

WARREN COUNTY EXTENSION HOMEMAKER HORIZONS

JANUARY, FEBRUARY: 2026 (OB)

JINGLE MINGLE & HOMEMAKER HOLIDAY WAS A SUCCESS!



**JINGLE
MINGLE
11/7/2025**



**HOMEMAKER
HOLIDAY
12/15/2025**

Inside this
Issue:

**Page 1: Jingle Mingle
and Homemaker
Holiday Celebration**

**Page 2: Important Dates
and Reminders**

**Page 3: Birthdays and
Office Closings**

**Page 4-5: Moneywise:
Saving Money While
Organizing**

**Page 6: Book of the
Month & Winter Word
Search**

**Page 7-8: Plan Eat Move
Recipes**



Cooperative Extension Service

Warren County
5162 Russellville Rd.
Bowling Green, KY 42101
(270) 842-1681
warren.mgcafe.uky.edu

Brandalyn L. Reddick

Brandalyn Reddick
Warren County Family and
Consumer Sciences Agent

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Attention Homemakers!

Don't forget to keep recording your volunteer service hours!

Club Leaders:

Be sure to pick up your club lessons on Monday, January 29th 2026!



Join us for Farm & Home!

WBKO Channel 13-1, 5:15 – 5:30
WBKO Channel 13-2, 7:15–7:30
Monday – Friday



Important Dates

January:

January 1 & 2: WCEO closed

Jan 8: MCA Homemaker Council Mtg.
@ 9am

Jan 22: Executive Board @ 9 am
Advisory Council @ 10 am
January Lesson: "Creating Welcome Communities"

Jan 29: Club leaders will pick up lessons @ WCEO

February:

Feb 1: Membership reports due to KEHA

Feb 19: WCEO closed

Feb 26: @ 10 am, WCEO for Club leaders, Club Lesson: "Protecting Pollinators"

March:

March 1: KEHA contest entries due to respective chairmen

March 4-6: KEHA Leadership Academy
@ Blue Licks Battlefield State Resort Park

March 6: International Day
(registration @10:30)

Club Lesson: "Stretching Your Dollars"

March 26 @ 10 am, WCEO for club leaders



Office Reminder



The WCEO is closed on:
January 1-2
January 19

"Find out who you
are and do it on
purpose"

Dolly Parton

Follow Us!

"Living Well in Warren County"

warren.mgcafe.uky.edu



CES Warren on YouTube

Birthdays



Virginia Clark	January 1
Marylan Lee	January 7
Kaye Parsley	January 11
Wanda Payne	January 12
Linda Basham	January 13
Norene Montgomery	January 29
Debbie Hayes	February 3
Betty Magers	February 5
Jo Jean Scott	February 5
Peggy Gorrell	February 12
Carole Baum	February 14
Beverly Wells	February 15
Irene Sheehan	February 26
Sheila McNary	February 27



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 17 • ISSUE 1

Warren County Extension Office | 5162 Russellville Road | Bowling Green KY | 42274 | (270) 842-1681

THIS MONTH'S TOPIC: SAVING MONEY WHILE ORGANIZING

A new year can bring inspiration, encourage goal setting, and motivate you to “get organized.” Being organized and in control of our “stuff” can promote productivity and reduce anxiety. Although getting and staying organized takes effort, it does not need to take much money to achieve. There are many ways to create order on a budget.

Declutter BEFORE “organizing.” We can’t – *and shouldn’t try* to – organize clutter. Clutter is the “stuff” that does not belong anywhere. It is the stuff we don’t really like or use, so we never end up giving it a proper place in our space. Therefore, before you buy those cute containers you see online, make sure you’re “containing” things you actually use or want to keep. You’ll need fewer organizing products when you have less stuff.

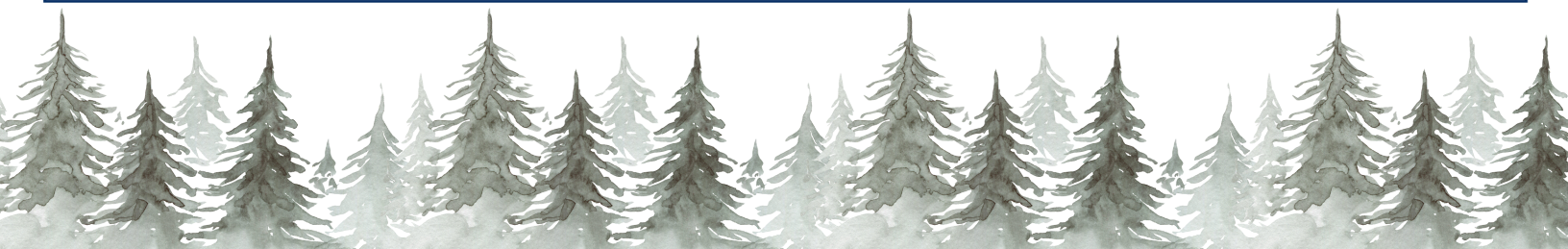
Sort swiftly and graciously give away.

