

Hart County Homemaker Newsletter

 University of
Kentucky
*College of Agriculture,
Food and Environment*

January-
February 2023



Upcoming Events

Healthy Living
Every Monday at 1 pm at the
Extension Office

Bonnieville Club
January 11
February 8

Cub Run Club
January 18
February 15

Outreach Too
January 17
February 21

Quilt Club- Sew & Sew
January 26
February 23

Waterloo
January 12
February 9

Hardyville
January 19

Cooking with the Calendar
January 9
February 13

A Note from Sonya

Happy New Year! First, I want to extend my great appreciation for all the wonderful Christmas wishes from each of you.

With the new year here, it's the time we think about new beginnings. You can begin a new gratitude journal. You will find enclosed the homemaker January lesson on gratitude. Another idea is to join an upcoming book club. UK Extension is offering The Big Blue Book Club.

Don't forget we still have pecans and cookbooks for sale. Stop by and pick some up.

During the winter, we are inside more, but there is still many opportunities offered here at the extension office. Look inside the newsletter for details.

Sonya Carter

Extension Agent for
Family and Consumer Sciences

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Happy New Year 2023

HAPPENINGS IN JANUARY & FEBRUARY



Cooking with the Calendar 2023

Come out to the Extension Office and enjoy a monthly cooking lesson on the second Monday of each month. The first lesson will be January 9 at 11 am. The next will be February 13 at 11 am. Come by and sample a new recipe and get some cooking tips! Please call the office to register. It is always fun!

International Day

Mark your calendar for International Day on Thursday, February 16, 2023 at 10AM. We will have dessert, drink and potato bar. Each club will be assigned what toppings to bring. The tentative speaker will be discussing Guatemala. Look for more details in the future.



Big Blue Book Club Announces the First Book of 2023

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, *Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition*. This book removes the moral stigma from food and breaks down the science to provide easy, accessible evidence-based advice on how to live your healthiest and happiest life. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science.

Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition, this series will be held on Thursdays March 2, 9, 16, and 23 at 10:00 am ET/9:00 am CT. The first 200 registered participants will receive a free copy of the book. The registration deadline is January 27, 2023.

Please go to the following link to register <https://ukfcs.net/BBBC23Book1> or use the QR code below.

Building strong families. Building Kentucky. It starts with us. #UKFCSExt
#BigBlueBookClub



Grab Your Book!

BIG BLUE
BOOK CLUB

The first 200 registered participants
will receive a free book!

