



ESTILL COUNTY EXTENSION FAMILY AND CONSUMER SCIENCES

February 2023

Estill County Extension Homemakers

Hello.

I hope everyone had a wonderful holiday season. It's hard to believe that February is here. February is not only the month of love, but it is American Heart Month. Here is an excerpt from an article on heart healthy tips.

Being sweet to your heart is as easy as one, two, three. One. Limit the amount of total fat (saturated, polyunsaturated and monounsaturated) in your daily diet. Pay particular attention to the amount of saturated fat because it increases the level of blood cholesterol, a major risk factor in coronary heart disease. Try to replace some saturated fat with polyunsaturated or monounsaturated fats.

Two. Know your fibers. Some foods contain soluble fiber that helps lower blood cholesterol levels. Others contain insoluble fiber that also is an important part of the diet because it promotes good bowel function and helps the body in other ways.

Three. Increase your intake of heart-healthy vitamins by eating a variety of foods, especially fruits, vegetables and grain products. Folic acid, a B vitamin, and vitamins C, E and beta carotene can help prevent coronary heart disease. Read food product labels to track your intake of saturated, polyunsaturated and monounsaturated fats. This also will help you consume heart-healthy amounts of soluble fiber and the vitamins that help prevent heart disease.

These heart-healthy tips are from Janet Tietzen and Darlene Forester, Extension food and nutrition specialists in the University of Kentucky College of Agriculture.

Have a great February and take care of your heart.

If you have any questions or program ideas, you may contact me at my e-mail: judy.vaughn@uky.edu or by calling the Estill County Extension office at 606-723-4557.



Estill County Extension Service
76 Golden Court, Irvine, KY 40336
(606)723-4557
Estill.ext@uky.edu

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.

Dates of Interest

- 
- ◇ February 7th—Not Your Mama's Meeting
 - ◇ February 9th—Chocolate Covered Valentine Charcuterie Board
 - ◇ February 11th—I'd Rather Bee Quilting Club 1:30 p.m.
 - ◇ February 14th—Sugar and Spice 11:30a.m., at El Ranchito Mexican Restaurant
 - ◇ February 15th—Laugh and Learn at the library starting at 10:30 a.m.
 - ◇ March 3rd, 10th, 17th, 24th, 31st—Kick Kentucky Cancer Program 4:00 p.m.
 - ◇ March 21st—Transferring Cherished Possessions Lesson 10:00 a.m.
 - ◇ May 9th-12th KEHA Annual Meeting

Judy Vaughn, County Extension Agent
for Family and Consumer Sciences



We are starting to plan for the 2023/2024 Homemaker year. I have included the ballot for lessons for next year. There is also a Qualtrics link that you can go to for voting. It will be available on the Estill County Extension Website. You will pick your top eight and mail or drop off the paper to me. I've also included the link and QR Code on page 8 of this newsletter. The Bluegrass FCS Agents will get together and put the information together. Make your voice heard. The ballots are due by March 31st.

We will have the Estill County Homemakers' Annual Meeting the first week of May. I am still learning so I would love input from you all. We will need a Vice-President and a Secretary. Rebecca Lamb is our President and Cheyenne Lamb is doing both jobs of Treasurer and Secretary.

Our deepest sympathy goes out to Rebecca and Cheyenne on the loss of Rebecca's mother and Cheyenne's grandmother.

Have a great month and let me know if you have any program ideas or thoughts on the Annual Meeting.

Judy Vaughn

2023 KEHA State Meeting – May 9-11, 2023

Crowne Plaza

Louisville, KY

Theme: Let's Take a Hike with KEHA

Crowne Plaza Louisville Airport Expo Ctr

830 Phillips Lane, Louisville, Kentucky 40209

866-888-0620 (group code PZ5 for conference rate)

Standard Room \$124 + Tax (1-4 people)

Make your reservations by April 10, 2023, to secure the conference rate.



2023 - 2024 Bluegrass Area Homemakers Leader Lesson Ballot



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

Please choose the top 8 lessons you would like taught in the 2023-2024 homemaker lesson year.

Return to the _____ County Extension Office no later than _____.

Understanding Your Credit Score

Does one number define you? What is “good credit?” Find out more about the meaning behind credit scores, what are some factors that go into calculating a credit score, and tips on how you can potentially improve yours.

KEHA Plays Pickleball

It the fastest growing sport that all ages and skill levels can play and are talking about. That's right ... PICKLEBALL. It is a cross between ping-pong, badminton, and tennis. Come learn as well as teach other KEHA members to play a format with several health benefits associated to it and allows for both social and physical activity.

A Guide to Beginner Meal Planning and Meal Prepping

Planning meals is one of the best ways to save money and eat healthy meals. Learn some tips and tricks that will help to remove the stress of putting healthy meals on the table every night.