Decluttering is easier when you sort like items – this way you can see how many of each thing you have. (Do you really need *three* can openers?) You may choose to go drawer by drawer, room by room, or gather all like items in one spot. Toss broken and worn-out items and donate the rest to a local charity. If you are set on selling



your unwanted items, keep in mind that something is only worth what another person will pay for it.

Work with your space. Deciding *where* to keep your things does not cost anything. Establish “zones” for things in places where you would naturally look for them. Keep the phrase “**visible and accessible**” in mind. This does not mean all your things need to be kept out on the counter. Rather, when you are searching in your closets, cabinets, or drawers, will you be able to see and find things? And will you be able to easily reach things? Will special containers or organizing products help or hinder?



ITEMS LOOK LESS LIKE CLUTTER WHEN THEY ARE ON A TRAY OR IN A BASKET



Think “inside the box.” Before you invest in color-coordinated crates or space-specific storage to organize your belongings, try repurposing bins and other containers you may already have. Cereal or tissue boxes and jars are great for sorting and storing. Or use a favorite plate or bowl to hold frequently used items. *(Hint: Items look less like clutter when they are on a tray or in a basket.)* Try to use your “homemade” containers first to see if you like the way a space functions.

Choose the same kind of container or label.

If you decide to purchase special organizing products, try to select multi-purpose containers that can be used in various spaces. Having containers that match and come in different sizes creates a cohesive look. Your storage needs may change over time, so containers that offer flexibility will maintain their usefulness. To make containers of all styles, colors, and sizes look neat and uniform, mark them with matching labels. This is an easy, low-cost way to coordinate the containers you already have.

Invite a friend to help. Sure, hiring a “professional organizer” can get the job done for a price, but a close friend can also give you honest advice about what to keep and what to part with. Swap roles and help your friend when they are ready to declutter.

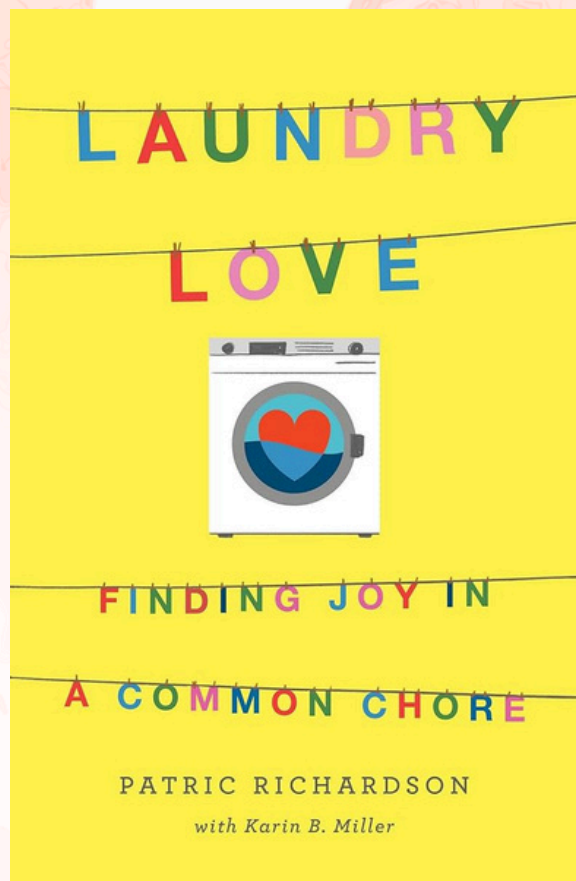
Clutter has a “cost.” Going forward, remember to consider the “cost” of bringing an item into your home or keeping something “just in case.” Most everything we own takes time to clean or maintain. Too many items taking up limited space creates physical and mental obstacles that prevent us from having or doing more meaningful things. Additionally, having clutter makes it hard to find things when we need them. Sometimes we might buy more of an item because we can’t locate what we already own. That is why being organized can save you time and money.

