

JULY 2023

ROWAN COUNTY



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

FAMILY & CONSUMER SCIENCES

NEWSLETTER

• 600 West Main Street, Morehead, KY 40351 • Phone: (606) 784-5457 • Fax (606) 784-2407
• Email: rowan.EXT@uky.edu

Hello summer!

Love the blue skies, beautiful flowers and watching the gardens grow - this is one of my favorite times of the year. Take time this summer to prepare as many fresh vegetables as possible for your family and give it a try to preserve what you can for the winter. If you need any help or tips on canning, give me a call, and I do have some canning classes for you to sign up for if needed. Always check the Rowan County Cooperative Extension Facebook Page for more upcoming events.

Newsletter Highlights

- Welcome. 1
- Adult Salsa Class flyer 2
- Kids Canning Camp flyer. . . 3
- Prevent Poisonings in your Home 4
- Shrinkflation 5
- Blueberries and
- Ways to Keep Kids active in the Summer 6
- Become a Blood Donor and Make Fun Food for Picnics 7
- Blackberry Peach Crumb Recipe 8

Summer is also a great time to start planning for your time in the fall; Rowan County Homemakers need new members to join. Our Homemakers do community projects, programs, art activities, field trips, movies and crafts. Come join and enjoy their company.



Peggy Jones
County Extension Agent for
Family & Consumer Sciences

HAVE A GOOD SUMMER!

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, or physical or mental disability. UNIVERSITY OF KENTUCKY, KENTUCKY STATE UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE, AND KENTUCKY COUNTIES, COOPERATING

FREE ADULT SALSA CANNING CLASS

*Come learn how to make fresh Salsa, develop
knife skills and preserving.*

Date: July 20, 2023

Time: 5:00 P.M.

Location: Rowan County Public Library



**Call the Rowan County Extension Office (606)784-5457 by July 14,
2023, to register. Class limit is 12.**

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, or physical or mental disability. UNIVERSITY OF KENTUCKY, KENTUCKY STATE UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE, AND KENTUCKY COUNTIES, COOPERATING



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

FREE
KIDS
CANNING
CAMP

AGES
10-13
YEARS



When: July 10 & 12, 2023

Where: Rowan County Public Library

Time: 12:00 Noon - 2:00 P.M.

Class is limited to 12

**Registration required by calling the Rowan
County Extension Office (606) 784-5457. Deadline
to register July 5, 2023.**

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, or physical or mental disability. UNIVERSITY OF KENTUCKY, KENTUCKY STATE UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE, AND KENTUCKY COUNTIES COOPERATING

PREVENT POISONINGS IN YOUR HOME

Poisoning occurs when someone ingests a substance that can cause sickness or death.

That can mean they swallow it, breathe it, touch it, or splash it in their eye. Sometimes, it is the substance itself that is dangerous because it is not meant for the body. But often, poisoning happens when a person ingests too much of a substance, or misuses a substance, mixes it with other substances, or it is contaminated in some way before ingestion. The American Cleaning Institute reports that 90% of all poisonings occur in the home. Even though it is the one environment you think people would have the most control over and would therefore be the safest. This statistic highlights the need for adults to make good choices in their homes. They need to pay attention when it comes to household products that can be a danger to themselves and their family members.

Read the label

Poison prevention at home starts with reading product labels. Turn on the lights, get your glasses, and read product labels, even if you use the item often. This includes medications, cleaners, repair products such as glue, or project supplies like paint and stain. Pay close attention to products whose labels include words like “Caution,” “Warning,” “Danger,” or “Poison.” If you have any questions about how to use or store the item, call the toll free number found on most product labels.

Share safety with others

There are some simple tips you can share with your friends and family to help keep poisoning accidents from happening:

- Always read and follow product label directions for proper use, storage, and disposal.
- Store cleaning products in a closed area that is away from food and not accessible to young children or pets.
- Store products in their original containers and keep the original label intact. Product use and storage, disposal instructions, precautions, and first aid instructions vary according to their ingredients.
- Do not mix cleaning solutions or other chemicals.
- Keep medications in a



secured area out of the reach of children. Supervise children when they are taking a medication, even vitamins or supplements.

- Consult your pharmacist about taking multiple medications at once and taking any over-the-counter medications along with prescription medications. Never take a medication prescribed to someone else.



Call for help Keep the number to Poison Help Line (below) posted in an easy-to-find place in your home and in your phone. If you think someone may have ingested or otherwise been exposed to a harmful product, call the Poison Help Line at 1-800-222-1222. This national number will connect you with your local Poison Control Center. If the person is in distress, call 911 immediately.

