

# FCS Extension News

Hickman County  
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[www.ca.uky.edu/ces](http://www.ca.uky.edu/ces)



## July/August

Whew its hot. During these hot days of summer it is extremely important to drink plenty of fluids but also to eat something. Staying hydrated cools us off and prevents cramps and overheating but the increased rates of sweating can further expend our nutrients, due to increased rates of our bodies processing water. Eating foods like fruits and vegetables can aid in cooling us off, replenish important vitamins and minerals, and can be light enough to not upset our stomachs when dealing with high temperatures. A cool, fresh apple or carrots chilled in the refrigerator work wonderfully and help to replenish natural sugars to keep you moving.



## Upcoming Dates

- July 1-2 - Cloverbud Camp
- July 2, 16, 23 - Food as Health Evening Sessions 2-4
- July 3, 17, 24 - Food as Health Day Sessions 2-4
- July 4 - Office Closed
- July 11, 18, 25 - Summer Reading Program at the Library
- July 15-17 - Extension Summer Adventure Program
- July 22 - 4H Wood Science Project Day
- July 26-28 - 4H Camp Make Up
- Aug 1 - Wave Ag Day at Columbus Belmont Park
- Aug 15 - Laugh and Learn
- Aug 31 - Farmer's Market Demo

# Upcoming Lessons!!



## Sept - How to get out of the Mealtime Rut

*With Denise Wooley - Graves County FCS Agent*

When you or a family member find out what is on the menu for dinner, is the typical response "Again?" If you dread the thought of cleaning another dish or you just can't think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that can be used to overcome mealtime ruts and prepare meals at home. Participants will be able to explain why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas, and identify ways to reduce barrier related to preparing meals at home.

Graves County - 8/30    Marshall County - 8/26  
Hickman County - 8/29    McCracken County - 8/28

## Oct - Lead Your Team: Health Literacy for the Win!

*With Brooke Hogancamp - Carlisle County FCS Agent*

Have you ever been confused by the words your doctor was using during an appointment? Or maybe you were unsure when and how often to take a prescription medicine? Maybe you want to be informed when you take your loved one to the doctor. These are just common examples of opportunities to use health literacy. It is estimated that 9 out of 10 adults have difficulty understanding and using health information. But don't worry! Everyone has struggled with health literacy. This lesson will focus on increasing health literacy and empower you to step up and lead your health-care team in reaching your overall health goals.

Graves County - 9/26    Marshall County - 9/30  
Hickman County - 10/2    McCracken County - 9/25

## Nov - Communication Essentials for Good Impressions

*With Sarah Drysdale - Ballard County FCS Agent*

Graves County - 10/29    Marshall County - 10/31  
Hickman County - 10/25    McCracken County - 10/30

**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 2024-2025

		Graves	Hickman	Marshall	McCracken
<b>Lesson</b>	How to get out of the Mealtime Rut				
<b>SEPT</b>	Denise Wooley	8/30	8/29	8/26	8/28
<b>Lesson</b>	Lead Your Team: Health Literacy for the Win!				
<b>OCT</b>	Brooke Hogancamp	9/26	10/2	9/30	9/25
<b>Lesson</b>	Communication Essentials for Good Impressions				
<b>NOV</b>	Sarah Drysdale	10/29	10/25	10/31	10/30
<b>Lesson</b>	Elements & Principles of Art II				
<b>JAN</b>	Vicki Wynn	12/4	12/3	12/5	12/12
<b>Lesson</b>	Move Your Way: Exercise for Everyone				
<b>FEB</b>	Kelly Alsip	1/29	1/31	1/28	1/30
<b>Lesson</b>	Indoor Air Quality				
<b>MAR</b>	Mike Keller	2/26	2/24	2/27	2/28
<b>Lesson</b>	Gardening Safely				
<b>APR</b>	Debra Hixon	3/25	3/27	3/26	3/28
<b>Lesson</b>	Healthy Eating Around the World				
<b>MAY</b>	Anna Morgan	4/30	4/29	5/1	5/2
<b>Lesson</b>	Carbon Monoxide				
<b>JUNE</b>	Mailout				



## Sun safety reminders

Source: Amy Kostelic, associate extension professor

After a long winter, many of us want to spend as much time as possible outdoors. As you venture outside, remember to protect yourself from sun and heat, no matter your age.

Anyone who spends a considerable amount of time out in the sun with unprotected, exposed skin runs the risk of developing skin cancer. The fairer your skin, the greater your risk. Oftentimes, parents remember to put sunscreen on their young children but forget about protecting themselves. Older adults may choose not to wear sunscreen thinking, "the damage has already been done." This is far from the truth.

The risk of getting skin cancer increases with age. The Skin Cancer Foundation estimates "that between 40 and 50 percent of Americans who live to 65 will have at

least one skin cancer. The risk also varies among genders. According to the University of Michigan Rogel Cancer Center, men's risk of having basal cell cancers is double that of women. Men are about three times more likely to have squamous cell skin cancer compared to women.

