

# Hart County Homemaker Newsletter



## Upcoming Events

**Healthy Living**  
Every Monday at 1 pm at the  
Extension Office

**Bonnieville Club**  
March 13  
April 10

**Cub Run Club**  
March 20  
April 17

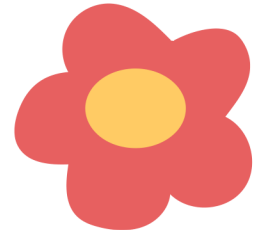
**Outreach Too**  
March 19  
April 16

**Quilt Club- Sew & Sew**  
March 28  
April 25

**Waterloo**  
March 14  
April 11

**Hardyville**  
March 21  
April 18

## March- April 2024



### A Note from Sonya

The days are already becoming longer so we should start planning activities for outside.

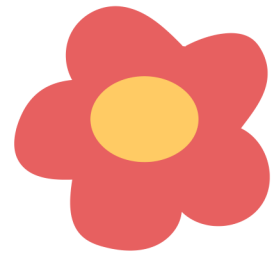
The lesson for March is "Time Well Spent" and we will be completing some self care activities.

We have rescheduled Spa Day and it is coming up on March 20. Look inside the newsletter for details.

In April, our lesson is on "Green Cleaning". We will be making "Green Cleaning" products at our leader lesson on April 4. We will also celebrate Earth Day in April.

*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 40506



Disabilities  
accommodated  
with prior notification.

# HAPPENINGS IN MARCH & APRIL 2024

## Earth Day Activities

On April 19 at 10AM, the homemakers will be taking a Earth Day Trip. We will be going to Mammoth Cave to take a hike! We will explore a walking trail and enjoy nature. Mark your calendar to come and have fun!



## Nutrition Day

Mark your calendar for Nutrition Day on **Thursday, March 14, 2024 at 10AM**. Watch your email and our Facebook page for more details in the future.

MARK YOUR  
CALENDAR

HOMEMAKERS

# Spa Day

FREE

Wednesday, March 20, 2024

3 pm to 6 pm

Hart County Extension Office

Munfordville, KY

Come join us for a relaxing time of  
spa fun and fellowship!

Facial Salon // Hand Salon  
Foot Salon // Body Salon

Renew  
&  
Unwind

BRING  
A  
FRIEND!

Nutritious  
Refreshments



# ADULT

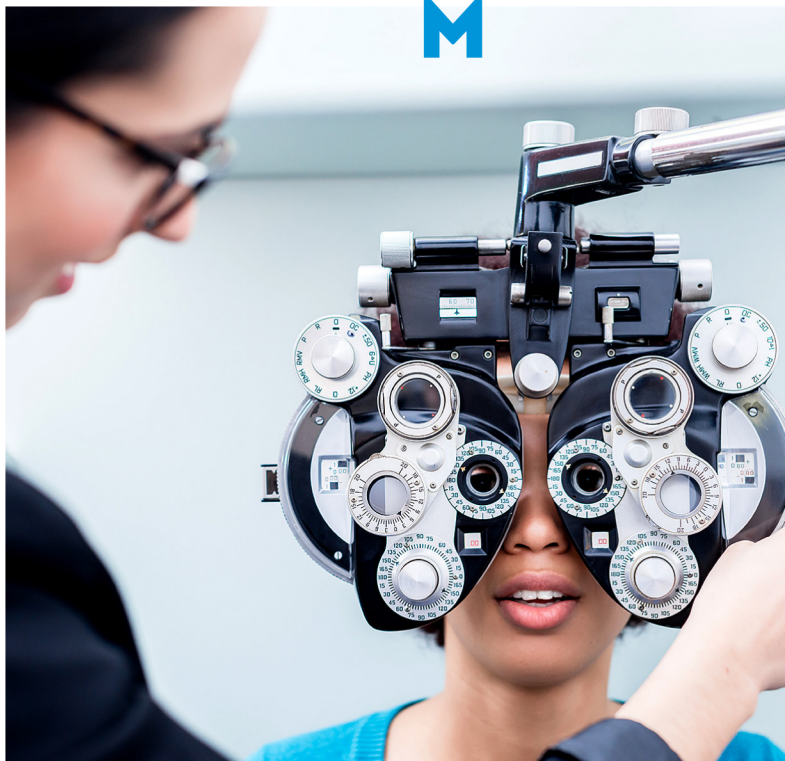
# HEALTH BULLETIN



**MARCH 2024**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC SAVE YOUR VISION



arch is “Save Your Vision Month” in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes.

Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam.

All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed

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Disabilities accommodated with prior notification.

***If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.***



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by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses or contact lenses, or even eye surgery, can help restore many people's eyesight, or help them see better than they ever could before.

**Other ways to protect your vision include:**

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.

- Know your family's eye health history.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
- Quit smoking or don't start.
- Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

**REFERENCE:**

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

**ADULT  
HEALTH BULLETIN**

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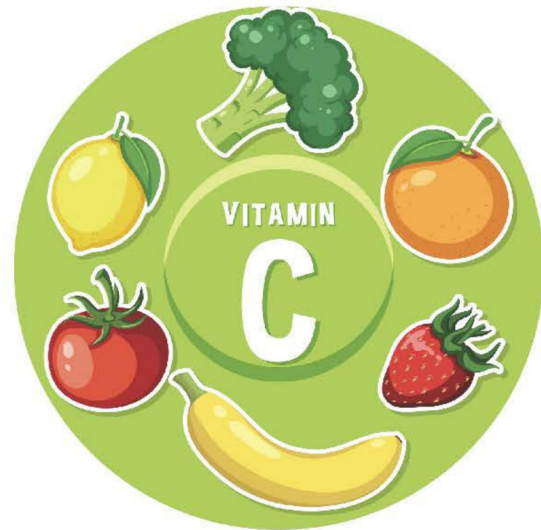




## MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

### Vitamin C and Health

In the mid 18th century, British sailors, whose diet consisted primarily of bread and meat, began to succumb to several painful and deadly symptoms. The symptoms included bleeding gums, loose teeth, poor wound healing and, eventually, death. Today, we know this disease as scurvy. It was later discovered that introducing citrus fruits such as limes, lemons and oranges slowly healed the condition and prevented the illness in others. Fast forward to the early 20th century: A Hungarian biochemist, Albert Szent-Györgyi, discovered ascorbic acid popularly known as Vitamin C.



