

# Newsletter

## January 2024

### Family mealtime: a tasty base for healthy youth development

Between work, running errands and after-school activities, meals on the go have become a staple for many American families. You may not realize taking those few extra moments to sit down for a meal with your family fills more than just your stomach.

Sitting down for a family meal is one of the easiest proven methods to enrich your young person's life. Psychologically, regular family mealtimes help youth do better in school on tests, homework and improve general intellectual development. Social benefits include better social adjustment, especially for teenagers, and stronger family bonds.

Family meal times also have nutritional benefits. Having regular balanced meals featuring nutritious foods helps your young person develop healthy eating habits and establish a healthy relationship with food.

Convenience is a significant factor when choosing what to eat, leaving many families choosing the instant gratification of fast food. You may cringe at thinking of the time spent planning and preparing a family meal, but you can change your mindset. Don't make it a chore; make it an experience.

Everyone's schedule is different, so make these mealtimes work for you. Keeping them quick by meal planning or having an easy-to-make recipe is the most time-efficient. Remember you don't have to have family meals every night; work around your family's schedule. Even just one or two meals a week can make a lasting impact. If a full meal doesn't fit into the schedule, consider stopping to enjoy a snack with the young person in your life.



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Agriculture and Natural Resources  
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# Family mealtime: a tasty base for healthy youth development

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Involving your whole family in meal preparation can reduce time spent “working” while maximizing bonding time. Have a family member set the table while you make the main course. Ask others to pour drinks or clean up the table. This spreads the chores out and allows you to spend time together. Encouraging the whole family to invest in the meal makes it more enjoyable and less time-consuming.

Family meals also provide invaluable, quality family time. The goal is to have undivided attention between family members, and technology distractions can make that hard to accomplish. Making mealtimes tech-free will also give you more time for focused family interactions. Talk about your day, family memories, possible vacations or fun questions that can involve everyone.

For more information on developing healthy young people, contact the Breckinridge County Cooperative Extension Service.

Source: Heather Norman-Burgdolf, UK Extension Specialist in Food and Nutrition

## Chicken and Dumpling Soup

Servings:10      Serving Size:1 cup

For more simple mealtime recipes go to

[planeatmove.com](http://planeatmove.com)



### Ingredients:

- 2/3 cups cooked chicken, cubed
- 4 carrots
- 3 stalks of celery
- 3 medium potatoes
- ½ yellow onion
- 1 clove garlic
- 2 tablespoons olive oil
- 2 (32-ounce) boxes of low sodium chicken broth
- 2 cups frozen peas
- 1 (12-ounce) package frozen dumplings
- Salt and pepper, optional



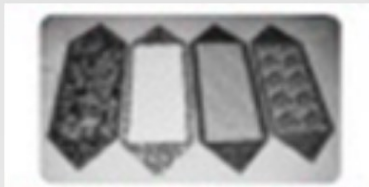
### Directions:

1. Chop vegetables into bite sized cubes; chop onion and garlic finely.
2. In a large soup pot, heat olive oil over medium-high heat and sauté the onion and garlic until tender.
3. Add the carrots, celery and potatoes and stir for a few minutes, being careful not to burn them.
4. Pour in the broth and bring to a boil. Add dumplings, a few at a time.
5. Turn down heat and simmer for about 15 minutes, stirring often, until the vegetables have softened.
6. Add chicken and raise heat to medium-low for 10 minutes.
7. Add frozen peas during the last five minutes. Add salt and pepper to taste.

# ADULT BEGINNER

# SEWING CLASS

**Wednesday, Jan. 17**  
**12:30 - 3:30 PM CT**  
**Extension Community**  
**Building**



**Register by:**  
**January 12, 2024**

**Call Breckinridge County**  
**Extension Service**  
**270-756-2182**

## SUPPLY LIST:

- 1/2 yard of backing + side fabric
- 1/3 yard of center fabric,  
(this can be the same fabric,  
but a design, contrasting, or  
complementary fabric look really nice  
in this project)

Fabric Note: Please do not purchase fleece or knit (stretch fabric), and be cautious of choosing stripes or plaid patterns

- All Purpose Thread - choose a color that matches background of fabric for best results

## **We will provide:**

machine  
scissors  
rulers  
iron  
and other needs





## Organizing Tips for Increased Productivity

Learn how clutter and disorganization can negatively affect your productivity. You also will gain ideas for better ways to organize your time and workspace.

**Friday, January 5th  
10:30 AM, CT**

**Extension Office Basement**

Presenter Natalie Taul,  
Grayson County FCS Agent

**Everyone is invited to attend!**



As we take a trip around the globe we'll learn about new foods, ways of eating healthy.

