

# Pendleton County Extension Homemaker

February 2024

## ***Pendleton County Book Club!***

*Our book club will meet third Wednesday in  
the new year.*

*If your new year resolution is to read more in  
2024 this is a great opportunity to let  
Extension help you reach that goal.*

*We read one book a month and discuss in a  
once a month book club zoom meeting.*

*We occasionally do book club outings.*

*We hope to go see a movie if weather and  
theater times cooperate in January.*

*If you would like more information on book  
club please call the office at 859-654-3395.*

*Read with us in 2024!*

*Ask to join our closed Facebook group!*

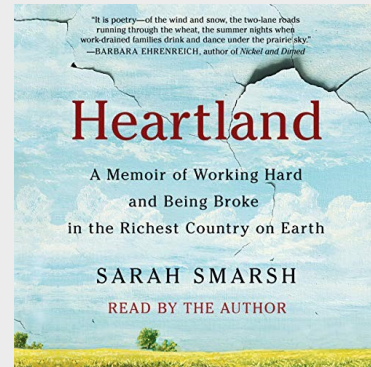
*Bee a Reader!*



*Kenna Knight*  
Extension Agent for Family & Consumer Sciences-  
Education, Pendleton County

## **Big Blue Book club is back.....**

This will be our  
April Read for  
book club. I  
think all UK  
books are  
spoken for.



## **I will order books for anyone else wanting to join.**

I need to know how many will join our  
discussion and would like a book. We  
will discuss book on Wednesday  
evening April 17.

You can also follow the QR link and  
join The University of Kentucky  
Discussion starting April 11. Details in  
last newsletter!

## **I will be ordering them by the first of March.**

**Call office at 859-654-3395 if you  
want a book and join our  
discussion!**

Here is the  
link/QR to join  
the the Big  
Blue Book  
club for  
updates if  
interested.



The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity.

Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or





Jennifer Spriggs and Roberta Couch,  
International Committee Co-chairs



The Northern Kentucky Area Extension Homemakers  
International Committee presents:

Travel the World  
without Leaving Your Kitchen

Italy   
MONDAY, February 26, 2024  
6:00—8:00 p.m.  
Virtually via Zoom

859-586-6101 or boone.ca.uky.edu to register

Deadline to register: February 19, 2024

Zoom link and needs for cook-along will be sent a week prior to the program

Cook-along as we explore the foods of Italy and learn about the country and areas in Northern Kentucky influenced by Italian immigrants. One lucky attendee who completes the challenge presented during the program, and returns a survey, will be chosen to receive a themed gift basket.



This is part of the KEHA "Healthy Eating Around the World" initiative.

# AARP Tax-Aide Services



## Updates

We will be relocating for the 2024 tax season to the Pendleton County Extension Office!

## When?

Tax preparation services will be offered every Thursday afternoon from 2 pm-6 pm beginning February 8th, 2024. The last session will be April 11th.

## What you need to know:

- No appointments are necessary, first come first serve.
- Our volunteers can help you prepare your federal and state charges FREE of charge
- You do not have to be an AARP member and there is no age requirement.
- Limitations: cannot prepare farm income, returns with depreciation, return for small business with net loss



Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disability accommodations with prior notification.



# Pendleton Co. Community Health Fair

Saturday, March 9  
7:30 - 10:30 am  
Phillip Sharp Middle School



## FREE TESTS AND SCREENINGS INCLUDE:

- Blood Pressure
- Blood Tests for cholesterol, triglycerides (fasting required), blood sugar, and thyroid-stimulating hormone
- BMI Screening for both adults & children
- Body Fat Analysis
- Diabetes Risk Screening
- Height & Weight
- Osteoporosis Screening for women over 40
- Pulse Oximetry
- Stroke Risk Assessment
- Vision Screening
- Cardiac Risk Assessment

Healthcare professionals will be available to answer health-related questions. You'll find more than 20 exhibits and additional screenings available.

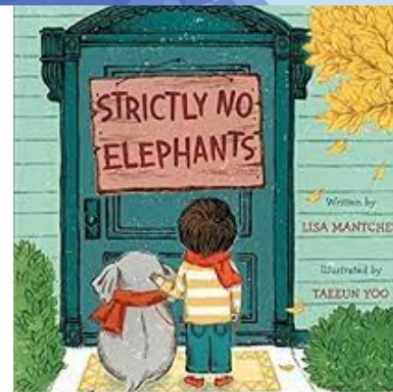
This event is open to everyone. It is NOT exclusive to Pendleton County residents.

Lab results will be posted on the HMHmyhealth! patient portal, or you may contact the Harrison Memorial Hospital Health Information Department to request a printed version.

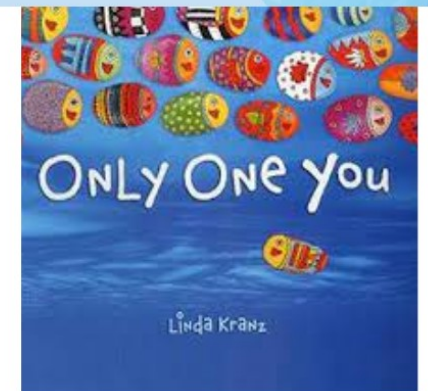
## THANK YOU TO THE FOLLOWING SPONSORS:



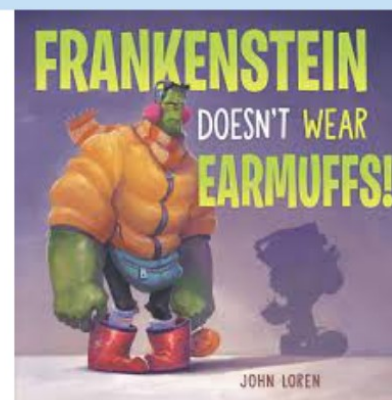
# 2024 STORYWALK SAVE THE DATES!



