

# FCS Extension News

Hickman County  
329 James H. Phillips Dr  
Clinton, KY 42031  
270-653-2231  
[www.ca.uky.edu/ces](http://www.ca.uky.edu/ces)



## January/February

I hope everyone had an enjoyable Holiday Season and was able to spend time with those who are important to you. My wife, dog, and I were able to spend so much quality time together and with our collective family so everything else was just icing on the cake! It was wonderful to host my family for

Thanksgiving this year and a fantastic trip back to Lexington for Christmas! My favorite gift was a royal portrait of my dog from my sister, seen to the right.

In the next few months I will be working on calling everyone to on my lists to find out who would be interested in being an Extension Volunteer and to what capacity (ie lead a lesson, assist with programs, areas of expertise/interest, no Mike leave me alone, etc). So if you would like to be a member of our fantastic volunteer base, be thinking about what you would enjoy doing!



1/15 - Office Closed for Martin Luther King Day

1/16 - Hickman County Homemaker Advisory Council Meeting

1/18 - Laugh & Learn @ Hickman County Memorial Library

1/25 - Ready, Set, Run Parent Meeting

1/29 - Elements & Principles of Art Lesson @ Hickman County Extension Office

2/2 - Hickman County Extension District Board Meeting

2/5 - Mental Health First Aid Workshop Part 1 @ Hickman County Extension Office

2/6 - Mental Health First Aid Workshop Part 2 @ Hickman County Extension Office

2/16 - Reality Store @ Hickman County High School

# Upcoming Lessons!!



## Feb - Elements and Principles of Art

*With Vicki Wynn - Marshall County FCS Agent*

Whether it is a drawing, painting, photograph, or even a scrapbook page, what makes this 2-Dimensional “work of art” visually pleasing? Why do we like what we see? The basic elements and principles of art and design influence how we perceive objects.

Graves County - 1/30    Marshall County - 2/1  
Hickman County - 1/29    McCracken County - 1/31

## Mar - Handy to Have: Emergency Health Information Cards

*With Debbie Hixon - Calloway County FCS Agent*

An Emergency Health Information (EHI) Card can be a helpful tool to have. If you are ever in an emergency where you need immediate medical treatment, but are not able to communicate with first responders, an EHI Card can tell medical providers important information about how to help you. This lesson focuses on who can benefit from carrying an EHI Card, information that should, and should not be included on an EHI Card, and where to put copies of an EHI Card

Graves County - 2/26    Marshall County - 2/28  
Hickman County - 2/27    McCracken County - 2/29

## Apr - Savor the Flavor: Seasoning with Spices

*With Mike Keller - Hickman County FCS Agent*

Individuals preparing meals at home are more likely to meet the daily recommendations for fruits, vegetables, and whole grains. However, individuals share they find it difficult to add flavor while keeping their meals healthy. This lesson encourages participants to use spices to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking.

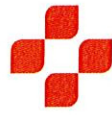
Graves County - 3/26    Marshall County - 3/27  
Hickman County - 3/25    McCracken County - 3/29

**A full list of this year's classes, dates, and locations are listed on the next page. Please be sure to contact the Hickman County Cooperative Extension at 270-653-2231 if you would like to attend any of these lessons so we can have your paperwork prepared for you. If you plan to attend at a different county location, please be sure to stop by the Hickman County office to pick up your paperwork.**