**Thursday, January 25th  
1:30 PM, CT**

**Extension Office Basement**

Presenter Lynnette Allen,  
Breckinridge County FCS Agent

**Everyone is invited to attend!**

## Upcoming Educational Lesson Topics

- Jan. 5 Organizing Tips for Increased Production @ 10:30 AM, CT
- Jan. 25 Healthy Eating Around the World @ 1:30 PM, CT
- Feb. 27 Self Care @ 10 AM, CT
- Mar. 26 Herbs & Spices @ 1:30 PM, CT
- Apr. 30 Understanding and Preventing Suicide @ TBA



**Everyone is invited to attend!**

*Dear Extension Homemakers and Friends,*

*The end of the year has quickly arrived and I hope you and your family are well as we enter into the winter season.*

*I would like to take the opportunity to thank each of you and your club for your support over this past year. Our mission is to share information and programs that will improve the lives of Kentucky citizens. It is only with your participation and support that we are able to do this.*

*I wish you peace, rest and health for this holiday season! I look so forward to working with you and serving our community as we welcome 2024.*

*Sincerely,*

*Lynnette Allen, FCS Extension Agent*



## Dates to Remember

**NOTE:** Office Closed December 25 to January 1 in observance of Holidays!  
Office will reopen at 8 AM, CT on Tuesday, January 2

Jan. 5 Organizing Tip for Increased Productivity

Jan. 15 Office Closed in observance



## Roll Call & Thought for December

**Roll Call:** December is the holiday season. What is your favorite holiday tradition?

**Thought for the Day:** “Small cheer and great welcome make a merry feast.”  
— William Shakespeare

## Roll Call & Thought for January

**Roll Call:** January rings in the new year. Share one goal you have for your new year’s “journey.”

**Thought for the Day:** “The journey of a thousand miles begins with a single step.”  
— Lao Tzu

## Club Meetings

Jan. 15 Cloverport, 1 PM, CT, Cloverport City Hall

Jan. 17 Irvington, 10:30 AM, CT, Lincoln Trail Christian Church

Jan. 22 Countryside, 5 PM, CT, King’s Table Restaurant, McDaniels

Jan. 22 New Heights, 1 PM, CT, Extension Community Building

Jan. 23 Sunshine Sisters, 11 AM, CT, Extension Community Building

Jan. 26 Flower Rangers, 6 PM, CT, Extension Office Basement,

## Taste of Christmas and Quilt Exhibit—Thank You!

We want to thank each club and member who donated food, volunteered or attended the 2023 Taste of Christmas and Quilts with a Story Event.

With everyone’s support the event raised enough funds to sponsor one high school scholarship that will be awarded in the spring.

# 2024 Recipe Calendars Available



Join us for ***Healthy Eating Around the World***  
Thursday, Jan. 25 @1:30 PM, CT  
in the Basement of the Extension Office.  
Recipe sampling and nutrition information  
will be shared!



# January 9, 2024

## FREE DIABETES SUPPORT GROUP

Breckinridge County Extension Community Building

**No Registration Required!**

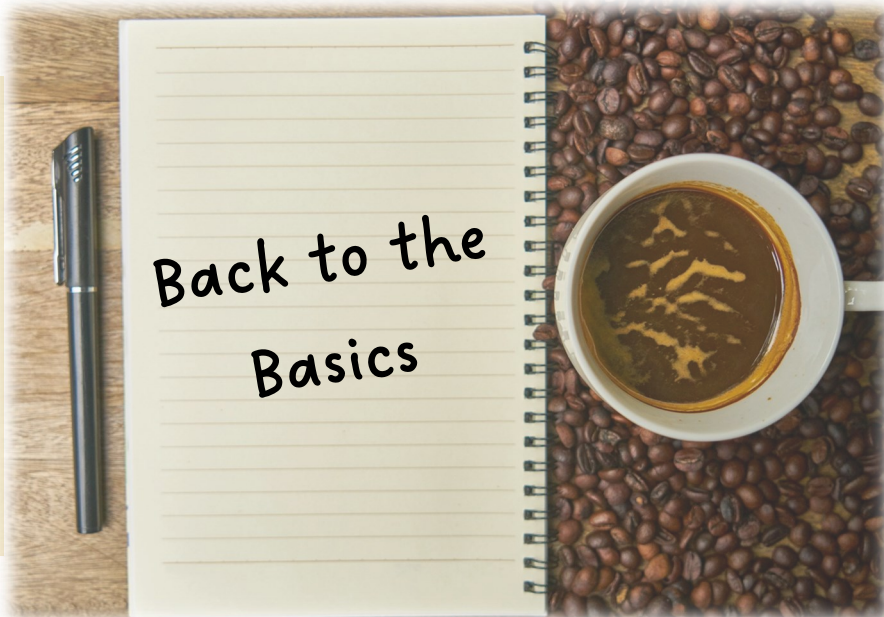
**1:30—2:30 PM, CT**

\* **Relaxed Group Setting**

\* **Recipe Sampling**

\* **Nutrition Information**

\* **Door Prize!**



**Bring a friend or family member, everyone welcome!**

Call 270-756-0711 or 270-756-2182 for more information.