Here are some ways to protect yourself from the sun:


- Avoid midday sun between 1-3 p.m.
- Wear wide-brimmed hats
- Use sunglasses
- Cover your skin with long-sleeves and pants
- Use sunscreen with SPF of 30 or higher
- Be aware of all moles and spots on your skin, and let your health care provider know about any changes
- Have your skin examined during health check-ups





JULY / AUGUST 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.

## Sand, surf, and great eats

Each summer, Americans flock to beaches for summer vacation. Poor eating habits, lack of hydration, and fierce sunburn can leave you wiped out. Make the most of your time by giving your beach day a healthy makeover.

### Bring healthy snacks

The costs of beachside cafes and hot dog stands can add up. Save money and eat well by bringing snacks with you, such as:

- Raw or dry-roasted nuts
- Pre-washed and cut fruit and veggies (packed in a cooler)
- Whole-grain crackers
- Roasted chickpeas
- Trail mix
- Dried mixed fruit

If you do buy food at the beach, look for fresh foods such as hummus wraps and smoothie bowls. Other tasty choices could be grilled corn on the



cob, fruit popsicles, low-fat frozen yogurt topped with fresh fruit, baked chips, grilled chicken salads, and sandwiches on whole-grain bread.

When packing a cooler for the beach, don't forget plenty of water! Refresh

yourself on a hot day with a reusable bottle of cold water and ice with lemon or mint. If you crave something fizzy, hydrate with sparkling water.

**CONTINUED ON PAGE 2**

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

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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accommodated  
with prior notification.



**PARENT CORNER**

## Summer is time for kids to try new foods

**S**ummer brings plenty of yummy new foods and is the perfect time to bring in new fresh fruits and veggies for the whole family.

Try these four summer produce superstars.

### Berries

Berries such as strawberries, blueberries, raspberries, and blackberries have vitamin C and antioxidants that can support kids' total health. They're a good source of dietary fiber. Raspberries lead the way at 8 grams of fiber per 1-cup serving.



### Avocados

Do your kids resist fruits and veggies? Give buttery avocados a try. Add avocados to tacos, spread on grilled cheese sandwiches, or add to some eggs and fruit in the morning. They contain heart-healthy monounsaturated fat as well as fiber, vitamin E, and potassium.

### Tomatoes

Your family might enjoy debating if tomatoes are a vegetable or fruit. But this superstar has dietary fiber, vitamins A and C, potassium, and other vitamins and minerals. They come in many colors and sizes. They are high in water content making tomatoes a great choice.

### Watermelons

Nothing says summer like a fresh slice of watermelon. This summer favorite is easy to eat and tastes great. With one of the highest water contents of any food, it's great for keeping kids hydrated on scorching days. It's also a good source of vitamin C and packed with lycopene. Watch out for seeds, which could be a choking hazard in young children. Serve watermelon wedges for dessert or cut into cubes and mix into a fruit salad. Try putting watermelon chunks in the blender with ice, lime juice, and honey for a refreshing slushy drink kids will love.

Source: Adapted from <https://www.eatright.org/food/food-preparation/seasonal-foods/summer-is-time-for-kids-to-try-new-foods>

**CONTINUED FROM PAGE 1**

### Protect your food

A beach day is calming; foodborne illness is not. About 1 in 6 Americans get sick from foodborne illness each year. Pack your beach snacks cautiously. Don't leave food sitting out for longer than two hours, or one hour once the temperature hits 90 degrees F or above.

Before you pack, give your cooler and tote a good cleaning. Always start with a clean cooler, washing it out with mild soap and water and rinsing fully. Wash containers and reusable bags to remove all food residues and lower the risk for germs.

Pack your cooler with plenty of ice if you're bringing food that can spoil. Your cooler must keep food at 40 degrees F or lower. Keep a thermometer in your cooler and, if you can, store coolers in the shade.

Some beaches don't have places with running water, so pack hand sanitizer and use it before and after eating food. Don't forget to bring empty bags for your garbage — don't leave your trash on the beach!

### Stay hydrated

Don't get so caught up playing in the water that you forget to drink water. Summer heat mixed with swimming can leave you with fluid loss. You may not notice that you're sweating when you're in and out of the water. Drinking fluids and eating certain foods can help you stay hydrated when the temperatures rise. Watermelon is a great snack for a summer day at the beach. Watch out for fluid loss. Warning signs could be:

- Thirst
- Headache
- Dry, sticky mouth
- Decreased urine output
- Sleepiness or tiredness
- Being dizzy or lightheaded

Treat mild fluid loss by drinking water. If you get major symptoms such as extreme thirst, lack of sweat or tears, a rapid heartbeat, weakness, breathing quickly, or being confused, call 911 right away. Severe dehydration is a health-care crisis.

Enjoy a healthy day at the beach — fuel your body with healthy snacks, practice food safety, and stay hydrated. And don't forget the sunscreen!