# PURCHASE LESSON SCHEDULE 2023-2024

	Lesson Hubs	Graves	Hickman	Marshall	McCracken
<b>Lesson</b>	Cosmetics				
<b>SEPT</b>	Sarah Drysdale	8/30	8/29	9/1	8/31
<b>Lesson</b>	Planning Thrifty and Healthy Holiday Meals				
<b>OCT</b>	Kelly Alsip	9/26	9/27	9/28	9/29
<b>Lesson</b>	Self-Care and Self-Pampering				
<b>NOV</b>	Brooke Hogancamp	10/25	10/24	10/27	10/26
<b>Lesson</b>	Time Well Spent: Organizing Tips for Increased Productivity				
<b>JAN</b>	Denise Wooley	12/1	11/28	11/29	11/30
<b>Lesson</b>	Elements and Principles of Art				
<b>FEB</b>	Vicki Wynn	1/30	1/29	2/1	1/31
<b>Lesson</b>	Handy to Have: Emergency Health Information Cards				
<b>MAR</b>	Debbie Hixon	2/26	2/27	2/28	2/29
<b>Lesson</b>	Savor the Flavor: Seasoning with Spices				
<b>APR</b>	Mike Keller	3/26	3/25	3/27	3/29
<b>Lesson</b>	Strong Bones for Life: Prevent Osteoporosis				
<b>MAY</b>	Anna Morgan	5/1	4/30	5/2	5/3
<b>Lesson</b>	Radon: A Silent Killer				
<b>JUNE</b>	Mail Out				





Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



# MENTAL HEALTH FIRST AID

## LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

### AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

Join the more than

**2.6 MILLION**

*First Aiders who  
have chosen to be  
the difference in  
their community.*

## REGISTER TODAY!

### Delivery Format:

In-person instruction delivered in two parts over the course of two evenings.

### Date and Time:

February 5 & 6, 2024 - 5:00PM - 8:30PM

### Location:

Hickman County Extension - 329 James H Phillips Drive, Clinton, KY

### Where to Register:

Use the QR code to the right, or call: (270) 653-2231

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.



For more information, visit [MHFA.org](https://MHFA.org)

JANUARY / FEBRUARY 2024

# HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative  
Extension Service



This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

## Make resolutions stick: Focus on family

**T**his is the year to add to the health of your family. Try a few of these ideas:

### Nutrition that counts

- **Offer routine meals during the day, along with nutrient-rich foods.** Start the day with a healthy breakfast, such as oatmeal with fruit, nuts, and low-fat milk or yogurt. Think about balanced choices at lunch. Try to get the family together for dinnertime at least a few times a week.
- **Put the focus on health, not weight.** Kids and teens are very watchful and tend to repeat things they hear or see. Try not to make comments about your weight in front of them as it can overstress looks and undervalue health.
- **Follow the MyPlate steps.** Make half your plate fruits and vegetables. Add a quarter from the grains group and a quarter from the protein group. Pair this with a low-fat or fat-free dairy or calcium-fortified choice.



### Fitness and wellness

- **Get active.** Take a family walk after dinner. Children and teens should get 60 minutes or more of activity per day, while adults should get two and a half hours per week.
- **Reduce your family's risk of foodborne illness.** Have your family wash their hands before all meals.

Teach about food safety when kids and teens help in the kitchen.

When you focus on a few goals at a time, small steps can become great strides in moving your family toward be healthy.

Source: Adapted from <https://www.eatright.org/food/food-preparation/seasonal-foods/make-resolutions-stick-focus-on-family>

### 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.

## SMART TIPS

# Muscle strengthening activities and health

**A**dults should work the major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms) at least two times each week. This can involve lifting weights, using resistance bands, and doing pushups, pullups, situps, and some types of yoga. Movements such as carrying groceries, playing with your kids, and gardening can help build up muscles.

A great way to support strength building is with good nutrition. Eat foods that give you protein, carbohydrates, and fat. Be sure to get enough calories throughout the day.

Source: Adapted from <https://www.eatright.org/fitness/physical-activity/benefits-of-exercise/4-keys-to-strength-building-and-muscle-mass>

## FOOD FACTS

# Proteins

**P**rotein foods are all foods made from seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds, and soy products.

Eat a range of protein foods to keep your body healthy. Meat and poultry choices should be lean or low-fat. Choose items like 93% lean ground beef, pork loin, and skinless chicken breasts. Make seafood choices that are higher in healthy fatty acids (called omega-3s) and lower in methylmercury, such as salmon, anchovies, and trout.

