UPCOMING CLASSES at the Extension Office

The following classes and meetings have been set for January, February and March. Like all programs at the Extension Office, these classes are open to anyone wishing to participate. You do not have to be a resident of Meade County or even know someone who will be attending! If in the description of the class being held asks that you pre-register, please call our office at 270-422-4958. This gives us an idea on the amount of materials we need to prepare. Most classes are free and you are guaranteed to walk away with something beneficial! The Extension Office is located at 1041 Old Ekron Road in Brandenburg. All classes are held at the Extension Office unless otherwise stated.

Culinary Basics —
Do you wish you knew more about preparing foods? How about selecting foods, planning meals and other general information which forms the basis of preparing meals at home? Then this class is for you. During Thursday’s in January and February, from 6pm-8pm, a series of classes focusing on basic culinary techniques and food preparation will take place at the Extension Office. Classes will be hands on and interactive and most will last a couple hours depending on content. Preregistration is required for each session you plan to attend. No fee!! Call the Extension Office at 270-422-4958 to register. Feel free to attend all or parts of the series. Inclement weather may force cancellation of classes so be sure to leave a phone number when registering! Deadline to register for culinary classes is January 5th.

<p>| January 7 | The Well Stocked Kitchen ～～ Find out about basic equipment and pantry needs and how to use. Participants will also learn the proper way to measure dry, liquid and solid ingredients. | Jennifer Bridge, Meade County Family and Consumer Sciences Agent presenting this session. |
| January 14 | Knives in the Kitchen ～～ Not all knives are the same. Find out about varying grades and designs of knives and cutting utensils, as well as, care, how to sharpen and how to use. Participants will learn how to dice, julienne, chop, chiffonade and other basic techniques. | Jennifer Bridge, Family and Consumer Sciences Agent and Andy Mills, Agriculture/Natural Resources Agent presenting this session. |
| January 21 | Fruits and Vegetables: Selection and Preparation ～～ Fruits and vegetables should form the basics for most meals. The focus of this class will be on how to select and seasons for best selection, as well as, healthy forms of preparation for the maximum retention of vitamins and nutrients. Participants will learn how to prep produce, sauté, steam and prepare produce. | Jennifer Bridge, Family and Consumer Sciences Agent and Rob Pack, Produce Manager, Kroger in Brandenburg |
| January 28 | Rubs, Sauces and Marinades ～～ Find out how you can prepare your own at home and cut the expense and unknowns of bottled brands. Participants will learn how to blend, baste and properly marinade meat and produce. | Lyndall Harned, Boyd County, Agriculture/Natural Resources Agent presenting this session. |</p>
<table>
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<tr>
<th>Date</th>
<th>Topic</th>
<th>Details</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>February 4</td>
<td><strong>Meats and Other Proteins</strong></td>
<td>In most meals, proteins determine the mood. Dr. Gregg Rentfrow will cover basics of selecting meats, cutting and preparation for maximum quality. Beef will be on the menu, as this session is being sponsored by the Meade County Cattlemen’s Association, but we will also cover other types of meats. You might even learn how to cut up a chicken!</td>
<td>Dr. Gregg Rentfrow, Meats Specialist University of Kentucky presenting this session.</td>
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<td>February 11</td>
<td><strong>Flour, Breads and Baking</strong></td>
<td>The principles of baking will be covered during this interactive session. Everyone will have the opportunity to get their hands into dough and you will even be able to take some home with you. Participants need to bring a 2 quart bowl to transport the dough.</td>
<td>Jennifer Bridge, Family and Consumer Sciences Agent presenting this session.</td>
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<td>February 18</td>
<td><strong>Cheese and other Dairy Products</strong></td>
<td>This session will cover basics of cheese, selection and pairings, as well as, cooking and incorporating with other dairy products.</td>
<td>Presenter: TBA</td>
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<td>February 25</td>
<td><strong>All About Eggs</strong></td>
<td>This class will cover a variety of cooking and preparation techniques. Participants will have the opportunity to experience a variety of ways to prepare eggs for use in cooking and meal preparation.</td>
<td>Presenter: TBA</td>
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Something not listed you want to learn? Let me know and I will see if we can work it in! We do our best to provide evening classes on a topic, if possible.

Sincerely,

Jennifer Bridge,
Meade County Extension Agent for Family and Consumer Sciences
Weigh2Go!!

This program is designed for busy people on the go who want to shed a few pounds. It also provides extra incentive of accountability and encouragement!

Program begins January 7

Focus Topics Include:

* Liquids for Life
* Exercise and the Busy Lifestyle
* Understanding a Food Label
* Apps and Gadgets
* Battling Your Sweet Tooth
* Gyms and Personal Trainers
* Proteins and Meat Alternatives
* Half Your Plate: Vegetables and Fruit
* Curb Your Carbs

HOW IT WORKS:

Participants commit to weigh-in once per week during a nine week period beginning the week of January 7 and ending with a final weigh-in and celebration on March 3 at 6pm.

Participants weigh in once per week on Thursdays between 8am and 6pm at the Meade County Extension Office and pick up the next week’s packet of goals and incentives. No need to stay for a meeting!

Each week, the participant weighs in, they will receive a ticket for a drawing at the end of the series. An extra ticket will be given weekly if the participant loses weight. During the celebration on March 3, drawings will take place awarding several great prizes to participants.

The program is based on individual success, not on the amount of weight lost.

Cost is $10 for the series. This is to be paid at the first weigh-in on January 7.

For more information contact:
Jennifer Bridge at 270-422-4958 or via email at jennifer.bridge@uky.edu
or Melissa Phillips at 270-422-3988 or via email at melissad.phillips@ky.gov
**What Women Should About Finances: Planning for Life’s Major Events**

**Monday, February 29, 1:30 p.m., Meade County Extension Office.**
Over the course of life, our financial needs change. Financial planning is important for all individuals; however, it is especially important for women. Find out how major life events can impact your future financially and how to plan for financial circumstances. **Pre-registration is required by calling the Extension Office at 270-422-4958. **Deadline to register is Friday, February 26. **NO FEE!!**

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**Personal Safety and Active Shooter Class**

**Personal Safety and Protection** - **Tuesday, February 2, 4pm-5pm, Home and Garden Building, Meade County Fairgrounds.** Officer Saylor and Officer Pearl from the University of Kentucky Police Unit will be visiting Meade County presenting information on how to be aware of your surroundings and respond if physically assaulted. Preregistration is required for this class.

**Active Shooter Training** - **Tuesday, February 2, 6:30 pm-7:30pm, Home and Garden Building, Meade County Fairgrounds.** Officer Saylor and Officer Pearl from the University of Kentucky Police Unit will be visiting Meade County presenting information to the community on what to expect from law enforcement in an active shooter response and how to recognize pre-incident behaviors of concern. As with preparing for an escape route in a fire or sheltering from a tornado, it is important to become well-informed of what to do in an active shooter scenario, how to reduce your risk, and adopt a “survival mindset.” The philosophy behind “survival mindset” includes the following: Figure Out, Get Out, Call Out, Hide Out, Keep Out, Spread Out, and Take Out. Responding law enforcement officers’ intent will be to first, identify and neutralize the threat, before coming to the aid of anyone injured. Your ability to quickly distinguish yourself from an armed offender or any type of threat will be of utmost importance in helping first responders.

**Deadline to register for this class is Monday, February 1.**
You may attend one or both sessions. Please specify which sessions you will be attending upon registering.

Any questions, contact the Extension Office at 270-422-4958. **NO FEE!!**
Happy New Year!