# ADULT HEALTH BULLETIN



**DECEMBER 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>

## THIS MONTH'S TOPIC:

# THE GIFT OF HEALTH



**P**erhaps you are familiar with the holiday tune that describes 12 Christmas gifts, but a gift worth giving that is not included in the song is good health!

As you prepare to host or attend holiday functions this season, here are 12 tips to staying safe and healthy yourself, and not passing along germs for family and friends:

- 1. Wash your hands:** Use soap and warm water when possible and alcohol-based hand sanitizer when out and about.
- 2. Eat well-balanced meals:** Making healthy food choices most of the time helps to offset occasional treats that may be less nutritious.

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**Ways to keep moving include taking a family walk, having a dance party, and enjoying an outdoor winter activity like ice skating.**



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- 3. Keep moving:** Find creative ways to incorporate movement into your daily routine, take a family walk, have a dance party, or enjoy an outdoor winter activity like ice skating.
- 4. Stay warm:** Dress for outdoor weather in layers, with an outer layer to keep you dry.
- 5. Practice food safety:** Wash hands and cooking surfaces, cook foods to proper temperatures, avoid cross-contaminating cooked and uncooked foods, serve foods hot or cold, and refrigerate uneaten food promptly.
- 6. Prevent house fires:** Never leave an open flame (candle, fireplace, stove, or heater) unattended, install smoke detectors, and replace their batteries twice a year.
- 7. Manage stress:** Holiday events and spending can cause stress. Make a plan that keeps your finances and calendar from becoming overburdened.
- 8. Limit alcohol** consumption, and do not drink and drive.
- 9. Get routine health screenings:** Holiday breaks from work may be a good time to schedule annual exams that can get put off throughout the year.

- 10. Sleep:** Adults need between seven to nine hours of sleep per night. Lack of sleep can compromise your immune function and decrease your mental clarity.
- 11. Stay up to date on vaccines:** You can prevent many serious diseases by getting routine vaccines. Ask your health-care provider what vaccines you should get.
- 12. Avoid smoking and tobacco products:** Secondhand smoke and vaping products also have negative health outcomes.

Being mindful of healthy habits will help keep you and your loved ones feeling good throughout the season, which is always a reason to celebrate.

**REFERENCE:**

<https://tools.cdc.gov/medialibrary/index.aspx#/media/id/303214>

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**ADULT  
HEALTH BULLETIN**

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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2023

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## THIS MONTH'S TOPIC: BECOMING A SMART SAVER AT MEALTIME

As the cost of food continues to rise, you might find yourself surprised by the grocery bill. According to the U.S. Department of Agriculture, from 2018 to 2022, food price inflation (20.4%) was the second-highest category increase, rising faster than other expenditure categories like medical care and housing. If rising costs are surprising, look for ways to squeeze your food budget. Avoid unhealthy ways to cut costs, such as foregoing healthy choices or reducing the size and frequency of meals. Instead, use the following strategies to stretch your food budget and reinforce healthy eating habits.

### THRIFTY FOOD HACKS

**Use what you have.** Tightening your grocery budget should start before you head to the store. Be intentional in using your existing food stock before buying new. Inventory your freezer, fridge, and pantry at least twice a month to keep track of the items nearing their expiration dates. Then, create meal plans centered around these ingredients.

**Browse a cookbook.** Planning your recipes is an excellent way to ensure an affordable and healthy diet that meets your nutritional goals. Find multiple recipes that use similar ingredients you can mix and match to save time in the grocery and kitchen.



Also, when selecting recipes, prepare enough to have leftovers. This can save time and help you cut costs by reducing food waste. Invent new recipes with past meals or ingredients.

**Meatless Mondays.** The USDA reports nine food categories whose prices rose more than 10% in 2022, which include eggs (32%), poultry (14.6%), and other meat (14.2%). Fresh vegetables and fruits were reported to have the lowest increase in prices. Plant-based proteins may offer more nutrients for your money over meats. Items such as beans, legumes, potatoes, and protein-rich vegetables like broccoli or kale, are often more affordable options. You can increase meal size, enhance nutritional values, and squeeze your budget with a meatless meal plan.

