

Family & Consumer Sciences Newsletter



Happy Holidays!

The holiday season is a special time of year, filled with joy and cheer. Christmas and the Winter Season is my favorite time of year! Some of my family's favorite traditions include seeing the Christmas lights at Tanglewood Park, decorating the Christmas tree together, and watching our favorite holiday movies.

The December newsletter highlights an eco-friendly DIY holiday craft and a delicious recipe for Butterscotch Gingerbread Cookies. The second DIY Holiday Craft Workshop is on December 13th. This workshop is a "Make and Take" Holiday Dry Mixes class. Do not miss out!

Do you want to know what is happening with the Family & Consumer Sciences program over the next few months? For more information or to be on our email list about upcoming programs, send your email or mailing address to cpjohns5@ncsu.edu.

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The Importance of Self-Care During the Holiday Season



The holiday season can be a time of joy and celebration, but it can also bring stress and anxiety.

That's why it's important to prioritize self-care during this time of year. Self-care can mean different things to different people, but it generally involves taking time for yourself, setting boundaries, and doing things that help you feel relaxed and rejuvenated.

Here are a few self-care tips to help you navigate the holiday season:

1. Practice mindfulness: Take a few minutes each day to focus on your breath and bring yourself into the present moment. This can help you feel more centered and calm.
2. Stay active: Exercise is a great way to reduce stress and boost your mood. Even a brisk walk can help you feel more energized and focused.
3. Set boundaries: It's okay to say no to certain events or activities if they don't align with your values or if they are causing you undue stress.
4. Get enough sleep: Make sure you are getting enough rest each night. Lack of sleep can exacerbate stress and anxiety.

Remember that self-care is not selfish, it's necessary. By taking care of yourself, you'll be better equipped to handle the challenges that come with the holiday season.

DIY Holiday Craft - Dried Fruit Garlands

Oranges, grapefruits, limes, and lemons all make for gorgeous, traditional and most importantly, eco-friendly Christmas decorations.

Ingredients

- An assortment of citrus fruits (oranges, ruby red grapefruits, limes, lemons, blood oranges, etc.)
- Supplies:
- Dehydrator
- Knife for slicing fruit
- A small bottle of liquid interior varnish
- Paint brush
- Twine
- Scissors
- Newspaper or paper bags

Directions

1. Slice your citrus fruits into wheels that are 1/4 to 1/2-inch thick. Place citrus rounds in a dehydrator set to 135F. Dehydrate for 18 hours.
2. Remove citrus from dehydrator, let cool, and line up on paper bags or newspaper.
3. Paint a coat of varnish on one side of each round. Once varnish has dried, flip the rounds and paint a coat on the other side. Let dry completely.
4. Use your citrus wheels as holiday decorations by attaching a piece of twine to each wheel and hanging them as tree ornaments or gift/wreath embellishments. Alternatively, you can string a piece of twine or ribbon through multiple wheels to create a citrus-y holiday garland.

Recipe, photo, and tutorial from evermine.com

Butterscotch Gingerbread Cookies

Butterscotch Gingerbread Cookies Recipe photo by Taste of Home

🕒 Total Time

Prep: 15 min. + chilling Bake: 10 min. + cooling

✂️ Makes
about 3 dozen

Ingredients

- 1 cup butter, softened
- 1 cup packed brown sugar
- 2 large eggs, room temperature
- 3 cups all-purpose flour
- 2 packages (3-1/2 ounces each) cook-and-serve butterscotch pudding mix
- 3 teaspoons ground ginger
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon

Directions

1. In a large bowl, cream the butter and brown sugar until light and fluffy, 5-7 minutes. Beat in the eggs. Combine the flour, pudding mixes, ginger, baking powder and cinnamon; gradually add to creamed mixture and mix well. Cover and refrigerate for 1 hour or until easy to handle.
2. On a lightly floured surface, roll out dough to 1/4-in. thickness. Cut with lightly floured cookie cutters. Place 1 in. apart on ungreased baking sheets.
3. Bake at 350F for 6-8 minutes or until firm. Remove to wire racks to cool. Decorate as desired.



From Taste of
Home

Nutrition Facts

1 cookie: 194 calories, 8g fat (5g saturated fat), 38mg cholesterol, 144mg sodium, 29g carbohydrate (15g sugars, 1g fiber), 2g protein.

COMMUNITY EVENTS



DIY Holiday Craft Workshop

“Make and Take” Holiday Dry Mixes - \$10

1 pm. - 2 p.m.

2051 Agricultural Way
Yadkinville, NC 27055

Register by calling or e-mailing Chelsea Johnson - 336-849-7908 or cpjohns5@ncsu.edu



North Carolina Cooperative Extension is an equal opportunity provider.

Raising Good Eaters

Feeding Strategies for Young Children

Thursday, December 7th, 2023

Join us virtually at
11:00am (EDT)

REGISTER BELOW

AT THE LINK or QR CODE

go.ncsu.edu/RaisingGoodEaters



Extension At Home
Helping You Improve Your Life!



Yadkin County Cooperative Extension

2051 Agricultural Way, Suite 201

Yadkinville, NC 27055

336-849-7908

Monday - Friday ~ 8AM - 5PM

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