### Sources of Vitamin C

Vitamin C is an essential water-soluble vitamin and a powerful antioxidant. Women need approximately 75 mg every day while men require approximately 90 mg. Due to the presence of free radicals and harmful oxidants, smokers will require an additional 30-35 mg of Vitamin C per day (NIH, 2020). Citrus fruits are a common source of Vitamin C; however, they are not the only source. Below is a list of food items that are high in Vitamin C:

Food (Serving Size)	Milligrams of Vitamin C
Red Bell Pepper (1 Large raw)	209 mg
Green Bell Pepper (1 Large raw)	131 mg
Broccoli (1 cup)	102 mg
Vegetable Juice (1 cup)	72 mg
Strawberries (1 cup raw)	98 mg
Grapefruit (1 whole fruit)	79 mg
Orange (1 whole fruit)	70 mg




## Health Benefits of Vitamin C

While Vitamin C became famous for preventing and treating scurvy, we have since discovered many other benefits. Vitamin C benefits our health by:

- Reducing the risk of heart disease and cancer through antioxidant properties
- Boosting immunity by promoting white blood cell synthesis
- Increasing collagen synthesis
- Participating in the creation of neurotransmitters
- Reducing how our body responds to stress

As you can see, Vitamin C is a crucial vitamin for treating and preventing disease. The USDA recommends that we consume 2-3 servings (2-3 cups) of both fruits and vegetables every day. It is also important to incorporate a diverse amount of fruits and vegetables to make sure that we acquire all our necessary nutrients. Keep this in mind as you are preparing your next meal in order to keep you and your family healthy and thriving! For a Vitamin C boost, try the below recipe that includes both broccoli and bell pepper!




### Broccoli Pizza

<b>1½ cups</b> shredded Monterey Jack cheese	<b>½ medium</b> red bell pepper, cut into strips
<b>1 12-inch</b> whole wheat pizza crust	<b>1 medium</b> tomato, thinly sliced
<b>1 cup</b> chopped broccoli florets	<b>2 cloves</b> minced garlic
<b>1 medium</b> zucchini, thinly sliced	<b>1 teaspoon</b> dried Italian seasoning
<b>1 medium</b> onion, sliced into strips	<b>2 tablespoons</b> vegetable oil

- 1. Sprinkle** half of the cheese evenly over crust; set aside.
- 2. Sauté** vegetables, garlic and Italian seasoning in hot oil 3-5 minutes or until vegetables are crisp-tender.
- 3. Spoon** vegetables evenly over pizza crust.
- 4. Top** with remaining cheese.
- 5. Bake** at 450° F 5 minutes or until cheese melts.

**Yield:** 8 slices  
**Nutrition Analysis:**  
320 calories; 23g fat; 11g saturated fat; 0g trans fat; 65mg cholesterol; 540mg sodium; 18g carbohydrates; 3g dietary fiber; 3g sugars; 15g protein.

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



#### References

Blake, J. S., Munoz, K. D., & Volpe, S. (2019). *Nutrition, From Science to You*. 4th Ed. Pearson.

Carr, A. C., & Maggini, S. (2017). *Vitamin C and Immune Function*. *Nutrients*.

National Institutes of Health. (2020). *Vitamin C [Fact sheet]*. <https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>

Source: Dr. Kristopher R. Grimes, Associate Professor and State Extension Specialist for Nutrition and Nutrition Education

Recipe Source: University of Kentucky Cooperative Extension Service, *Plate It Up Kentucky Proud*

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RETURN SERVICE REQUESTED

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P.O. Box 367  
Hart County

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Cooperative Extension Service

## Carrot Cake Smoothie

- **1 medium** frozen ripe banana
- **2 medium** carrots, chopped
- **1/2 cup** canned-in-juice pineapple tidbits, drained
- **1/4 cup** low-fat vanilla yogurt
- **1/2 cup** nonfat milk
- **4-5** ice cubes
- **Dash** cinnamon (optional)
- **1/2 teaspoon** vanilla extract (optional)

**Wash** hands with soap and warm water, **scrubbing** for at least 20 seconds. **Rinse** carrots under cool running water and scrub with a clean vegetable brush to remove any dirt before chopping. **Add** banana, carrot, pineapple, yogurt, milk, ice, and cinnamon and vanilla (if using) to a blender, and **blend** until smooth. If needed, **add** more milk to encourage blending. **Refrigerate** leftovers.

**Yield:** 2, 1.5 cup servings. **Nutrition Analysis:** 160 calories, 1g total fat, 0g saturated fat, 5mg cholesterol, 90mg sodium, 36g total carbohydrate, 4g fiber, 26g total sugars, 2g added sugars, 5g protein, 6% DV vitamin D, 10% DV calcium, 6% DV iron, 15% DV potassium.

