



KNOTT COUNTY EXTENSION

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Lorie I. Adams,

Knott Co. Extension Agent for Family & Consumer Sciences

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Dear Newsletter Readers:

It's April! Spring is here, the weather is nice, and things are starting to bloom. Take advantage of that weather and get outside. Here at the Extension office, we are blooming with lots of FCS programs! Learn more about those programs inside this newsletter and come join us!

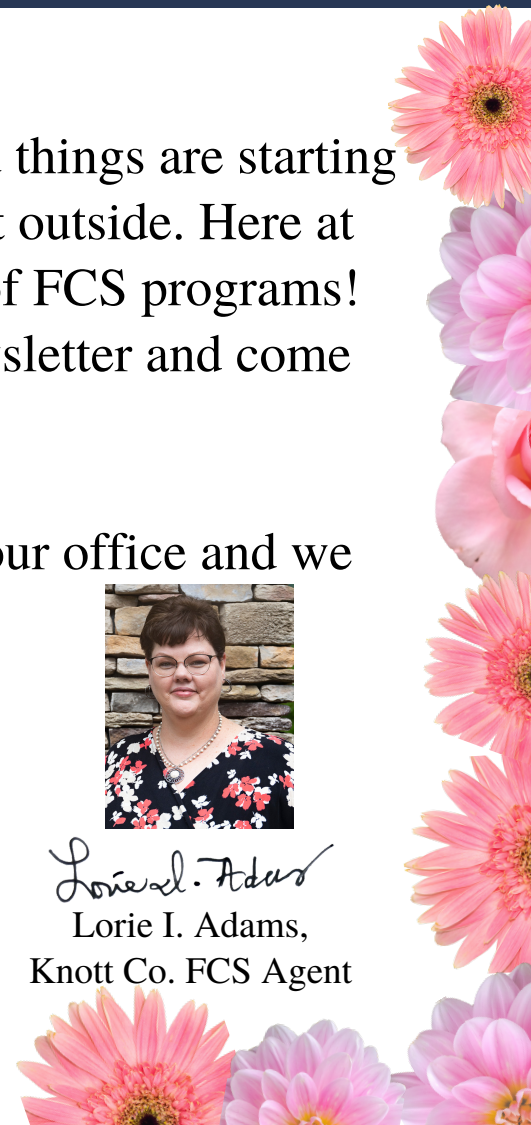
If you need anything this Spring, please contact our office and we will be glad to help.



Lorie I. Adams,
Knott Co. FCS Agent



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



Drop It Like It's Hot

This is an ongoing 10-week monthly program where you make goals to work on being healthier. Each month you will receive new information to help you reach your goals. You will also get a challenge each week. If you are interested in signing up, it's not too late.

Bingocize - 2 days a week at 2:00 pm

10-week health promotion program that combines exercise with inclusive exercise. 2-days a week. Call each week to get the days. 2:00 pm

Cook Together, Eat Together: Couples Edition Thursday, April 4th at 5:30 pm

This is a cooking class for couples. A couple can be any two friends or loved ones. You will be cooking a soup dinner for two.

Cooking Through the Calendar Wednesday, April 14th at 2:00 pm

Free cooking class. You will be making a recipe from the Food and Nutrition Calendar. This month's recipe is Lentil Sloppy Joes.

Healthy and Safe Outdoor Cooking Thursday, April 18th at 10:00 am

This is a Homemaker leader lesson. It will cover the steps for food and fire safety when cooking outdoors. Vicki Boggs, Leslie Co FCS agent will teach the lesson.

Cook Together, Eat Together: Couples Edition Thursday, April 4th at 5:30 pm

This is a cooking class for couples. A couple can be any two friends or loved ones. You will be cooking breakfast for two.

Please call 606-785-5329 to register for any of these classes.

ADULT HEALTH BULLETIN



APRIL 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 WALK AROUND THE CLOCK



April 5th is National Walking Day. It's an opportunity to try to fit more movement into your daily routines. If you are looking for a way to take a step in that direction (pun intended!), the following tips from the American Heart Association are for you.

Get up and going early

- Before you go to bed at night, lay out your walking clothes and shoes so it's easy to put them on quickly and head out the door.
- Eat a piece of fruit or a container of yogurt for quick energy, either first thing or on the go.

Continued on the next page 



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Disabilities accommodated with prior notification.

Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal.

→ Continued from the previous page

- Create an upbeat playlist of your favorite songs to help get you moving. But make sure you can still hear traffic while listening to music.
- If it is still dark, carry a light or wear reflective clothes.
- Stretch after your walk. You can even watch a morning news show or check your email while stretching.