REFERENCE/Source: <https://www.cleaninginstitute.org/prevent-poisoning-home/> Health Bulletin March 2023

SHRINKFLATION:

Increasing prices, decreasing Quantity



You have likely noticed increased prices when shopping lately, but have you also noticed packaging sizes are shrinking? This is known as “shrinkflation.” Let’s unpack what this means for your household and explore ways to be more mindful when shopping.

UNDERSTANDING SHRINKFLATION

Sometimes called downsizing, *shrinkflation* occurs when companies maintain current prices (or even increase prices ever so slightly) while giving you less product. The size differences are often small enough to keep the physical packaging the same, such as a bag of chips shrinking from 13 ounces to 11 ounces, or a package of bacon shrinking from 16 ounces to 12 ounces. These small changes can easily go unnoticed. In fact, manufacturers are counting on consumers not paying attention to the amount of product in their packages, especially when it comes to shrinking sizes.

WHY SHRINKFLATION MATTERS

Even small changes in the amount of a food or household item can add up quickly and impact your monthly budget. The less of the item you receive, the more often you need to repurchase it. Take toilet paper, for example, which was quite the commodity in 2020. Would you notice if your toilet paper contained just 312 sheets per roll instead of its usual 340 sheets? For the same price, there would be less than 92% as many sheets per roll than before it was downsized, and you will likely go

through each package approximately 8% faster.

Tip #1: Notice Packaging Changes

To combat shrinkflation, pay attention to slight changes in packaging on the products you buy. While not all shrinking products will come with new packaging or a “new look,” some companies may make boxes or bottles taller and narrower to trick the eye into believing it holds more product than it does.

Tip #2: Calculate Unit Price

Shrinkflation is a legal tactic companies can use to save money from a production standpoint. Calculating and comparing unit prices helps you combat shrinkflation. Unit prices help you compare different brands and different sizes of the same brand. Unit prices show you the price per unit, such as pounds or ounces, and are located on the shelf price tag, not on individual packages.

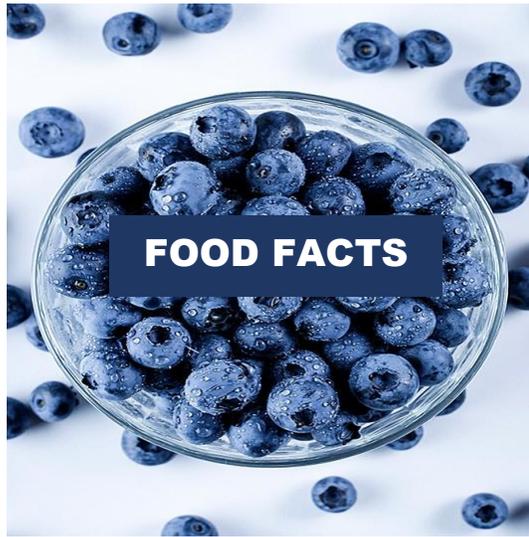


Calculating and comparing unit prices helps you combat shrinkflation

Tip #3: Save When You Can

Finally, keep an eye out for sales and consider stocking up on freezer or self-stable household staples when you find a deal. Between inflation (the rising costs of goods and services) and shrinkflation (the shrinking amount of goods we receive), many households may find it difficult to “bring home the bacon” because it’s getting harder to afford it! Using smart shopping strategies like couponing, buying generic brands, and utilizing customer loyalty programs can also help you maximize your resources

Source: MoneyWise Newsletter March 2023



BLUEBERRIES

Season: Mid-June through July

Nutrition facts: One half cup of blueberries has 40 calories and adds 22% of the Daily Value of fiber. Blueberries are rich in vitamin C and Do not have any fat or sodium.

Selection: Blueberries should be plump and firm and have a deep blue-black skin. They should also have a silvery sheen, which is called a bloom.

Storage: Cover and keep blueberries chilled for up to 14 days. Wash them just before using.

Preserving: To freeze, place blueberries, unwashed and fully dry, in a single layer on a cookie sheet in the freezer. Once the berries are frozen, move them to plastic freezer bags or freezer containers.

Preparation: Serve blueberries fresh or in a cooked dish. Cooking blueberries in batter may cause their color to turn greenish-blue, but change in color does not affect flavor.

Source: Healthy Choices Newsletter May/June 2023

WAYS TO KEEP KIDS ACTIVE DURING THE SUMMER!

Don't let your child spend their summer sitting on the couch. Help your child stay moving this summer.