Registration deadline 1/27/22

Join us as we read

**IS BUTTER
A CARB?**

by Rosie Saunt & Helen West

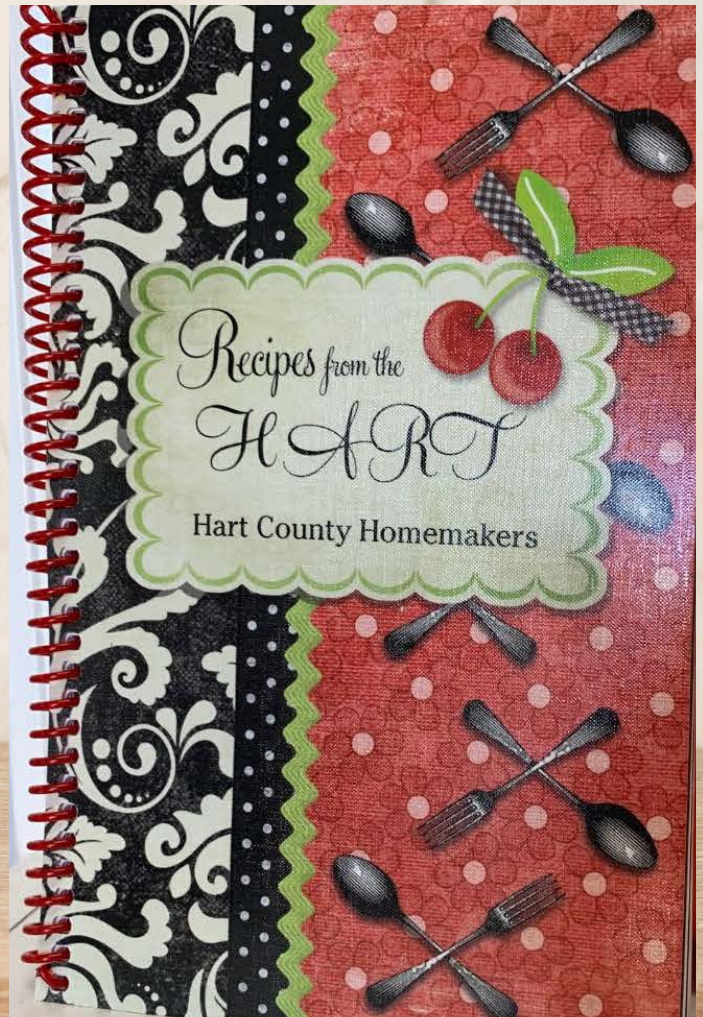
Pecans \$12 per bag

Halves

Pieces



**Cookbooks are
still available
\$10**



JANUARY / FEBRUARY 2023

HEALTHY CHOICES FOR HEALTHY FAMILIES



University of Kentucky
College of Agriculture,
Food and Environment
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.

Start off the new year the MyPlate way

Step 1: Reflect and act

What are your eating goals? What stops you from eating healthy? Do you eat from all food groups?

Step 2: Start simple

Take it one day at a time. Focus on small changes you can make now. Slowly build on those to meet your long-term goals.

Step 3: Plan to eat more meals at home when possible

Look for ways to eat at home more often. Involve family members to help decide the weekly menu. Have theme nights such as Meatball Monday, Taco Tuesday, Slow Cooker Wednesday, Leftovers Thursday, and so on.

Step 4: Make a plan for grocery shopping

Shop wisely by using grocery store ads, store discount cards, online digital coupons, weekend and special sales. Fresh fruits and vegetables cost less when they are in-season.

Step 5: Celebrate success

Have a special meal or family outing to celebrate the family's success. Be sure everyone shares positive changes.



Source: Adapted from USDA, FNS Pub No. 924, December 2021

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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LEXINGTON, KY 40546



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BASIC BUDGET BITES

Unit pricing

What is unit pricing? The price tag on the shelf includes a lot of helpful information. Learn what the numbers mean.

- **Retail price:** This is the price you pay for each item.
- **Unit price:** This tells you how much an item costs per pound, ounce, quart, etc. It can be very useful when comparing two items.

This image shows two price tags on a shelf. Based on the unit price, you can see that the large container is a better buy because you get more for your money.



How is the unit price found?
Total Price ÷ Size = Unit Price

Source: Adapted from <https://www.myplate.gov/eat-healthy/healthy-eating-budget/shop-smart>

SMART TIPS

Fruit and vegetable peels contain many nutrients

Eating fruits and vegetables are important for a healthy diet. But, what about the peel? Many times, we just throw it away. Turns out, you might want to rethink that.

Most of the time, eating produce with a peel intact can give you higher amounts of vitamins, minerals, and fiber. Apples and potatoes are good examples. Eating the peel of a kiwi fruit gives you 50% more fiber.

While eating fruits and vegetables with the peel does provide more nutrients, it is always important to think about food safety. Make sure you wash any fruit or vegetable really well to get rid of any dirt or germs.



Source: Heather Norman-Burgdolf, University of Kentucky Extension specialist in food and nutrition, September 2021

PARENT CORNER

Winter is a great time for families

The winter months are a great time to catch up on much needed family time. Yes, it's cold. No, you cannot get outdoors as much. But inside your home you can create meaningful family experiences and lots of wonderful memories.

Family time promotes positive emotional health in children. Experts say it leads to a greater likelihood that they will avoid risky behaviors such as drug use. They will also have a lower risk for depression.