Add in a mid-day movement break at lunch

- Schedule your lunchtime walk in your calendar, like an important meeting or appointment.
- Keep everything you need for walking at work or in your car, so you will never be without them.
- Recruit co-workers or friends to join you. You can keep each other on track and accountable.
- Depending on your walking pace, the weather and how much you sweat, you may be able to wear your work clothes and just put on athletic shoes. Or you may prefer to keep a change of clothes handy with your shoes.
- In cooler weather, you might need a jacket, hat, or gloves. If you're walking briskly, you'll heat up in a few minutes, so don't overdress.
- Do not skip lunch. Bring food with you or pick a route where you can grab a quick healthy meal at the end of your walk.

Wind down from your day with a walk

- Have a light snack about an hour or two before you leave work so you don't feel an energy dip and talk yourself out of walking. You could try fruit, trail mix, or peanut butter and crackers as easy afternoon snacks.
- Pick a route without heavy traffic because air pollutants are worse during rush hour.
- Before heading out or as you begin your walk, do some shoulder rolls and other warm-ups to release any stress you may be carrying.



- Carry a light or wear reflective clothing if it's already dark or getting dark while you are out.

When you choose to move is up to you. The important thing is fitting it in! Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal. Whether you do all 30 minutes at once or spread it out during your day is up to you!

REFERENCE:

<https://www.heart.org/en/healthy-living/fitness/walking/fit-in-walking-morning-noon-or-night>

ADULT
HEALTH BULLETIN

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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: SHOPPING TIPS WHEN BUYING MAJOR APPLIANCES

Major appliances can make everyday life a little easier, but their convenience often comes with a hefty price tag. With this kind of investment, it's wise to do a little research and have a plan.

BEFORE YOU BUY

As with most high-dollar items, **assess your need for the item.** Do you really need it? In our present-day society, it's hard to argue that something like a refrigerator is not necessary. And even though our need is reasonable, we should **consider our budget** before we begin.

To ensure a good "fit" for your space, **measure the area** where the appliance will go, as well as any doors or hallways that it may need to pass through during delivery or installation. And **don't forget about the power source.** Some appliances require a 120-volt, 3-prong outlet, or a special 240-volt outlet. Regardless of what it needs, avoid using extension cords and outlet adaptors for major appliances.

WHERE TO BUY

Using the internet to research appliances and compare options is a good place to start, but it's worth going into stores to see the actual items. By shopping in a store, you'll be able to



interact with a knowledgeable staff. **Buying locally** may cost a little more, but the personal connection may mean you'll get better customer service and help with any future repairs.

DON'T COMPARE APPLES TO ORANGES

When comparison shopping, **always check the model number** to make sure you're evaluating the same item. Manufacturers may produce versions of an appliance model with varied levels of quality to meet the needs of different stores. For example, the "same TV" sold at different stores with a price difference of \$200, could be two different model versions because the less expensive one has fewer cable inputs. Look at the item's

DON'T BE AFRAID TO NEGOTIATE, ESPECIALLY WHEN SHOPPING LOCALLY.



list of specifications to learn more; **compare the features and consider the benefits** to determine what is right for you.

GETTING A GOOD DEAL

You may be set on a specific brand or model, but if you're willing to **consider other options**, there may be significant savings. Sometimes there is a *floor model* available, or "last year's" model may be less expensive because it has fewer features. Stores may be willing to price match if you're comparing the exact model, but if you're waiting for a big sale, know that **most major appliance sales and rebates are manufacturer-driven.** That means the store is not setting the price, the manufacturer is. Therefore, discounts are going to be the same most everywhere. Don't be afraid to negotiate, especially when shopping locally. You are more likely to **"get a good deal"** if you shop at a local store that values your business.

OTHER "COSTS"

Finally, consider the **operating and maintenance costs.** Major appliances will have an EnergyGuide label to let you know the cost to run the item (based on average usage). The Federal Trade Commission notes, **an energy-**

efficient appliance may cost more up front, but it should save you money over time with lower utility bills. Also, in addition to keeping the appliance clean, your item may eventually require new filters, bulbs, or gaskets. Are there delivery or installation fees? What about hauling away an old appliance? Some stores include these services in the price, while others charge separately.

WARRANTY WISDOM

Read the warranty *before* you buy an item. Appliances should perform as advertised, and the **warranty should clearly define what you can do if the item breaks.** Before paying extra to buy an extended warranty or service plan, know what it covers. There's a chance the regular warranty is all you need, or if you used a special credit card for the purchase, the credit card company may include warranty coverage. In most cases, it's better to skip the extended warranty and set a little money aside for potential repairs.

REFERENCE:

<https://www.energy.gov/energysaver/shopping-appliances-and-electronics>

Written by: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment
 Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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Milk Matters

Anna M. Cason, RDN
Senior Extension Associate

Heather Norman-Burgdolf, PhD
Assistant Extension Professor

When you look in the dairy aisle at the grocery store, there are many kinds of milk to choose from. Dairy includes milk from cows to goats. However, in this same aisle you may see dairy alternatives, not made from animal products. You can also find milk in a different aisle on unrefrigerated shelves. It can be difficult to decipher which milk to choose. This publication will focus on cow's milk, popular plant-based milk alternatives, as well as shelf-stable options. After reading this publication, you will have a better understanding of which type of milk is best for you.



