

ROWAN COUNTY



UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

Family & Consumer Sciences Newsletter

October/November 2023

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Homemakers

International Foods and “Fun Facts” will be studied this year by trying different cuisine at different restaurants.

Three different countries will be viewed and tried, all attending are responsible for their meal cost.

- **October 25th** @ 1:30 Melini Cucina Italian Restaurant, 608 East Main Street, Morehead with “Fun Facts” shared by Cadence Caskey about Italy.
- **Oct 30th** @ 1:00 Don Senior, Mexican Cuisine, 140 Toms Drive, Morehead with “Fun Facts” shared by Cadence Caskey about Mexico.
- **November 10th**, @ 1:00 Yamato Japanese Restaurant, 125 Flemingsburg Road, Morehead with “Fun Facts” shared by Cadence Caskey about Japan.

Other activities and Events

- **October 30th**, - 10:00 A.M. FCS Council Meeting in Fiscal Court Room.
- **November 7th** - 10:00 A.M. Heritage Place, Cooking in the Calendar
- **November 9th**, meet @ 8:00 A.M. Gladys’s house, Ovarian Cancer screening in Lexington.
- **November 27th** - Area Council Meeting @ 11:00 A.M. in Fiscal Court Room. All Homemakers welcome, and we will go to Lunch afterwards at Cracker Barrel.
- **December 13th** - 1:00 P.M. cookie exchange at Joanne and Clydia’s for only Homemakers



Peggy F. Jones

Peggy Jones

County Extension Agent for Family & Consumer
Sciences

Cooperative Extension Service

Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Stretch Your Food Dollar with Soups

A pot of homemade soup is healthy and a money saver. In winter, a steaming bowl of soup is comfort food in the purest sense. It is a great meal for helping to stay healthy. With veggies, whole grains, and lean proteins, homemade soup is a balanced one-pot meal.

By making and freezing batches of soups, you can save time and have a healthy dish when you want. Soups can be money savers because they don't call for pricey foods. Plus, you can load soups with veggies, giving your family the healthy meal, they need. Use canned, frozen, or fresh veggies, add some broth and turn on your slow cooker for a super soup dinner.

Making homemade soups can help you control what's in your food, such as less sodium.

Source: Healthy Choices Newsletter September/October 2023



Walking for Wellness



Adults should get at least 150 minutes of moderate-aerobic activity each week. Children should be active for at least 60 minutes each day. Being active can add to total health and cut the risk of long-term health issues such as heart disease, cancer, or high blood sugar.

Walking is a great way to stay active and in good health. Walking does not call for any special skills. You do not need to go to a gym or use high-priced gear. A single bout of mid-to-brisk walking can help with sleep and memory. Go on a walk today and ask your family to join you.

Source: Healthy Choices Newsletter
September/October 2023

how to stay organized



The power of clutter - Clutter can distract from completing tasks. Whether at work or doing household chores, having organized spaces can reduce stress and improve your overall well-being. You can apply many organizational strategies to at-home and on-the-job workspaces. Start small with one drawer, closet, cabinet, or bookshelf. Then work your way through your home, garage, or office - one space at a time.

01

Clear the clutter.

Begin by removing visible trash or other items that need to be discarded. Broken? Toss it. No longer needed? Consider donating it to an individual or organization who could put it to use.

Group like-items.

Next, sort items by purpose. Group like-items together and find a way to contain them. Use simple storage solutions (like bins, baskets, or baggies) that you already have on hand. Source: UK MoneyWise Newsletter October 2023

02

03

Give everything a "home."

After grouping your items, be intentional about how you store them. Everything should have a "home" in your home or office. When everything has a designated space, it keeps clutter at bay. When storing an item, consider how frequently you use it and how easy it is to access. Source: UK MoneyWise Newsletter October 2023

Use folders/labels

Use folders or labels to organize documents and other materials. This will make it easier to find what you need when you need it. Source: Canva

04

05

Prioritize tasks

Focus on the most important tasks first and break down larger tasks into smaller, more manageable tasks. Source: Canva

Schedule breaks

Taking breaks can actually increase productivity and creativity. Schedule breaks throughout your day to give your brain a rest and come back to tasks feeling refreshed. Source: Canva

06

Reducing the Risk of Food Allergies

The number of food allergies has been rising, and it's normal to wonder about how food allergies could harm your child. Studies show that one in 13 children have food allergies; that is about two children in each classroom.

There are no mild or harsh food allergies - only mild to harsh reactions. Food that caused a mild result in the past may lead to a harsh result in the future, and vice versa. How a child reacts to food can be bad. That's why it's good to know the facts and what you can do to help cut your child's risk.

What is a food allergy?

A food allergy result happens when the immune system attacks a food protein and mistakes it as a threat to the body. Watch for itching or swelling of the mouth, throat, face or skin. You may also have trouble breathing or stomach pain. Loose stools, or an upset belly are also signs. A bad food allergy can threaten life.

A doctor should decide whether you have a food allergy. You should not label yourself or your child with a food allergy. The only way to stop food allergy is to fully skip the food and any product that may have it.

Food intolerance does not affect the immune system. It is not the same as a food allergy. A child who is lactose intolerant (lacking the enzyme to break down a natural sugar in milk), may be able to eat or drink small amounts of dairy.