Vegetarian protein choices are beans, peas, and lentils, nuts, seeds, and soy products.

### How many protein foods should I eat a day?

The amount of protein foods you need depends on your age, sex, height, weight, and how active you are. The amount can also depend on whether you are pregnant or nursing.

Most Americans eat enough from the protein foods group but need to select



leaner kinds of meat and poultry. Choose meats less often and increase other choices of protein foods.

### What counts as an ounce-equivalent of protein?

These amounts are one serving of protein:

- 1 ounce of meat, poultry, or fish
- 1/4 cup cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- 1/2 ounce of nuts or seeds

Source: Adapted from USDA Choose MyPlate

## PARENT CORNER

# Raise healthy eaters in the new year

**R**ing in a new year by teaching kids the value of food and nutrition.

As with any part of raising children, no one does a perfect job with nutrition. As a parent, grandparent, or adult caregiver, you can raise healthy eaters during these growing years by doing your best to:

- Serve routine, balanced meals and snacks with nutrient-rich foods.

- Plan calm, pleasant mealtimes when adults and children can talk together.
- Remove TV, phones, and tablets so your thoughts are on each other.
- Allow children to use their inner signals to decide how much and what to eat.
- Explore foods from other cultures and cuisines.
- Make food safety, such as washing hands, part of each meal.

- Teach basic skills for making good food choices away from home.

This may seem like a long to-do list. Two family habits that go a long way to making all this happen are routine family meals and linking kids and nutrition from the ground up.

Source: Adapted from <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>

## COOKING WITH KIDS

### Pocket Fruit Pies

- 4, 8-inch flour tortillas
  - 2 medium peaches, pears, or apples
  - 1/4 teaspoon cinnamon
  - 2 tablespoons packed brown sugar
  - 1/8 teaspoon nutmeg
  - 2 tablespoons fat-free milk
  - Additional sugar for topping (optional)
  - Nonstick cooking spray
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
  2. Preheat oven to 350 degrees F.
  3. Warm tortillas in microwave or oven to make them easy to handle.
  4. Peel and chop fruit into pieces.
  5. Place 1/4 of the fruit on half of each tortilla.

6. In a small bowl, stir together cinnamon, brown sugar, and nutmeg. Sprinkle over fruit.
7. Roll up the tortillas, starting at the end with the fruit.
8. Spray baking sheet with nonstick cooking spray
9. Place tortillas on baking sheet. Make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
10. Bake in oven for 8 to 12 minutes or until lightly brown.
11. Serve warm or cool. Refrigerate leftovers within 2 hours.

**Notes:** This easy snack gets more fruit into a daily diet. Tortillas, with a variety of toppings, make great snack builders.

**Safety tip:** Allow pie to cool slightly before tasting - the steam and sugar can burn.

**Makes 4 fruit pies**

**Serving size:**

1 prepared fruit pie, 1/4 of recipe

Nutrition facts per serving: 190 calories; 2.5 g total fat; 1 g saturated fat; 0 g trans fat; 0 mg cholesterol; 360 mg sodium; 36 g total carbohydrate; 1 g dietary fiber; 14 g total sugars; 7 g added sugars; 5 g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium

Source: Adapted from Kansas State University Cooperative Extension



## RECIPE

### Shepherd's Pie

- 2 large potatoes with skin, diced
  - 1/3 cup skim milk
  - 1/2 pound (85% lean) ground turkey
  - 2 tablespoons flour
  - 1 package (10 ounces) frozen mixed vegetables
  - 1 can (14.5 ounces) low-sodium vegetable broth
  - Shredded cheese (optional)
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
  2. Preheat oven to 375 degrees F.
  3. Place potatoes in medium saucepan. Cover with water and bring to a boil. Reduce heat and simmer until tender (about 15 minutes).