Source: Adapted from <https://www.eatright.org/food/home-food-safety/safe-food-storage/sand-surf-and-great-eats>



**FOOD FACTS**

**A very berry summer**

**A**re berries on your shopping list this summer? They are packed with antioxidants. They also have dietary fiber and vitamin C which we need each day.

**When shopping**

Look for containers at the store or farmers' market without stains or mold. Berries should be firm, plump, and dry. Strawberries don't ripen after harvest, so choose ones that are shiny and firm with bright red color. Choose blueberries that are firm, plump, and dusty blue in color. Blackberries should be shiny but not leaking. Raspberries come in many colors; make sure the ones you buy have the right color. For more fun, take your kids berry picking or grow berries at home. When buying frozen berries, shake the bag first. A big lump is a sign of defrost.

**How to store**

When you get home, check for bad berries, and throw them out right away before they spoil the rest. Strawberries, blueberries, and raspberries last longer if stored in the coldest place in your fridge. Produce drawers are ideal. A sealed container will also do the job. Keep blackberries uncovered. While some types of berries can last up to two weeks in your fridge, most only last a few days. Eat them within three days for the best quality.

**Preparing**

Rinse berries in cold water just before you serve them. For younger children, cut up or mash berries. For older kids, try adding berries to low-fat yogurt, ice cream, whole-grain cereals, salads, or smoothies. Fresh berries often taste best when in-season, and you can freeze them for later use.

**Freezing**

Freeze berries so you and your kids can enjoy them long after the season is over. Spread berries on a baking sheet and place in the freezer for a few hours. Once frozen, put them in a freezer-safe storage container or bag.

Source: Adapted from <https://www.eatright.org/food/food-groups/fruits/a-very-berry-summer>

**COOKING WITH KIDS**

**Berry Crunch Roll-Ups**

- 4 (6 inches) flour tortillas
- 1/4 cup strawberry cream cheese
- 1 cup fresh berries of choice: blueberries, blackberries, raspberries, diced strawberries (or any fresh fruit)
- 1/4 cup crispy cereal of choice

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spread 1 tablespoon cream cheese in a thin layer on each tortilla.
3. Sprinkle 1/4 cup fresh berries and 1 tablespoon cereal on top of the cream cheese.

4. Roll firmly, squeezing gently to seal edge. Serve right away.
5. Store leftovers in the refrigerator within 2 hours.

Makes 4 servings  
Serving Size: 1 roll-up

Nutrition facts: 160 calories; 6 g total fat; 3 g saturated fat; 0 g trans fat; 15 mg cholesterol; 280 mg sodium; 23 g carbohydrate; 2 g fiber; 6 g sugar; 3 g protein; 4% Daily Value of vitamin A; 40% Daily Value of vitamin C; 6% Daily Value of calcium; 8% Daily Value of iron

Source: Leap...for Health: Eat Smart to Play Hard: University of Kentucky Cooperative Extension Service, Nutrition Education Program



**RECIPE**

**Blackberry & Cucumber Salad**

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon honey
- Kosher salt, to taste
- Black pepper, to taste
- 4 cups spring mix
- 3 heaping cups blackberries
- 2 cucumbers, peeled and seeds scraped out, cut into 1-inch pieces on a diagonal
- 1 cup mint, chopped
- 1/4 cup chopped pecans

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a small bowl, whisk together oil, vinegar, honey,

and salt and pepper.

3. Combine spring mix, blackberries, cucumbers, mint, and pecans in a large serving bowl.
4. Toss with dressing.
5. Store leftovers in the refrigerator within 2 hours.

Makes 4-6 servings  
Serving Size: 4 ounces

Nutrition facts per serving: 180 calories; 12 g fat; 1.5 g saturated fat; 0 mg cholesterol; 160 mg sodium; 18 g carbohydrate; 8 g fiber; 8 g sugar; 4 g protein

Source: Plate it Up! Kentucky Proud Project

# 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.

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

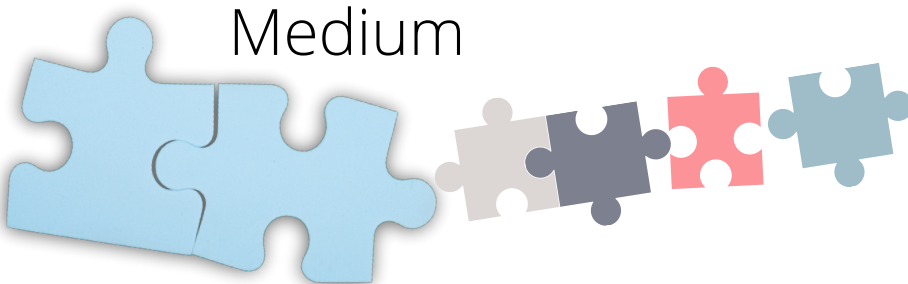
Easy

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

Medium

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

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

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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.



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**Healthy Homes.**

**Healthy Families.**

**Healthy Communities.**

*It starts with us*