Saturday  
April 20th  
10am-12pm  
Location TBA



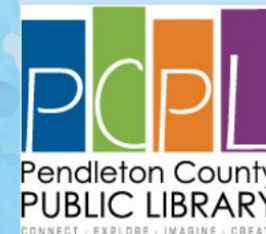
Saturday  
July 27th  
10am-12pm  
Fairgrounds



Saturday  
October 19th  
10am-12pm  
Farmers Market



Saturday  
December 7th  
10am-12pm  
Extension Office





# HEALTHY CHOICES FOR HEALTHY FAMILIES



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.

## Make resolutions stick: Focus on family

This is the year to add to the health of your family. Try a few of these ideas:

### Nutrition that counts

- **Offer routine meals during the day, along with nutrient-rich foods.** Start the day with a healthy breakfast, such as oatmeal with fruit, nuts, and low-fat milk or yogurt. Think about balanced choices at lunch. Try to get the family together for dinnertime at least a few times a week.
- **Put the focus on health, not weight.** Kids and teens are very watchful and tend to repeat things they hear or see. Try not to make comments about your weight in front of them as it can overstress looks and undervalue health.
- **Follow the MyPlate steps.** Make half your plate fruits and vegetables. Add a quarter from the grains group and a quarter from the protein group. Pair this with a low-fat or fat-free dairy or calcium-fortified choice.



### Fitness and wellness

- **Get active.** Take a family walk after dinner. Children and teens should get 60 minutes or more of activity per day, while adults should get two and a half hours per week.
- **Reduce your family's risk of foodborne illness.** Have your family wash their hands before all meals.

Teach about food safety when kids and teens help in the kitchen.

When you focus on a few goals at a time, small steps can become great strides in moving your family toward be healthy.

Source: Adapted from <https://www.eatright.org/food/food-preparation/seasonal-foods/make-resolutions-stick-focus-on-family>

### Cooperative Extension Service

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

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities accommodated with prior notification.

## HEALTHY CHOICES FOR HEALTHY FAMILIES

### COOKING WITH KIDS

## Pocket Fruit Pies

- 4, 8-inch flour tortillas
- 2 medium peaches, pears, or apples
- 1/4 teaspoon cinnamon
- 2 tablespoons packed brown sugar
- 1/8 teaspoon nutmeg
- 2 tablespoons fat-free milk
- Additional sugar for topping (optional)
- Nonstick cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 350 degrees F.
3. Warm tortillas in microwave or oven to make them easy to handle.
4. Peel and chop fruit into pieces.
5. Place 1/4 of the fruit on half of each tortilla.

6. In a small bowl, stir together cinnamon, brown sugar, and nutmeg. Sprinkle over fruit.
7. Roll up the tortillas, starting at the end with the fruit.
8. Spray baking sheet with nonstick cooking spray
9. Place tortillas on baking sheet. Make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
10. Bake in oven for 8 to 12 minutes or until lightly brown.
11. Serve warm or cool. Refrigerate leftovers within 2 hours.

**Notes:** This easy snack gets more fruit into a daily diet. Tortillas, with a variety of toppings, make great snack builders.

**Safety tip:** Allow pie to cool slightly before tasting - the steam and sugar can burn.

**Makes 4 fruit pies**

**Serving size:**

1 prepared fruit pie, 1/4 of recipe

Nutrition facts per serving: 190 calories; 2.5 g total fat; 1 g saturated fat; 0 g trans fat; 0 mg cholesterol; 360 mg sodium; 36 g total carbohydrate; 1 g dietary fiber; 14 g total sugars; 7 g added sugars; 5 g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium

Source: Adapted from Kansas State University Cooperative Extension



### RECIPE

## Shepherd's Pie

- 2 large potatoes with skin, diced
- 1/3 cup skim milk
- 1/2 pound (85% lean) ground turkey
- 2 tablespoons flour
- 1 package (10 ounces) frozen mixed vegetables
- 1 can (14.5 ounces) low-sodium vegetable broth
- Shredded cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 375 degrees F.
3. Place potatoes in medium saucepan. Cover with water and bring to a boil. Reduce heat and simmer until tender (about 15 minutes).

4. Drain potatoes and mash. Stir in milk and set aside.
5. Brown turkey in a large skillet. Stir in flour and cook for 1 minute, stirring constantly.
6. Add vegetables and broth. Bring to a slow boil.
7. Spoon vegetable and meat mixture into an 8-inch square baking dish. Spread potatoes over mixture.
8. Bake 25 minutes.
9. Serve hot. Garnish with shredded cheese (optional).
10. Refrigerate leftovers within 2 hours.

**Makes 6 servings**

**Serving size:** 1/6 of recipe

Nutrition facts per serving: 190 calories; 6 g total fat; 1.5 g saturated fat; 0 g trans fat; 25 mg cholesterol; 90 mg sodium; 24 g total carbohydrate; 2 g dietary fiber; 4 g total sugars; 0 g added sugars; 10 g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

\*Note: Nutrition analysis does not include cheese.

Source: Adapted from ONIE Project – Oklahoma Nutrition Information and Education