Recognizing and Coping with Trauma after a Natural Disaster

This lesson will focus on coping with trauma that may occur after a natural disaster, or other events that disrupt your ability to cope due to significant loss. Participants will learn tips and skills to aid in recognizing trauma, how to help others in the community who might have experienced trauma and learn strategies that may be helpful for families to build a toolkit in order to prepare for the future.

Self-Care and Self-Pampering

Self-care is about realizing and prioritizing one's own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. This KEHA lesson will help you take control of your own well-being beyond the basic self-care recommendations.

Planning Thrifty and Healthy Holiday Meals

Lesson focuses on healthy meal planning, staying within budget, kitchen time management strategies, preparing low-cost and delicious recipes, food safety tips, and maximize your leftovers to avoid waste.

(OVER)

Mentoring and Empowering Youth

Mentoring is very important to our youth today. It is versatile and can be done in many ways. This lesson will help to identify needs in your community and provide ideas for creating and accessing opportunities to mentor.

Savor the Flavor: Seasoning with Spices

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the 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.

Savor the Flavor: Building Flavor with Herbs

Home prepared meals tend to be more nutritious, however it is often difficult to add flavor while keeping the meals healthy. This lesson encourages participants to use herbs 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.

Personality Assessment

That's not the way I would have done it! Do you ever find yourself scratching your head at another person's reaction? The way one person processes, interprets, and reacts are often not the same responses of others in the same household, family, workplace, or surroundings. This workshop will shed light on different personality traits, help you learn more about yourself, and allow you to see other perspectives.

Radon: A Silent Killer

Kentucky leads the nation in the number of new cancer cases and lung cancer deaths. Not only is this because of Kentucky's high smoking rates, but also due to Kentucky's high radon levels. Radon is more than an element on a chemical chart. This lesson will provide information and resources about radon and how to make sure your home is safe for you and your family.

Lead Your Team: Health Literacy for the Win!

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. It is estimated that 9 out of 10 adults have difficulty understanding and using health information, also known as 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.



2023 KEHA State Meeting

May 9-11, 2023

Crowne Plaza

Louisville, KY

<https://keha.ca.uky.edu/content/state-meeting-information>



We are planning an exciting state meeting with all the features you know and love! Because of rising prices, we have had to change the pricing structure. We are keeping prices as low as we can to make sure you get the most bang for your buck! Below is a sneak peek at the new pricing structure and all the features it will include. Look for full details and registration information coming this February in your state newsletter!

	Early-Bird Rate (By 4/10/22)	Late Registration (By 4/24/22)
Full Conference Registration	\$140	\$175
2-Day Conference Registration	\$120	\$140

Full Conference Registration Includes:

- Everything!
- Two meals – Tuesday opening luncheon banquet (New!) and Thursday awards luncheon
- All three days of conference activities*
- Opportunities to register for learning seminars covering a wide variety of interesting topics
- Opportunities to register for hands-on creative classes
- Cultural Arts viewing
- Quilt square viewing and auction
- Trade show vendors and KEHA merchandise store
- Basket raffle and silent auction
- Homemaker showcase
- Business meeting
- Wednesday night choir performance
- Thursday officer trainings and educational chairman workshops – all are welcome to attend. Learn what it means to lead!

2-Day Conference Registration Includes:

- Tuesday/Wednesday registration OR Wednesday/Thursday registration
- One meal (either opening luncheon banquet (New!) or closing awards lunch
- 2 days of conference activities*
- Opportunities to register for learning sessions and hands-on creative classes as available on the days you select

* NOTE: All sessions and classes require advanced registration and are subject to availability. Registration is first-come, first-served with payment. Hands-On Creative Classes and paid sessions *may* include an additional charge.

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.

Please click the link to register: <https://ukfcs.net/BBBC23Book1>

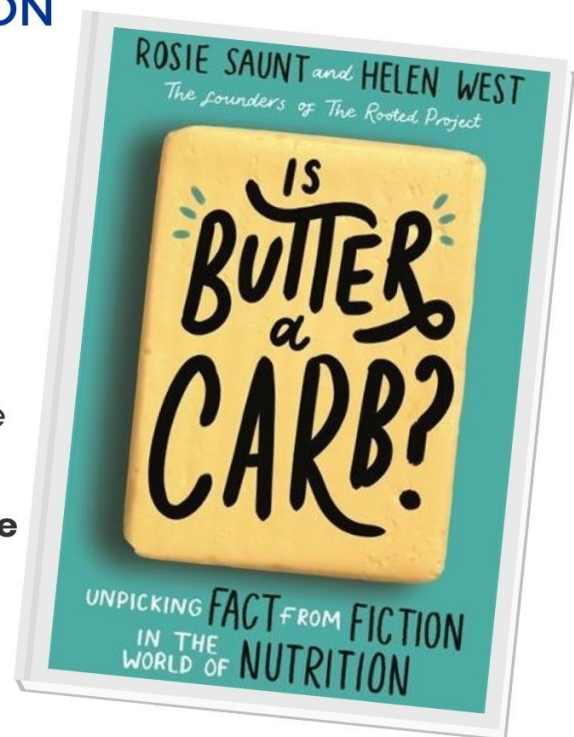
Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition, this series will be held on Thursdays March 2, 9, 16, and 23 at 10:00 am ET/9:00 am CT. The first 200 registered participants will receive a copy of the book. The registration deadline is January 27, 2023.

