

FCS Extension News

Hickman County
329 James H. Phillips Dr
Clinton, KY 42031
270-653-2231
www.ca.uky.edu/ces



May/June

How long does it take to build a habit? A general rule of thumb says it take 21 days to build a habit, 90 days to build a lifestyle, but only 3 days to start back at square one. Human beings are amazingly adaptive but it is also a part of nature to seek the path of least resistance, like a river. When you want to start a change in habits, start with small easy wins like declining appetizers, bread, or dessert. Change out water or unsweet tea for sugary drinks. Set aside \$10 a week for emergencies. Creating a positive habit can be difficult but the best time to start would have been yesterday. The second best time is today!



Upcoming Dates

- 5/2 Chamber Youth Leadership Graduation
- 5/7-5/9 Homemaker State Meeting
- 5/15 Spring into Green
- 5/16 Laugh and Learn
- 5/23 & 5/31 Global Kitchen Experience in McCracken County
- 5/27-5/30 4H Camp (Agents out)
- 6/4-6/5 4H Cooking Camp
- 6/6 Financial Literacy Lunch and Learn
- 6/17 4H Photography Project Day
- 6/20 Laugh and Learn
- 6/26 Food as Health



Upcoming Lessons!!



Jun - Radon: A Silent Killer

KEHA Approved Mailout Lesson

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

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



DAY CAMPS

Return forms to the Extension Office, not the school. Call 270-653-2231 with questions. Turn flyer over for more information & form to register.

LOCAL, AFFORDABLE, AND FUN!
FOR ANY YOUTH ENTERING GRADES 4 AND UP

4-H Cooking Camp

June 4 & 5 9:00 AM to 1:00 PM, \$10.00

Does your child like to cook? Then 4-H Cooking Camp is the spot for him or her this summer! Youth will gain hands-on cooking experience and will be introduced to new foods and recipes as they prepare healthy dishes like fiesta dip, fruity parfaits, tasty veggie pizza, carrot muffins, and more!



PHOTOGRAPHY PROJECT DAY

JUNE 17, 1:00 PM-7:00 PM, \$15

We are on a safari for the best photos we can find! Come try out some of the new 4-H photography activities while learning more about what makes you "picture perfect". Learn the lessons the camera can teach us about life while preparing awesome entries to enter in the county fair! We will travel to Columbus Park, downtown Clinton, and a few places in between to get the best shots! You will get prints of your work to enter!



CUPCAKE WARS PROJECT DAY

JUNE 27 FROM 9 AM TO 2 PM, \$10

It's WAR! Make and eat cupcakes, learn the basics of cake decorating, ice against your friends and the clock, and decorate a cake or cupcake mold for the fair! Youth will have the chance to compete for an opportunity to decorate a cake or cupcake for the Kentucky State Fair!

A sewing project day and horticulture project day are in the works. More details to come...

TURN OVER FOR MORE SUMMER DAY CAMP OPPORTUNITIES & REGISTRATION FORM! >>>>

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

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Food as Health

Come Join us!

Join us for a four-part workshop series learning how to create and build a healthy diet affordably and why our food is and important part of our health.

Class Info

When?	Where?
June 26	Hickman County Cooperative
July 3	Extension Office
July 17	329 James H. Phillips Dr
July 24	Clinton KY

All start at 10AM

Space is Limited!

RSVP to hold your spot
Call 270-653-2231



Cooperative Extension Service | **Family and Consumer Sciences**

Do you have a plan for your financial future?



A financial roadmap tailored to your individual needs and circumstances can motivate you to save money, help you meet your financial goals, and improve your overall financial security now and in the future. Whether you're a young adult just starting out, a retiree planning for future generations of your family, or anywhere in between, everyone can benefit from a solid financial plan. CB Wealth Partners is here to help you design yours at this free workshop hosted by the Hickman County Extension Office.

Attend our Financial Planning Basics Workshop to learn:

- How to construct a budget
- The importance of establishing an emergency fund
- Credit fundamentals
- Basic investment concepts like risk tolerance and the difference between pre-tax, after-tax, and tax-deferred investments
- The basics of estate planning
- And much more!

Where:
Hickman County Extension Office
329 James H Phillips Drive
Clinton, KY 42031

When:
Thursday, June 6, 2024
Noon to 1 p.m.

RSVP:
Visit [cbwealthpartners.com/events](https://www.cbwealthpartners.com/events), or scan the QR code with your smartphone.







