

# Simpson County Extension Homemakers

**Cooperative Extension Service**  
Simpson County  
300 N Main St  
Franklin, KY 42134  
(270) 586-4484  
Fax: (270) 586-4788  
simpson.ca.uky.edu

December 19, 2022

Season's Greetings Simpson County Homemakers!

The staff at the Simpson County Extension Office would like to wish you all a very joyous holiday season and a prosperous new year!

## Homemaker Leader Training

The January Homemaker Lesson will be a mailout so please be on the lookout for this. It is a lesson on gratitude and will be sent out once we return from the holidays. Sometimes we all need to sit back and realize what all we have to be thankful for. The new year is a perfect time to focus on the positive things (and people) in our lives. You are encouraged to do some of the activities included and maybe even make them a daily ritual.



## Homemaker Craft

Several members have expressed interest in continuing the craft classes that we have been doing these last couple of months. Unfortunately, everyone's schedule cannot be met, so we are tentatively looking at holding another on 25<sup>th</sup> (the fourth Wednesday of the month) at 10:00 a.m. please email Brooke, [brooke.brown@uky.edu](mailto:brooke.brown@uky.edu) or [nancy.doyle@uky.edu](mailto:nancy.doyle@uky.edu) or call the office 270-586-4484 if you are interested in making this a reoccurring event.

## Cooking Through the Calendar

A new class is beginning at the extension office, Cooking through the calendar! We will be taking the recipes from our Food and Nutrition calendar and demonstrating these each month. Each lesson will be on the second Monday of the month at 11:00 a.m. These will be held in the upstairs meeting room with possibly using the oven in the kitchen. We do not have the ideal space for this but will make the best of it. Our first demonstration will be on January 9<sup>th</sup> at 11:00. Hope to see you there!

## Homemaker Council Meeting

The Simpson County Homemaker Council will be meeting at 10:00 a.m. on January 19<sup>th</sup>. Club Presidents along with County Chairmen and Officers please try to attend this meeting.

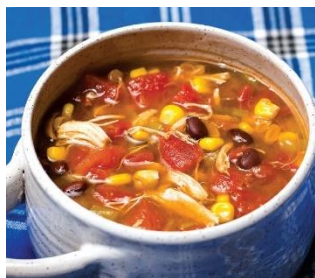
## Homemaker Holiday Party

Thank you to all who attended our annual Homemaker Holiday Party! We had food, fun, and fellowship! It was so good to see all of you together again! Sharon Taylor-Carrillo, our unofficial photographer graciously sent in some pictures! No guarantees that she got everyone, but she did get most of our members. Not pictured were: Gay Kirby, Darlene Stewart, and Kathy Baughn. Apologies to anyone else left out!





### Slow Cooker Chicken Sante Fe Soup



#### Ingredients:

- 4 thawed boneless, skinless chicken breasts
- 1 (7 ounce) can chopped green chilies
- 1 (8 ounce) bag frozen corn
- 1 (28 ounce) can diced tomatoes, no salt added
- 1 (15 ounce) can black beans
- 1 (14 ounce) can or box vegetable broth, no salt added
- 1 (32 ounce) box low-sodium chicken broth
- 3 tablespoons low sodium chili seasoning mix



#### Directions:

Place all ingredients in slow cooker and simmer on low 6-8 hours or 3-4 hours on high.  
 Remove cooked chicken and shred with two forks.  
 Return chicken to soup and it is ready-to-serve.

Nutrition facts per serving: 180 calories; 2.5g total fat; 0.5g saturated fat; 0g trans fat; 35mg cholesterol; 740mg sodium; 23g carbohydrate; 4g fiber; 6g sugar; 17g protein; 10% Daily Value of vitamin A; 15% Daily Value of vitamin C; 4% Daily Value of calcium; 8% Daily Value of iron

**Job Posting:** <https://ukjobs.uky.edu/postings/437387>

Program Assistant for SNAP-Ed Nutrition Education job posting is open until January 3, 2023. If you know anyone interested, please refer them to our office or Facebook page for more information. (See link above)

As 2022 comes to a close, you are wished health and happiness through the holidays and the upcoming year!

*Nancy Doyle*

Nancy Doyle,  
 Simpson Co. Extension Agent for Family & Consumer Sciences