4. Drain potatoes and mash. Stir in milk and set aside.
5. Brown turkey in a large skillet. Stir in flour and cook for 1 minute, stirring constantly.
6. Add vegetables and broth. Bring to a slow boil.
7. Spoon vegetable and meat mixture into an 8-inch square baking dish. Spread potatoes over mixture.
8. Bake 25 minutes.
9. Serve hot. Garnish with shredded cheese (optional).
10. Refrigerate leftovers within 2 hours.

**Makes 6 servings**

**Serving size:** 1/6 of recipe

Nutrition facts per serving: 190 calories; 6 g total fat; 1.5 g saturated fat; 0 g trans fat; 25 mg cholesterol; 90 mg sodium; 24 g total carbohydrate; 2 g dietary fiber; 4 g total sugars; 0 g added sugars; 10 g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

\*Note: Nutrition analysis does not include cheese.

Source: Adapted from ONIE Project - Oklahoma Nutrition Information and Education

2024 FOOD + NUTRITION

# Recipe Calendar

Nutrition Education Program  
University of Kentucky Cooperative Extension Service

## Everything Tuna Melts

- 3 cans (5 ounces each) tuna in water, drained
- 1 stalk celery, diced
- 1/2 small onion, diced
- 3 tablespoons mayonnaise
- 5 whole-wheat mini bagels, cut in half
- 1 large or 2 small apples, cored and sliced thinly
- 1 cup shredded sharp cheddar cheese
- 2 teaspoons everything bagel seasoning

**Note:** This recipe is very adaptable. If you do not have whole-wheat bagels, you can substitute with English muffins, hamburger buns, or whole-wheat bread. Try everything flavored bagels and skip the seasoning. Substitute canned chicken for tuna. Use tomato slices or pineapple slices instead of apples to add variety. You can usually find affordable everything bagel seasoning at dollar stores. If you cannot find everything bagel seasoning, try your favorite salt-free herb blend instead.

Makes 5 servings  
Serving size: 2 bagel halves  
Cost per recipe: \$7.52  
Cost per serving: \$1.50

**Nutrition information per serving:**  
320 calories; 13 grams total fat; 32g saturated fat; 0g trans fat; 4g cholesterol; 700mg sodium; 50mg cholesterol; 1g dietary fiber; 27g total carbohydrate; 0g added sugars; 8g total sugars; 0g added sugars; 25g protein; 15% Daily Value of vitamin D; 25% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium

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

1. Preheat the oven broiler on low.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
4. In a bowl, combine the tuna, celery, onion, and mayonnaise; mix well.
5. On a baking sheet, toast each side of the bagels under the broiler.
6. Divide on each of 10 bagel halves and spread the tuna mixture on each of 10 bagel halves. Top with apple slices and cheese. Sprinkle with everything bagel seasoning.
7. Return the pan under the broiler for 3 to 5 minutes or until the cheese is melted. Serve immediately.
8. Refrigerate leftovers within 2 hours.

Rate this recipe



## Savory Winter Pork Stew

- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon granulated garlic
- 1/2 cup all-purpose flour
- 2 pounds boneless pork loin chops, 3/4-inch thick
- 2 tablespoons olive oil, divided
- 1 carton (32 ounces) low-sodium chicken broth
- 3 large carrots, sliced in 1/4-inch rounds
- 2 celery stalks, diced
- 1 medium onion, diced
- 3 medium potatoes, diced
- 1 can (10 ounces) diced tomatoes with green chilies

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. In a plastic gallon bag, add salt, pepper, garlic, and flour. Set aside.
4. On a meat cutting surface, trim fat and cut pork loin chops into cubes using a serrated knife or kitchen shears.
5. Place pork pieces inside a gallon bag with flour and seasonings and seal. Shake bag until all pork pieces are dredged in flour.
6. Wash hands and surfaces after handling uncooked meat.
7. In a large nonstick skillet, heat 1 tablespoon of olive oil over medium heat. Brown half of the pork pieces in the skillet, flip over pieces until all sides are browned.