Jon Case
Financial Advisor
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MAY / JUNE 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.

How MyPlate can help you

Have you ever eaten dinner and then gotten hungry shortly after? Have you ever wanted to take a nap after lunch? You may not have had a balance of the MyPlate food groups at your meal. We all need to consume energy in the form of food each day to function well. Calories are a measure of energy found in carbohydrates, proteins, and fats in foods. The MyPlate food groups have a balance of carbohydrates, proteins, and fats. Eating balanced MyPlate meals helps us feel fuller longer, gives us more steady energy levels, helps us get the nutrients we need, and more.



Do your best to eat breakfast, lunch, and dinner and to use MyPlate when eating each meal. Take note of how you feel after eating a MyPlate meal compared to a meal that isn't balanced. Maybe you feel fine either way. But maybe you notice you are fuller for a longer period of time, get less

sleepy, or are more alert after eating a balanced MyPlate meal. It is a simple concept that can impact your life!

The benefits of MyPlate are even better with time. Not only will you feel better day-to-day, but you will also start to see other benefits. MyPlate can impact

your body inside and out, including how you feel. Next time you decide what to eat, keep MyPlate in mind. Visit [MyPlate.gov](https://www.MyPlate.gov) for more information. Visit [PlanEatMove.com](https://www.PlanEatMove.com) for tasty recipes using the MyPlate food groups.

Source: Jeannie Najor, MS, RD

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

PARENT CORNER

Tips for picky eaters

How to cope with picky eating

- Let your kids be “produce pickers.” Let them pick out fruits and veggies at the store.
- Have your child help you make meals.
- Offer choices. Instead of, “Do you want broccoli for dinner?” ask, “Which would you like for dinner, broccoli or cauliflower?”
- Enjoy each other while eating family meals together.
- Offer the same food for the whole family.

Try new foods

- Start with small portions. Give a small taste first and be patient with them.
- Offer one new food at a time along with something that you know your child likes.
- Be a good role model. Try new foods yourself.
- Offer new foods many times. Sometimes, new foods take time.

Make food fun

- Cut foods into fun and easy shapes with cookie cutters.
- Name a food your child helps make. Make a big deal of serving “John’s Salad” or “Jane’s Sweet Potatoes” for dinner.

Source: Adapted from Healthy Tips for Picky Eaters (usda.gov)

COOKING WITH KIDS

Green Smoothie

- 1 cup greens, such as spinach or kale
- 1/2 banana, peeled and sliced
- 1/2 cup apple, chopped, or 1 cup fresh or frozen berries
- 1 cup nonfat or low-fat milk

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place all ingredients in a blender in the order listed.
3. Blend until smooth and creamy. Add a little water if you want a thinner smoothie.
4. Store leftovers in the refrigerator within 2 hours.

Notes: If using greens in a drink sounds weird to you, try spinach. You will barely taste it once mixed with fruits. Use frozen fruit for a thicker, colder smoothie.

Makes 2 servings

Serving Size: 1 cup

Nutrition facts per serving: 90 calories; 0 g total fat; 0 g saturated fat; 0 g trans fat; 5 mg cholesterol; 85 mg sodium; 19 g total carbohydrate; 2 g dietary fiber; 13 g total sugars; 0 g added sugars; 5 g protein; 6% Daily Value of vitamin D; 15% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source: Green Smoothie | EatFresh.org



RECIPE

Spring Vegetable Sauté

- 1 teaspoon olive oil
- 1/2 cup sweet onion, sliced
- 1 garlic clove, finely chopped
- 3 new potatoes, quartered
- 1 medium carrot, sliced
- 3 asparagus spears, chopped
- 3/4 cup sugar snap peas or green beans
- 1/2 cup radishes, quartered
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried dill or thyme, or spice of your choice

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat the oil in a large skillet. Cook the onion for 2 minutes. Add garlic and cook another minute.
3. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.

4. If the vegetables start to brown, add a tablespoon or two of water.
5. Add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender — about 4 minutes more.
6. Serve right away.
7. Store leftovers in the refrigerator within 2 hours.

Note: Use any variety of vegetables you have on hand for this recipe.