Written by Jeanne Badgett, Senior Extension Associate

Edited by: Kerri Ashurst, Ph.D. and Nichole Huff, Ph.D. | Designed by: Kelli Thompson, M.A. | Images by: Adobe Stock

BOOK OF THE MONTH:

Page 6



Laundry Love - Finding Joy in a Common Chore

This book by Patrick Richardson with Karin B. Miller is the 9th book in the Big Blue Book Club Series presented by University of Kentucky Cooperative Extension - Family and Consumer Sciences.

Visit the link below to watch a preview of this book with the author!

Link: youtube.com/watch?v=qve8SRBWjxM



S F Z C R X T I H O S P B C U B
 B L A N K E T K W A M N R E P J
 F O E P U Z X P P E J E M V X W
 A O B D Z N X G V T K H U O H I
 S H S Y D O V G V A D S Z L L N
 D C K P Q I G M M Z N W S Y S T
 W S Q I U J N E P E U N E R H E
 H O C N I U M G T L A R V D O R
 F N O D M O L T U M R G O N V X
 B D F O H W I R W L G Q L U E G
 T M F O R M G O E T T X G A L N
 J C E R K J N O N A Z T N L I I
 S N E S B S N T F E D E E I N T
 V I A N Q A I Z G O S I K G G A
 U J V O S N O W B A L L N R R K
 S S N O W S T O R M E U B G W S

WINTER WORD SEARCH

Reading	Snowstorm
Snowman	Tea
Shoveling	Winter
No School	Snowball
Indoors	Laundry Love
Mittens	Skating
Coffee	Homemaker
Gloves	Blanket
Sledding	

Made With <https://webwordsearch.com>

EGGPLANT PASTA BAKE:

Ingredients:

Nonstick spray
1 (12 ounce) box whole-grain bowtie or penne pasta
2 tablespoons olive oil
1 medium eggplant, cut into small cubes
¼ teaspoon salt
¼ teaspoon pepper
1 tablespoon garlic powder
2 (14.5 ounce) cans diced petite tomatoes
2 tablespoons Italian seasoning
1 (16 ounce) container low-fat cottage cheese
1 cup mozzarella cheese



310 calories; 7g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 410mg sodium; 44g carbohydrate; 4g fiber; 8g sugar; 0g added sugar; 17g protein; 0% Daily Value of vitamin D; 15% Daily Value calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Directions:

Preheat oven to 425 degrees F. Spray a 9×13 baking dish with nonstick spray and set aside. Cook pasta according to package instructions in large stock pot. Drain and return pasta to pot. Heat olive oil in large skillet over medium-high heat. Stir in eggplant, salt, pepper, and garlic powder. Cook until tender, about 5-7 minutes. Add tomatoes and Italian seasoning. Cook another 2 minutes. Remove from heat. Add vegetable mixture, cottage cheese and mozzarella cheese to pasta pot. Stir to combine. Pour into baking dish and bake 15-20 minutes.

Source: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

Servings: 8

Serving Size: 3/4 Cup

Recipe Cost: \$11.15

Cost per Serving: \$1.39



BROCCOLI CHEDDAR BISCUITS



Ingredients:

- 1 cup broccoli florets, chopped
- 1 carrot, grated
- 2 cups all-purpose flour, divided
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup buttermilk
- ½ cup vegetable oil
- ⅔ cup shredded cheddar cheese

Directions:

Preheat oven to 400 degrees F.

Place chopped broccoli and grated carrot in a medium bowl. Toss with ¼ cup of flour and set aside.

In a large bowl, stir together remaining (1 ¾ cups) flour, baking powder and salt.

Add buttermilk and vegetable oil into flour mixture and stir until just combined, being careful not to overmix.

Fold in vegetable mixture and cheese into flour mixture. In the bowl, knead two or three times until a dough ball is formed.

Transfer dough to a lightly floured surface. Pat the dough into an inch thickness. Using a cookie cutter or glass (2 inches in diameter), cut dough into rounds.

Arrange biscuits on a baking sheet. Bake 12 minutes or until golden.

130 calories; 8g total fat; 2g saturated fat; 0g trans fat; 5mg cholesterol; 240mg sodium; 12g carbohydrate; 1g fiber; 1g sugar; 0g added sugar; 3g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source: Katie Shoultz, Extension Specialist, University of Kentucky Cooperative Extension Service.

Servings: 20

Serving Size: 1 Biscuit

Recipe Cost: \$5.43

Cost per Serving: \$0.27



Photo Source: planeatmove.com