Remove pork and place in a large soup pot. Add another 1 tablespoon of olive oil to the skillet and brown the remaining pork pieces; then add remaining pork to the soup pot. **Note:** An extra-large skillet can brown all the pork pieces at one time.

8. Add 3 cups of chicken broth, carrots, celery, and onion to the pork in the soup pot. Bring to a boil over high heat. Reduce heat to medium-low, stir occasionally to avoid ingredients sticking to the bottom of the pot. Cook 20 to 30 minutes, or until vegetables are tender.
9. Add the remaining chicken broth, potatoes, and diced tomatoes with chilies. Bring to a boil. Simmer on low heat for 10 to 15 minutes until potatoes are tender, but not mushy.
10. Refrigerate leftovers within 2 hours.

Makes 12 servings  
Serving size: 1 cup  
Cost per recipe: \$19.19  
Cost per serving: \$1.60

**Nutrition facts per serving:** 190 calories; 5g total fat, 1g saturated fat; 0g trans fat; 40mg cholesterol; 380mg sodium; 17g total carbohydrate; 2g dietary fiber; 3g total sugars; 0g added sugars; 21g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

Source: Stephanie Denfield, former Area Nutrition Agent; Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior; and Danielle Fairchild, Lawrence County SNAP-Ed Program Assistant Senior, University of Kentucky Cooperative Extension Service

Rate this recipe



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.



This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.



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

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.



# Mental Exercises!!!

Keeping you mind active is another very important thing. One thing i like to do to keep my mind active is to do Sudoku puzzles. If you have never done one, the goal is to fill in each box with a number 1-9, without repeating the same number is any of the smaller boxes, or the row/column as well. They can be difficult but rewarding.

	3	6		9		5		
4		8					1	6
		2	6				9	3
9	8			6		2		5
			5		3			
7		5		8			3	1
8	4				2	6		
3	2					1		9
		1		4		3	8	

Easy

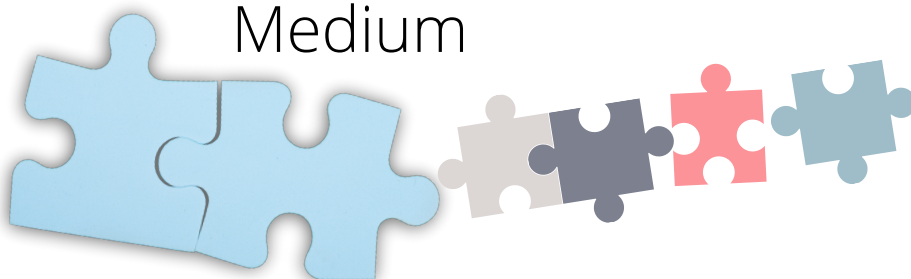


	6			3				9
		9	7					8
1		4					5	7
		3	6		1			
			5	4	7			
			3		8	9		
	5	2				8		4
	3				4	6		
8			9					1

Medium

				2	4	9	1	
			7					
						1		6
	4	5				8	9	6
7					6			3
8		2	4				5	1
	2		1					
							8	
		8	3	5	4			

Hard



# Stay Connected

## Homemakers Association

State Website: <http://keha.ca.uky.edu/>

Local Facebook Groups: Purchase Area at Home

Hickman County Extension Homemakers

## Follow us on Facebook

Hickman County Cooperative Extension Service

Hickman County Cooperative Extension Family and Consumer Sciences

## Contact Us

Hickman County Cooperative Extension

329 James H. Phillips Drive

Clinton, KY 42031

270-653-2231

[mike.keller@uky.edu](mailto:mike.keller@uky.edu)

*The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.*



If there is anything else you would like to see in these newsletters, or if you ever have any questions, please feel free to reach out to Mike Keller at 270-653-2231 or via email at [mike.keller@uky.edu](mailto:mike.keller@uky.edu). Your input is very important.



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

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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.  
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.