

# UT Extension Unicoi County QUARTERLY NEWSLETTER



## How do Family & Consumer Sciences programs help Unicoi County?

- ◆ **Health:** We help families choose healthy lifestyles.
- ◆ **Food:** We help families make healthy choices and handle food safely.
- ◆ **Family:** We help families improve communication skills and cope with divorce.
- ◆ **Home:** We help families make the home healthy.
- ◆ **Money:** We help families plan for the future.

*Follow UT Extension - Unicoi County on Facebook to keep up with upcoming programs in Family & Consumer Sciences, 4-H, and Agriculture!*



*Members of the Clinchfield Senior Center made gift jars to give to their loved ones this Christmas!*

# JANUARY 2019



## Unicoi Unites for a Healthier Tennessee!

Little changes make a BIG difference in your health. Making healthy lifestyle changes is easier when you add simple, new habits to your routine.

Join the "Healthier Tennessee Communities - Unicoi County" Facebook page for updates on local events and healthy tips.

### Check out the Healthier Tennessee "Streaks for Small Starts" App!

Free and made to help you make easy, healthier choices every single day with simple, daily actions that can add up to big success. Find friends, challenge them, and play our way to a healthier state.

## A great opportunity for local farmers- Food for Profit - 2019

February 7

8:30am - 4:00pm

Unicoi Tourist Information Center

This workshop is for farmers interested in adding value to farm products through a food processing enterprise.

The registration fee is \$15 before February 7, or \$25 the day of the workshop. Pre-register by contacting Lee Manning at (423) 330-9650.

### Preventing Falls This Winter

75% of falls occur in the home and most are preventable.

With black ice and piles of snow, winter can be a dangerous time. Here are some simple ideas to keeping your home a fall-free zone:

1. Install dusk-to-dawn lights at your home's entryway. Change light bulbs as soon as they burn out.
2. Keep sidewalks in good repair.
3. Make walkways free of trip and slip hazards.
4. Place a sturdy chair inside your hallway or mud room for changing out of boots/wet shoes.
5. Avoid going up or down stairs as the same time as your pets.
6. Don't carry large objects to-and-from your car or on a stairway. This can impede vision.

*Falls are not inevitable. Access your home and make modifications ahead of winter weather.*

Slow-cooked meals are a favorite during the cold season!

### Tips and Tricks for Using Your Slow Cooker

- ◆ Do not put frozen food in the slow cooker—a safe temperature will not be reached quickly enough.
- ◆ In most slow cookers, one hour on high is equal to two hours on low.
- ◆ Tougher, less expensive meats with plenty of connecting collagen and muscles make great slow-cooked dishes because they fall apart into tender morsels.
- ◆ Position the cooker at least six inches away from any walls or other appliances so the heat can dissipate.



### 4-H Corner

The **4-H Homeschool Club** will be meeting on the first Thursday of each month from 2:00-3:30 at the Town of Unicoi Tourist Information Center.

#### 2019 4-H Camp

***The best week of the summer!***

Jr. Camp (Grades 4-6): June 10-14

Jr. High Camp (Grades 7-8): July 8-12

### Contact Your Family & Consumer Science Agent

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*Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.*