Winter 2014

Waiting Out Winter
As the days get shorter and the nights get colder, we all look for new ways to heat up without cranking up the thermostat, entertain the family, and enjoy the season a little more. Keep your spirits up and filled with joy this season by following a few easy pointers:

* Warm hands and warm hearts: Have some scrap felt lying around? Cut out 4 hearts (2 per hand warmer). Stich together around the edges leaving a ½ inch gap at the end. Fill with rice and finish stitching together. Pop it in the microwave for thirty seconds, Bam! Instant hand warmers. Add a wintery scented essential oil to the rice a day before sewing to make it extra special.

* Chapped lips and dry hands? Grab a small travel jar, place some coconut oil inside, providing a quick and easily stored fix. Chronically chapped lips call for a little honey. Put it on your lips for 20 minutes and then rinse off.

* When winter blues gets you down, find a way to get back up. Sitting next to a window for thirty minutes is said to boost your mood all year round. Eating foods high in omega-3s, like salmon, support healthy brain function and chemicals in your brain that elevate your mood.

* Snowed in with kids? Upcycle old bottle caps by painting them white. Glue 3 caps in a row onto a ribbon. Paint a snowman’s face and buttons on the cap and tie a separate ribbon like a scarf around the neck. Cute, easy, and makes a great Christmas ornament for years to come.

* Do you bake for your friends but worry you will never see your tray again? Peppermint is the solution! Heat the oven to 350. Place a cake pan onttop of parchment paper & trace the pan. Cut it out and place back in pan. Place mints inside the pan onto of the paper, leaving a little room on the edge. Place the pan into the oven for 8 minutes or less. Remove it from the oven, let it sit for 10 minutes before placing your fresh cookies or brownies onttop.

* Wrapping paper coming unrolled? Take the old toilet paper or paper towel role and cut it long ways. Slide it over the wrapping paper to keep it from becoming unraveled.

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.
Baby, It’s Cold Outside

Just because it is cold outside, that doesn’t mean it has to be cold inside! If you are like me and have an electric bill that skyrocket in the winter, you look for every way to pinch pennies. These are 5 easy steps to make sure your wallet stays heavy:

1. Dodge the drafts! Create a draft snake that’s not unsightly. Cut a fabric 8 ½ inches wide and as long as your window or door. Sew it like a pillow and fill it with rice. Use fabric that matches your home. Make it festive by using red and white striped fabric and leave extra fabric at the end. Tie the ends with a ribbon so it looks like a giant piece of candy.

2. Change those air filters! Unclean air filters restrict air flow and increase energy demand.

3. Run fans in reverse to bring the hot air down.

4. Lower your water heater temperature by 10 degrees to save up to 6% on your water heating costs.

5. Close that oven door! Every time the door opens you lose up to 50% of the heat. Crack the door open when you’re done to add a little extra heat.

Reports Due

The 100% Member forms, Master Club and Reading Reports are due to me by January 9, 2015. If you have questions about this, call Michelle at 526-4561.

FCE Winter Recognition Tea

We will have an additional recognition day in 2015. Our event will be held this year on March 3 from 10 am-12 noon at the First Presbyterian Church. This is where we will recognize our 100% members, Master Club Awards and our Reading Recipients.

Please make plans to attend this first time event. We need to take time to honor these achievements and this Recognition Tea will give us the opportunity to do just that.

I appreciate Southern Hospitality Club for volunteering to be hostess for our Winter Recognition Tea.

This first annual tea is dedicated to honor the memory of May Reinbold.

White Chocolate Hot Cocoa

Slow Cooker Style

12 oz. white vanilla baking chips
5 cups 2% milk
2 cups heavy whipping cream
1 teas. Vanilla

1. In a 4 quart slow cooker, place baking chips, milk, heavy cream and vanilla.

2. Cover, cook on low heat setting 2-2 ½ hours, stirring every 30 minutes. Serve immediately or decrease to warm heat setting to keep hot until ready to serve.

3. Top each serving with whipped cream and miniature marshmallows.

Merry Christmas,
Michelle Parrott
Putnam County