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

IS BUTTER A CARB?

UNPICKING FACT FROM FICTION IN THE WORLD OF NUTRITION

Evidence-based, body positive and practical, *Is Butter a Carb?* is the modern must-have nutrition book for everybody interested in food, health, and pop science. **This isn't a diet book or quick-fix book.** Instead, the book is an engaging way to determine fact from fiction in the world of nutrition and **helps readers feel more confident as consumers.**



BOOK CLUB WILL BE HELD
ON THURSDAYS

MARCH 2, 9, 16, 23 AT 10AM (ET)

REGISTER BY JANUARY 27, 2023

KICK KENTUCKY CANCER

JOIN US

FOR THIS FIVE-LESSON PROGRAM WHERE YOU WILL LEARN

- Understand the basics of cancer *March 2, 2023*
- Apply strategies to manage nutrition during cancer *March 9, 2023*
- Implement coping strategies to improve mental health during cancer
March 16, 2023
- Balance care-giving responsibilities with self-care *March 23, 2023*
- Recognize ways to be empathetic with someone with cancer *March 30, 2023*

Time: 4:00 p.m.

Location: Estill County Extension Office, 76 Golden Court, Irvine, KY 40336

Call 606-723-4557 to sign up for any or all sessions

Contact Judy Vaughn, FCS Agent, if you have any questions

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with prior notification.



"Chocolate Covered" Valentine Charcuterie Board Demonstration

THURSDAY, FEBRUARY 9TH

Demonstration begins at 11:00 a.m.

Estill County Extension Office, 76 Golden Court, Irvine

Join Estill County FCS Agent, Judy Vaughn, for this "Chocolate Covered" Valentine Charcuterie Board demonstration.

Vaughn will demonstrate how to make quick and easy chocolate covered treats (strawberries, grapes, and brownies) and show how to put these delicious items alongside other treats to create a Valentine Charcuterie Board.



Let us know you will be attending by calling **606-723-4557**.

Judy Vaughn

**Judy Vaughn
County Extension Agent
for Family & Consumer Sciences**

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Transferring Cherished Possessions: Estate Planning Tips for Non-Titled Property

Distributing cherished possessions and other non-titled property is often overlooked when estate planning. Learn ways to create a plan for distributing household items - from treasured heirlooms to closets full of clutter. You will gain a better understanding of everything that makes up your "estate". Transferring Cherished Possessions will teach you how to create an Asset Distribution Plan and write a Letter of Last Instructions.

Want to learn more?
THEN MAKE SURE TO JOIN US ON

March 21, 2023 at 10:00 a.m.

Where: Estill County Extension Office

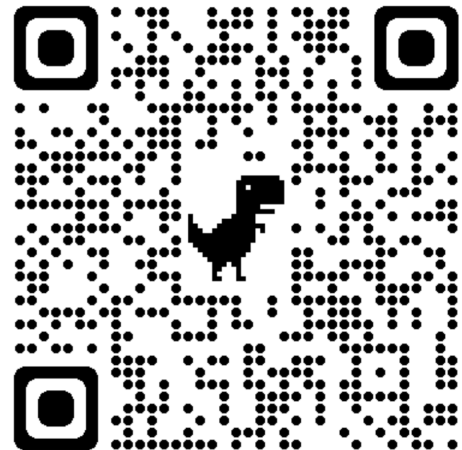
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2023 - 2024 BLUEGRASS AREA HOMEMAKERS LEADER LESSON BALLOT

Let your voice be heard! Open the camera on your cell phone, aim it at the image below, and click the link when it pops up on your screen. Then answer the questions below.



LINK TO QUALTRIX SURVEY

https://uky.az1.qualtrics.com/jfe/form/SV_7PXov9BKvxRKRka



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Upcoming Homebased Processing and Microprocessing Workshops

Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make.

Homebased microprocessors are allowed to make higher risk products such as canned tomatoes, pickled fruits and vegetables, salsa, barbecue sauce, pepper or herb jellies, vinegars, low or no sugar jams and jellies, and pressure canned vegetables. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

The cost of the workshop is \$50.00.