Common allergens

About 8% of children in the U.S. have a food allergy. The most common food allergies in children are milk, eggs, soy, wheat, peanuts, and tree nuts. These foods, along with fish, crustacean shellfish, and sesame are most of all food allergy reactions. While your child may outgrow milk, egg, soy, or wheat allergies, food allergies to peanuts, tree nuts, fish, and shellfish tend to be for life.

Tips for reducing a child's risk of developing food allergies

- Take special care with feeding habits during your child's first years. If a parent or brother or sister has an allergy, take steps to find out more about your child's risk. Certain feeding tips cannot promise a child will not get a food allergy but may help cut the risk.
- The American Academy of Pediatrics says total nursing for the first three to four months lowers how often babies have itchy redness of the skin. If a mother breastfeeds beyond that time, even if it is not all the time, it may help against wheezing and lowers the risk of asthma. Using soy-based baby formula does not appear to play a role in stopping allergies.
- Waiting to start foods beyond 4 to 6 months of age does not appear to keep children from getting food allergies. In fact, research suggests slowing the start of likely allergy foods may even raise the risk of a food allergy. Source: Healthy Choices Newsletter September/October 2023.

Tips for parents, grandparents and educators to communicate with youth

Communicating effectively with youth is crucial for building strong relationships and ensuring their emotional well-being. It's essential to tailor your approach based on their age and developmental stage.

Preschoolers (Ages 3-5):

- **Engage in play:** Preschoolers learn through play. Join them in their imaginative games, ask questions related to their play and let their stories and ideas naturally flow.
- **Use simple language:** Use simple and age-appropriate language. Use concrete examples and visual aids to help them understand concepts.
- **Ask open-ended questions:** Instead of asking, "Did you have a good day?" try, "What was your favorite part of today?" This encourages them to share more details.

Elementary-Aged Children (Ages 6-11):

- **Show interest:** Actively listen and show genuine interest in their activities, school experiences and hobbies. This builds trust and encourages them to open up.
- **Share your day:** Start the conversation by sharing your day, and they'll be more likely to reciprocate. For instance, "today at work, I had a challenging problem to solve. How about you? Anything interesting happen at school?"
- **Scalable questions:** Use the scale approach. Say, "on a scale of 1-10, how was your day?" If they say "three," follow up with, "what would make it a four tomorrow?" This helps them articulate their feelings and expectations.

Middle Schoolers (Ages 12-14):

- **Respect independence:** Middle schoolers are exploring their independence. Respect their need for privacy while offering a listening ear when they choose to talk.
- **Ask thought-provoking questions:** Encourage critical thinking with questions such as, "what's the most exciting thing you learned today?" Or "if you could change one thing about your day, what would it be?"
- **Be patient:** Understand that they might be going through emotional ups and downs. Offer support without pushing too hard.

High Schoolers (Ages 15-18):

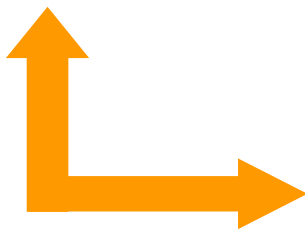
- **Respect their opinions:** High schoolers are forming their own opinions and values. Encourage open discussions without judgment, even if you disagree.
- **Ask about future plans:** Show interest in their future plans and dreams. Questions like, "what are your goals for this year?" can spark meaningful conversations.
- **Be a role model:** Demonstrate healthy communication by calmly resolving conflicts and showing empathy.

Handling One-Word Answers:

- **Don't push too hard:** If you receive one-word answers like "fine," don't push for more immediately. Give them space, and they may open up later.
- **Use open-ended follow-ups:** Follow up with open-ended questions like, "Tell me more about why it was 'fine'?" or "What made it a 'three'?"

Effective communication with children of all ages, from preschoolers to high schoolers, involves adapting your approach to their developmental stage. By engaging in their world, asking thoughtful questions and being patient and empathetic, parents and grandparents can nurture strong relationships and encourage meaningful conversations. Source:

David Weisenhorn, Family and Consumer Sciences Extension Specialist/UK Exclusive





Honey Raisin Muffins

<p>½ cup + 2 tablespoons all purpose flour</p> <p>½ cup + 2 tablespoons whole wheat flour</p> <p>¾ teaspoon baking powder</p>	<p>¼ teaspoon baking soda</p> <p>1 teaspoon ground cinnamon</p> <p>¼ teaspoon salt</p> <p>2 cups bran flake cereal with raisins</p>	<p>1 cup skim milk</p> <p>½ cup honey</p> <p>2 egg whites</p> <p>3 tablespoons unsweetened applesauce</p> <p>2 tablespoons canola oil</p>
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- 1. Combine** flours, baking powder, baking soda, cinnamon and salt in a bowl and set aside.
- 2. In** a large mixing bowl, **combine** cereal, milk and honey; let stand for 2 minutes to soften. **Stir** in egg whites, applesauce and oil; **mix** well.
- 3. Add** dry ingredients and stir until moistened.
- 4. Fill** a greased or paper-lined muffin pan $\frac{2}{3}$ full.
- 5. Bake** at 400°F for 15-18 minutes.
- 6. Cool** 10 minutes before removing from pan.

Yield: 12 muffins.

Nutrition Analysis:
150 calories, 3 g fat, 0 mg cholesterol, 170 mg sodium, 30 g carbohydrate, 2 g fiber, 15 g sugar, 4 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Source: www.honey.com