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## DO NOT LET FOOD INFLATION BE A REASON TO FOREGO HEALTHY EATING HABITS



### THRIFTY SHOPPING HACKS

**Make a list.** A shopping list makes your shopping trip quicker, helping you avoid buying things on a whim. It also keeps your pantry well-supplied. Stick to the list, but allow some flexibility to take advantage of sales. Estimate needed food quantities and be careful when buying large quantities of perishable items you cannot use within a week. Shop for the freshest produce, noting that, usually, groceries stack new inventory toward the back of the shelves.

**Clip coupons.** Look for digital coupons that match the items on your list. Even coupons with small discounts can accumulate savings. Check in-store sales including customer loyalty savings and discounted produce carts or other deals. These might contain fruits and vegetables that are slightly older but still delicious if you eat them within a day or two. Also, selecting frozen and canned foods may be less costly and last longer.

**Buy in bulk.** Bulk purchases may lead to larger savings in your food budget if your household will eat through an item in larger quantities. However, buying bulk treats (such as soda, cookies, and candies) may save you money but move you away

from your dietary goals. When buying in bulk, consider also if you have room to store the items in your fridge, freezer, or pantry, and if you can use them before their expiration date.

Remember, eating healthy is not “too expensive.” Do not let food inflation be a reason to forego healthy eating habits. Instead, consider it an opportunity to refresh your shopping hacks and cooking skills. A well-balanced diet is a wise investment in your health that can create value in both your physical and financial well-being.

### REFERENCES:

Centers for Disease Control and Prevention. *6 Tips for Eating Healthy on a Budget*. <https://www.cdc.gov/diabetes/healthy-eating-budget.html>

The Nutrition Source. *Strategies for Eating Well on a Budget*. <https://www.hsph.harvard.edu/nutritionsource/strategies-nutrition-budget/>

Economic Research Service, U.S. Department of Agriculture. *Food Prices and Spending*. <https://www.ers.usda.gov/data-products/ag-and-food-statistics-charting-the-essentials/food-prices-and-spending/>

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**JANUARY 2024**

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**THIS MONTH'S TOPIC:  
ASK A PHARMACIST!**



Using a pharmacist can increase your health and quality of life. Pharmacists are highly trained medical professionals. They are qualified to give advice on health issues and medicines. Pharmacists also ensure the safe supply and use of medicines by the public. Medicines prevent, treat, or manage many illnesses or conditions. They are the most common intervention in health care. The traditional role of pharmacists in the community has involved dispensing prescriptions that doctors issue. However, pharmacists can do more than that. Below are seven ways that a community pharmacist can help you be healthy:

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**Pharmacists have the skills and training needed to administer vaccines, from an annual flu vaccine, to polio, shingles, tetanus, chicken pox, and more.**

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- 1. Administer vaccines:** Pharmacists have the skills and training needed to administer vaccines, from an annual flu vaccine, to polio, shingles, tetanus, chicken pox, and more.
- 2. Help you quit smoking:** Pharmacists are trained to assist with smoking cessation. They can recommend medications to help with kicking a smoking habit. They can also provide ongoing support and holistic resources.
- 3. Offer advice regarding dietary supplements:** If you have visited a pharmacy, you know that vitamin and supplement aisles can be overwhelming. Your pharmacist can give recommendations and advice about supplement type, brand, and dosage.
- 4. Create a personalized medication calendar:** If you have multiple medications, things can get complicated. Your community pharmacist can help you develop a personalized calendar for your medications, so you know exactly when and how to take each one.
- 5. Educate you on medication interactions:** As your health-care team's medication expert, pharmacists can tell you exactly how your medications will react with each other. That way you can avoid any life-threatening issues. Pharmacists can offer alternatives when necessary.
- 6. Help you manage health conditions:** Pharmacists can help manage ongoing health conditions such as high blood pressure, chronic pain, asthma, and diabetes. Often, pharmacists can run basic tests such as blood glucose levels. They can assist with educating patients on how to reduce symptoms they experience because of ongoing health conditions.

**7. Advise you on over-the-counter medications:** Not only are pharmacists experts in prescription medications, but they are also very knowledgeable when it comes



to over-the-counter (OTC) medicines. They help you to find the right OTC medication and can ensure it will not negatively interact with your prescription medications.

**REFERENCES:**

- <https://www.ncbi.nlm.nih.gov/books/NBK564913/>
- <https://pharmacyforme.org/2020/10/21/7-things-your-community-pharmacist-can-do-for-you>

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