Makes 4 servings

Serving Size: quarter of recipe

Nutrition facts per serving: 140 calories; 1.5 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 220 mg sodium; 28 g total carbohydrate; 7 g dietary fiber; 12 g total sugars; 0 g added sugars; 4 g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

Source: Spring Vegetable Sauté | MyPlate

BASIC BUDGET BITES

Finding the best buy on food

Finding the best deal on food is a skill you can learn with a bit of practice.

The first step starts with the price tag. Each price tag on the front edge of the grocery shelf shows helpful tips. It shows the size of the item, the retail price, and the unit price.

- **Retail Price** is the price you pay for each item.
- **Unit Price** is used to compare the price of the same unit (pound, ounce, quart, etc.) between two items. Look for the lowest price per unit. You can use the unit price to compare brands and sizes to figure out which one costs less.



- **Buy in bulk.** It is almost always cheaper to buy food in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. You can also buy

grains, such as brown rice, millet, barley, and oats, in bulk. Beans, lentils, some nuts, and dried fruit come in bulk. Buy fresh, low-fat milk, yogurt, and cheese in the largest size you can use before it spoils. Larger sizes often cost less per unit than smaller ones.

Before you shop, check to make sure you have enough freezer space. You can buy canned or frozen fruits or vegetables in large amounts when they are on sale.

- **Buy in season.** Fruits and vegetables that are in season are often cheaper and fresher. If you buy too much, you can freeze the rest or add it into future meal plans. Farmers' markets always carry what is in season. When you can't buy in season, buy frozen. Frozen produce is just as healthy, and you can buy it at any time during the year.
- **Stay away from convenience foods.** Convenience foods like frozen dinners, frozen veggies with added sauces or butter, pre-cut vegetables, pre-bagged salad mixes, flavored rice, oatmeal, or grits will cost you more. The better buy is to prepare your own. Pre-cut, pre-washed, ready-to-eat, and processed foods are handy, but often cost much more.
- **Stock up during sales.** When products you use are on sale, stock up to save money. Make sure the products won't go out of date before you have time to use them. It won't save you money if you end up throwing it out later.

Source: Adapted from Finding the Best Deal on Food | Kentucky Nutrition Education Program (planeatmove.com)



FOOD FACTS

Greens

- **Season:** May through June and September through November
- **Nutrition facts:** Greens are a source of vitamins A and C. A half-cup serving has 20% of calcium needed each day. Greens are low in calories with 20 to 30 calories per half-cup serving.
- **Selection:** Look for bright green leaves that are fresh, young, moist, and tender.
- **Storage:** Store greens in the coldest part of the refrigerator for no more than 2 to 3 days.
- **Preparation:** Wash greens well in warm water. Remove roots, rough ribs, and center stalks if they are large or fibrous.
- **To cook:** Add washed greens to a medium-size saucepan with a quarter inch of water. Bring water to a boil. Cover and cook until tender. Leafy greens cook in 1 to 3 minutes. Crisp and tender greens may require 5 to 10 minutes. Spices and herbs will add to the flavor without adding salt. Try allspice, lemon, onion, nutmeg, or vinegar.
- **To freeze:** Wash young, tender green leaves fully and cut off woody stems. Blanch greens for 2 to 3 minutes, cool, drain, and package. Leave a half inch of headspace, seal, label, and freeze. Store greens for up to 1 year in the freezer.

Source: Adapted from University of Kentucky, FCS Extension Plate It Up KY Proud



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.

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

Easy

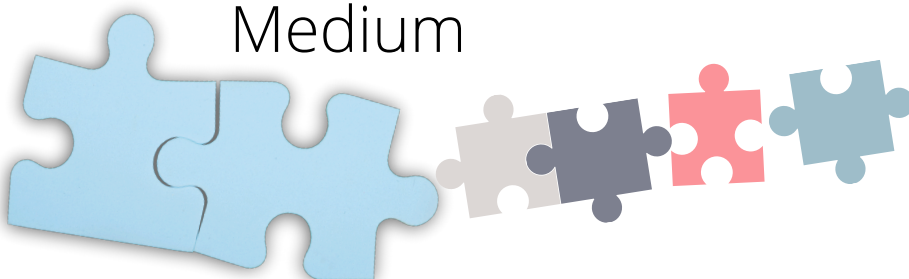


	5	4	7				1	
6		8	2	5				
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	7	1	4				6	
4								1
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				6	7	1		5
	6				5	8	9	

Medium

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

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. Your input is very important.



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Healthy Homes.

Healthy Families.

Healthy Communities.

It starts with us