Check out these ideas:

1. Sign your child up for local sports camp or swimming lessons.
2. Make going for a walk, run, or bike ride together a scheduled event.
3. Go hiking and have the kids tell you 10 points of natural interest to enjoy.
4. Start a new hobby together, such as inline, skating, tennis, or hiking.
5. Run through the sprinkler when it's hot outside.
6. When it's raining, stay inside, turn on some music and have a dance party.
7. Set up neighborhood contests such as jump rope, hula hoop or hopscotch.
8. Start community kickball, soccer or softball games or replay races.
9. Host a bicycle wash on your street.



Being active helps lower the risk of life-long health problems later in life. Support your kids and take part in at least 60 minutes of physical activity daily. Teaching the value of staying active while your kids are young will help them keep up the habit when they're older. Don't forget to lead by example by also staying active.

Source: Healthy Choices Newsletter May/June 2023

BECOME A BLOOD DONOR



• Blood is a precious gift that one person can give to another person. It is the gift of life. A decision to donate your blood can save more than one life. One donation can save up to three lives. There is a constant need for a regular supply of blood because it can only be stored for a limited time. Regular blood donation ensures that blood will always be available whenever and wherever it is needed. There are many reasons why a person may need a blood transfusion. For example, women with complications during pregnancy and childbirth; children with severe anemia, often resulting from malaria or malnutrition; accident victims; and surgical and cancer patients, among others, may need blood. There is no substitute for human blood. Those who need blood rely on live human donors.

- Most adults who are healthy and do not have a transmissible infection are eligible to donate. Healthy adults can give blood regularly — at least twice a year. Your local blood service can tell you how frequently you can give blood.
- Donating blood is very simple. Blood drive workers help donors feel as comfortable as possible, usually in a special chair or on a bed. A trained health worker cleans the area inside one of your elbows with an antiseptic solution before inserting a sterile needle, connected to a blood collection bag, into your vein. It usually takes about 10 minutes to donate blood. After resting for 10 or 15 minutes and taking some refreshment, you can return to your normal activities. However, you should avoid strenuous activity for the rest of the day. You should drink plenty of fluids over the next 24 hours. The Red Cross and many local hospitals and nonprofit health organizations organize blood donation drives on an ongoing basis in many communities.



Source: *Adult Health Bulletin June 2023*

Make Fun Food for Picnics



- Cut triangle-shaped wedges of cucumber and add a stick in the rind end for a fruit popsicle.
- Make sandwich kabobs with small pieces of bread, cheese, grape tomatoes, sandwich meat, and olives.
- Enjoy some “fruit caterpillars.” Place purple and red grapes alternately on skewers.
- Try filling ice cream cones with melon balls for a refreshing treat.
- Enjoy some crunchy veggie flowers. Make four v-shaped cuts on the outside of cucumbers. Slice cucumbers into slices to form flower petals.
- Try some “banana sushi.” Spread a whole-grain tortilla with peanut butter or other spread. Next, place a banana inside

and roll. Cut into slices. . Source: *Healthy Choices Newsletter May/June 2023*

Rowan County Extension Office
600 West Main Street
Morehead, KY 40351

RETURN SERVICE REQUESTED

R
E
C
I
P
E



Blackberry Peach Crumble

2 cups fresh blackberries
2 cups peeled and sliced fresh peaches
or 1 (16 ounce) bag frozen peach slices,
thawed
1 teaspoon grated lemon peel
2 tablespoons cornstarch
 $\frac{1}{3}$ **cup**, plus $\frac{1}{2}$ **cup** packed brown sugar

$\frac{1}{2}$ **cup** all-purpose flour
 $\frac{1}{2}$ **cup** chopped blanched almonds,
(optional)
 $\frac{1}{4}$ **teaspoon** salt
6 tablespoons butter, cut into pieces

Combine blackberries, peaches, lemon peel, cornstarch and $\frac{1}{3}$ cup brown sugar in a large bowl.

Pour ingredients into a lightly greased 8 inch baking dish.

Mix together flour, almonds, salt, and remaining $\frac{1}{2}$ cup brown sugar. With pastry blender or two knives, cut in the butter until the mixture resembles coarse meal.

Sprinkle flour mixture over fruit.

Bake in a pre-heated 400° F oven for 30 minutes.

Cool 10 minutes prior to serving.

Yield: 8, $\frac{1}{2}$ cup servings

Nutritional Analysis: 270 calories, 14 g fat, 25 mg cholesterol, 135 mg sodium, 35 g carbohydrate, 2 g protein, 3 g fiber. Without almonds: 220 calories, 9 g fat, 25 mg cholesterol, 135 mg sodium, 35 g carbohydrate, 2 g protein, 3 g fiber.

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

