

Pre-School Pages



A newsletter for parents of pre-schoolers
 packed with food, facts & fun
 from your local county extension office

Cooperative Extension Service

Carlisle County
 65 John Roberts Drive
 Bardwell, KY 42023
 (270) 628-5458
 Fax: (270) 628-3722
 carlisle.ca.uky.edu

November, 2019



Life Savers

Prevent Family Illness

During the fall, we tend to gather frequently with family and friends. The holidays are a great time to be together. However, it can also be a time when germs are spread. Here are some tips on how to have healthy habits this fall to keep yourself and family well.

Handwashing is the best way to keep you, your kids, and family from getting sick by preventing the spread of germs. Hand washing should take place when you are preparing food and before you eat; after touching a pet or feeding a pet; after coughing or sneezing; after going to the restroom; after cleaning; and after touching garbage.

It is always good to remind your family when and how best to wash their hands. To stop the spread of germs in your family, make regular hand washing a rule for everyone. To help teach hand washing to your child, you may want to wash your hands together. Hand washing best practices include:

1. Use clean, running water to wet hands.
2. Use soap and lather for 10-20 seconds. Focus on both sides (front and back) of hands, fingernails, and between fingers.

3. Rinse hands

thoroughly and dry with a clean towel.

If soap and water are not available, hand sanitizers or waterless soaps are a good alternative. Just like soap, you want to make sure to rub the sanitizer on the back of hands, in between fingers and around the fingernails.

Take steps to prevent the flu. The single best way to protect against the flu is to get vaccinated every year in the fall. It is not too late for your family to get the flu vaccine.

Avoid touching eyes, nose or mouth
 These are areas where most illnesses and germs enter into the body. When kids encounter germs, they can become infected just by touching their eyes, nose, or mouth. Remind family members to cover both nose and mouth with a tissue when coughing or sneezing and to wash hands after.

Washing your hands often, getting a flu vaccine, and avoiding touching your eyes, nose, and mouth will help you and your family stay healthy this fall.

REFERENCES:

- <https://www.cdc.gov/Features/HandWashing>
- <https://www.cdc.gov/family/autumn/autumntips.pdf>
- <https://kidshealth.org/en/parents/hand-washing.html>

Dollars and Sense



Budget Friendly Holiday Celebration

When you reflect on past holiday gatherings, what



comes to mind? Sharing stories, making memories, laughter, and probably enjoying food. Often food can become a focal point for our celebrations but this is also a time of year when money can be tight. Here are some tips for planning a budget-conscious gathering with your family this holiday season:

- Plan your menu. Check your cupboards, pantry, and freezer for items that you have on hand that can make a special dish. Look for items such as nuts, dried cranberries, or frozen appetizers you already have that can be easily included

in your menu. If you are including a more expensive dish, balance it with less costly recipes and side dishes.

- Research ways to save. Next look at what stores are advertising on sale and plan your menu around those best buys. Often staple items used in holiday cooking will be on special pricing to entice customers to shop. Take advantage of online and paper coupons to save even more.

- Make a list. Write out the ingredients you need after checking what you already have on hand. A list can help you stay focused on the items you need and avoid impulse purchases that can make your grocery trip costly. This can also help you get everything you need in one trip and save you from making additional trips which will cost you in gas and time.

- Shake up tradition. If your budget is tighter than normal this holiday season, it might be a good idea to create a new family tradition. Suggest a potluck menu that would allow everyone to contribute and reduce the financial burden falling on one person. Instead of a full meal, have family enjoy other activities together to celebrate along with a snack or refreshment. For example, you could host a card-writing party, cookie-decorating event, or gift-wrapping session with hot chocolate.

Source: Amy Singleton, Regional Extension Agent for Kentucky Nutrition Education Program

Let's Eat

Sweet Potato Fries



- 2 large sweet potatoes, scrubbed clean
 - 1 tablespoon olive oil
 - ¼ teaspoon kosher salt
1. Set the oven to 425 degrees F.
 2. Cut each sweet potato in half lengthwise, then cut each half in half again, and then each quarter in half once more. You will end up with 8 wedges from each potato.
 3. Put the sweet potatoes, oil, and salt in a bowl, and use your clean hands to mix well.
 4. Dump everything onto a baking sheet, spread the potatoes out evenly, and bake until golden and tender, about 35 minutes. Serve right away.

Number of servings: 4

Serving size: ¼ recipe

Nutrition Facts per serving:

90 calories; 3.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 180mg sodium; 13g carbohydrate; 2g fiber; 3g sugar; 0g added sugar; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium.

Source: Chop Chop Magazine

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Sincerely,

Brooke Hogancamp
Extension Agent for
Family & Consumer Sciences Education