For more information on upcoming workshops (in person or virtual) click on the link below.

https://fcs-hes.ca.uky.edu/homebased_processing_microprocessing

You can also contact

**Judy Vaughn, Estill County Agent
for Family & Consumer Sciences at
606-723-4557 for more details.**



Judy Vaughn

**Judy Vaughn
County Extension Agent
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PARENT

HEALTH BULLETIN



FEBRUARY 2023

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

Estill County
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THIS MONTH'S TOPIC: ENCOURAGE HEALTHY RELATIONSHIPS TO FOOD

You may have heard that variety is the spice of life. Variety is also the key to a healthy and balanced diet for adults and children alike. Our bodies need many different nutrients to grow, develop, and work properly. Many children do not get the right amount of nutrients in their diet. As parents and caregivers, you must pay attention to the foods your children eat. You should provide them with the right kinds of foods to help them grow to their full potential and learn their best.

It can be easy for children and families to get into a food rut. It's easy to eat the same foods over and over because they are quick, avoid confrontation, and you know your child will eat them. But it is important to encourage children to eat lots of different kinds



Continued on the next page ➔



Allowing your child to choose fruits or vegetables at the grocery could increase their desire to eat them.

➔ **Continued from the previous page**

of foods to get the nutrients they need. It also helps them develop a healthy relationship with food.

There may be specific reasons that a food may be off limits for your family, such as food allergies and religious or moral reasons. But it's helpful to avoid labelling food as "good" or "bad." Instead, encourage eating a variety of foods.

Considering the food groups can be a way to check to see if your family is eating a good balance of different types of foods. The five groups are fruits, vegetables, grains, dairy, and protein.

• **Fruits and vegetables:** Encourage eating different colors, textures, and tastes in fruits and vegetables. Fresh and cooked vegetables and fruits are important sources of vitamins, minerals, and fiber. For this reason, encourage eating as much of the fruit or vegetable as possible, including the skin of many, to get all the good nutrients.

• **Grains:** Whole grains include whole wheat, brown rice, quinoa, and foods made with them, such as whole-grain pasta and 100% whole-wheat bread. They provide long-lasting energy, and keep our stomachs feeling fuller, longer than refined grains. Watch out for the amount of added sugar in grain products. Try to choose bread, cereal, and pasta options that are not so sugary.

• **Protein:** Protein-rich foods include lean meat, fish, chicken, eggs, beans, lentils, chickpeas, tofu, and nuts. These foods are important for a child's growth and muscle development. They also contain other useful vitamins and minerals that are important for brain development and learning at all ages.

• **Dairy:** Key dairy foods include milk, cheese, and yogurt. These foods are good sources of protein and calcium, which help build strong muscles and hard bones in the body. You can drink or eat dairy foods and include them in meals and snacks in many ways.

Involving your child in meal planning and grocery shopping can be a great way to encourage trying new foods. If it fits in your family routine,



allow your child to choose fruits or vegetables at the grocery. This could help increase their desire to eat them. Cooking as a family can also encourage trying new recipes. If you are in a food rut at home, head over to PlantEatMove.com/recipes to find new and fun ideas for meals and snacks that include ingredients from all five food groups.

REFERENCE:
<https://www.hsph.harvard.edu/nutritionsource/kids-healthy-eating-plate>

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Stock images:
123RF.com

ADULT
HEALTH BULLETIN





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College of Agriculture,
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Irvine, KY 40336

RETURN SERVICE REQUESTED

Sweet Potato Crisp

- 1/2 cup all-purpose flour
- 3/4 cup quick cooking oats
- 3 tablespoons butter
- 1/4 cup chopped pecans
- 1 teaspoon vanilla
- 1 tablespoon ground cinnamon
- 2 medium apples, chopped
- 8 ounces reduced fat cream cheese, softened
- 1 cup brown sugar, divided

- 3 large fresh sweet potatoes, cooked until tender.
- 1 cup brown sugar, divided
- 8 ounces reduced fat cream cheese, softened
- 1 cup brown sugar, divided
- 1/2 cup all-purpose flour
- 3/4 cup quick cooking oats
- 3 tablespoons butter
- 1/4 cup chopped pecans

with chopped apples. toppling is golden brown and fruit is tender. **Yield:** 16, 3/4 cup servings.

Nutritional Analysis: 240 calories, 6 fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.



4. **Top** sweet potatoes mixture evenly into pan.

3. **Spread** sweet potato mixture evenly into pan.

2. **Mash** sweet potatoes. Add cream cheese, 1/2 cup brown sugar, vanilla and cinnamon. Mix until smooth.

1. **Preheat** oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.

7. **Bake** uncovered for 35-40 minutes or until apples.

6. **Sprinkle** mixture over pecans.

5. In a small bowl, combine flour, oats, and 1/2 cup brown sugar. Cut in butter until mixture resembles coarse crumbles. Stir in



For more Plate it up recipes visit
<https://fcs-hes.ca.uky.edu/piukp-recipes>