting peanut butter crackers and granola bars for Friends of Burkesville Manor. Please have items to the Cumberland County Extension Office by April 11th. Thank you for your continued support for this program!

Homemaker Council

The Cumberland County Homemaker Council will meet on May 16th, 2025 at 11:30am at the Cumberland County Extension Office. Lunch will be provided. Please RSVP by calling the Cumberland County Extension Office at (270) 433-7700.

Spring Clean Your Home and Finances *a Set Apart Community Class*

Join us as we explore practical tips for decluttering your living space, creating a serene and efficient home environment, and mastering the art of budgeting.

Instructor: Debbie Messenger,
Extension Agent for Family and
Consumer Sciences

April 24th, 2025 | at 4pm
at Set Apart
120 High Street, Burkesville, KY 42717

Area Cultural Arts

Cumberland County
Homemakers really shined at the
Area Cultural Arts competition!
We have 11 blue ribbon winners
that will advance to the State
Cultural Arts competition in May.
Congrats to all!

Pictures are posted on the
Cumberland County Homemaker
Facebook page.

Wits Workout

Wits Workout is like a gym session
for your brain and body—where fun,
brain-boosting exercises collide with
simple body movements to enhance
flexibility! Perfect for all ages, this
program invites you to flex your
noggin and move your body.
Whether you want to sharpen your
memory, crank up your focus, or
improve range of motion, Wits
Workout has got your back and your
brain!

Join us at the Cumberland County
Extension Office on:

- April 16th, 2025
 - 9am
- April 23rd, 2025
 - 10am

*Get in Tune with
Homemakers*



Lake Cumberland Area Extension Homemakers Annual Meeting

May 15, 2025

**Clinton County
Fairgrounds**

Registration 4:30 pm CST

Program 5:00 pm CST

\$15 Registration

***Due to your Extension Office May 1st**



Cumberland County Homemakers

Open Weave Basket Classes

Time - 2:00 pm - 8:00 pm cst

Dates - April 21st - 2025

Each month 3 different baskets will be offered and you pick your kit and come weave.

You can also pick kits from previous months.

Register at - <https://form.jotform.com/232815259569165>

Deadline to register for January Class is April 14, 2025



Remote Control Basket - \$35.00

Asst. colors to choice from



Improve Remote Basket - \$40.00

Asst. colors to choice from



10" X 14" Market Basket - \$50.00

Asst. colors to choice from



Dottie's Designs

You will have a choice of designing the cover for a 100 page journal or a 12 page journal with a matching bookmark. Journals can be used for so many things: Bible Journaling, Diary writing, collecting recipes, research, hobby ideas, party or event planning, creating a vision board, using as a student and so many endless options.



May

3rd, 2025

CUMBERLAND COUNTY
EXTENSION OFFICE

90 Smith Grove Rd, Burkesville, KY 42717

At 11:00am - 2:00pm

INSTRUCTOR: DOTTIE TINGEN

Spots are limited to 12 participants.

Cost: \$20, due to the instructor the day of class.

To Register



CUMBERLAND COUNTY EXTENSION OFFICE
(270) 433-7700

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

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Citrus Chicken Stir Fry

Ingredients:

- 2 tablespoons olive oil
- 1 pound boneless, skinless chicken thighs
- 2 teaspoons garlic powder
- 2 tablespoons low-sodium soy sauce
- 1/4 cup orange juice
- 1 teaspoon honey
- 1/2 teaspoon black pepper
- 8 ounces sugar snap peas, wash and string, if needed
- 1 red or orange bell pepper, sliced

Directions:

1. Heat oil in a large skillet over medium-high heat.
2. Add chicken and sprinkle garlic powder over the pieces. Brown each side for about 2 minutes, flipping chicken occasionally.
3. In a small bowl, stir together soy sauce, orange juice, honey and black pepper. Pour over chicken. Add sugar snap peas and bell pepper slices to the pan. Stir to combine.
4. Cook for an additional 3-4 minutes, until peas and bell pepper slices soften and chicken has reached 165 degrees F. Serve over rice.

Source: Adapted from USDA What's Cooking?

320 calories; 16g total fat; 3.5g saturated fat; 0g trans fat; 150mg cholesterol; 410mg sodium; 12g carbohydrate; 2g fiber; 5g sugar; 1g added sugar; 31g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

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