Here are some ideas to think about doing with your children:

- **Story time:** Let your imagination run wild as you make up stories together. Make up a silly story to tell your children or involve them in the creation of a silly story.
- **Kitchen time:** Spend family time cooking in the kitchen. Whip up something sweet to share for an after-meal treat. Have your children help you prepare food items. You will be teaching them valuable math and life skills.
- **Dance party:** Dancing to music is a great way to improve everyone's mood and get your hearts pumping. Let each have a turn selecting a song. Keep music at the right age level for young children.
- **Scavenger hunt:** Give children a list of objects to find and bring back to you. It can be as long or short as you wish. Start by making a list of items found around your home. Then add items that may require finding a "buried treasure."

Source: David Weisenhorn, University of Kentucky Extension FCS senior specialist for parenting and child development education, December 2021

30 Day Self-Love

Challenge



Visualize your highest self



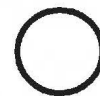
Stretch all your muscles



Watch the sunset



Drink more water



Surround yourself with positivity



Listen to favorite song



Go on a solo date



Create your ideal future



Go for a walk in nature



Eat your favorite treat



Meditate



Cook your favorite meal



Watch the sunrise



Read a book



Explore a new city



Give yourself a facial



Practice gratitude



Watch your favorite movie



Get some sunlight



Start a new hobby



Write out your goals



Organize your closet



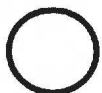
Give yourself a break



Create a visual board



Pick a power word



Take a nice bubble bath



Journaling



Give yourself a manicure



Practice yoga



Go to bed early

My Daily Gratitude Journal

DATE:

5 things I'm grateful for:

1. _____
2. _____
3. _____
4. _____
5. _____

4 things I'm looking forward to:

1. _____
2. _____
3. _____
4. _____

3 things I accomplished today:

1. _____
2. _____
3. _____

2 people I'm grateful to have in my life:

1. _____
2. _____

1 amazing thing that happened this week:

30 DAY GRATITUDE CHALLENGE

1

3 Ways to inject gratitude into a current challenge

2

A fear you have overcome

3

The last time you were overcome with joy

4

3 Songs that bring you joy

5

Describe a rejection you are grateful for?

6

A risk you are grateful you took and why

7

3 Things that make you special

8

What made you smile today?

9

3 Things about your body you are grateful for

10

Say thank you to someone

11

One luxury you are thankful for

12

What are you most grateful for in your daily life?

13

3 Simple things you are grateful for

14

3 items in your home you are grateful for

15

Something in nature you are grateful for

16

2 Simple things you are grateful for

17

3 Things you are grateful for about where you live

18

3 Activities you enjoy most and why

19

What skill are you grateful for and why?

20

3 Things you want to manifest

21

3 Things you love about your family

22

3 Things you love most about yourself

23

3 Everyday items you are grateful for

24

A challenging experience that made you strong

25

Something at work you are grateful for

26

What is your favorite place and why?

27

Describe the last time you did something nice

28

Describe the last time you laughed so hard you cried

29

A person in your past you are grateful for

30

What is your proudest accomplishment?

RETURN SERVICE REQUESTED

Hart County
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University of Kentucky
College of Agriculture,
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Cooperative Extension Service



Cheesy Broccoli Potatoes

5 slices turkey bacon	Salt and pepper to taste
1 tablespoon olive oil	4 large potatoes, cubed
1 clove garlic, minced	2 cups fresh broccoli florets
2 tablespoons chopped chives	1 cup fat-free, shredded cheese

Preheat oven to 425° F. **Cook** bacon until crispy, crumble and set aside. **Spray** 9x13-inch baking dish with non-stick cooking spray. In a small bowl, **combine** olive oil, garlic, chives, salt and pepper; **stir** to blend. In a large bowl, **toss** together potatoes and broccoli. **Pour** olive oil blend over potato mixture; **stir** to coat. **Pour** into baking dish and **cover** with foil. **Bake** for 35 minutes or until potatoes are

tender; **remove** from oven. **Sprinkle** cheese and bacon on top and place back in oven until cheese melts.

Yield: 8, ½ cup servings.

Nutritional Analysis: 140 calories, 5 g fat, 1 g saturated fat, 20 mg cholesterol, 470 mg sodium, 15 g carbohydrate, 2 g fiber, 2 g sugar, 10 g protein.



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