“Udderly” nutritious

Cow's milk has many varieties based on the amount of fat in it. These include whole milk (3.25% fat), reduced fat (2%), low fat (1%), and skim (0%). All cow's milk varieties have nine essential nutrients and provide 8 grams of protein per 8 oz. serving. Cow's milk also contains vitamins A, D, and B12, calcium, riboflavin, phosphorus, potassium, magnesium, and zinc.

Cow's milk is often fortified with vitamins and minerals to increase the nutrient content. Fortification is the addition of vitamins and/or minerals to increase the nutrient content. You can find these on the Nutrition Facts and ingredients labels. This happens with commonly eaten foods and beverages to help prevent nutrient deficiencies. “DHA,” an omega-3 fatty acid, is another fortified nutrient you may find in cow's milk.

Cow's milk goes through the process of pasteurization before it hits the grocery shelf. This important step uses heat to prevent the growth of bacteria and mold. This helps to reduce the risk of foodborne illness, prevents sour flavors, and helps extend the shelf life of milk.

Cow's milk varieties

Along with the main types of cow's milk commonly found in your dairy aisle, there are others that can accommodate health considerations and different preferences. These include lactose-free milk, organic milk, and flavored milk.

Lactose-free milk, as the name implies, does not contain lactose. It contains the beneficial nutrients of conventional milk and is great for those who have lactose intolerance. Organic milk comes from a dairy

farm that follows strict standards, from what cows eat to how farmers care for their cows.

Flavored milks are popular among children and are typically offered in school nutrition programs. These varieties provide several nutrients necessary for proper growth and development in children and adolescents. Although flavored milks contain added sugar, the amount has been found to be minimal compared to other sources like juices, sodas, and sports drinks. Studies have shown that the benefits of milk consumption outweigh the risks of the relatively small contribution of added sugars in flavored milks. As with any food or beverage with added sugar, it's best to prioritize the original item most of the time while allowing room for the sweeter option some of the time.

Plant-based “milks”

Some consumers choose to avoid dairy altogether. Plant-based milk alternatives are made from the liquid extracts of plant materials.

Two of the more common plant-based “milks” are soy and almond. Soy milk is high in protein, contains heart-healthy fats, and is closest to cow's milk in nutrients. Fortified soy milk is the only alternative milk that is included in the dairy food group of the Dietary Guidelines. Reach for unsweetened soy milk if you are watching your sugar intake. Almond milk is another popular dairy-free option. Unlike soy milk, almond milk is low in protein and fat. It is a good source of vitamin E. There are also unsweetened versions of almond milk.



If you are unable to use fresh milk before it expires, a shelf-stable option may provide the timeline you need. The taste may differ from fresh milk, but the nutritional benefits can be the same.

Oat milk is one of the newer “milks” on the shelf and is a great option for someone with a dairy, soy, or nut allergy. Oat milk is made with oats and may contain gluten. If you have a gluten allergy, ensure the oat milk is made from certified gluten-free oats. Oat milk falls in between almond and soy milk with protein and fat content. Because of its source, it contains more carbohydrates than cow’s milk, almond milk, or soy milk.

There are several other plant-based options on the shelves, including rice, pea, cashew, and coconut milk. These plant-based options tend to be more expensive than cow’s milk and can be difficult to find in some grocery stores, however they may be more suitable for some allergies.

Plant-based milk alternatives are typically lower than cow’s milk in some vitamins and minerals, so producers often fortify or enrich these “milks” with them. It is important to note that manufacturers add thickeners, preservatives, and flavorings to most plant-based milks to improve texture, shelf life, and flavor. If you are opting out of dairy, try to pick one that is unsweetened and fortified with calcium, vitamin D, and potassium.

Stepping outside of the dairy aisle

Powdered milk, also known as dry milk, is a shelf-stable milk option found in the middle of the grocery store. This is a form of milk that has the water fully evaporated. Dry milk is shelf-stable while in its dry form which can help prevent food waste and save you food dollars in the long run. By mixing it with water, you can reconstitute it to its true milk form.

Fortified dry milk has the same beneficial nutrients as conventional milk; however, the taste and texture may differ. It is a great option for baking and cooking, as well as for smoothies, shakes, coffee, and tea.

Evaporated milk has some of the water evaporated but not all of it. It is a concentrated form of cow’s milk. When you add equal parts water, it returns to a product like cow’s milk. If fortified, it has the same nutritional benefits as cow’s milk. This is another shelf-stable option for drinking, cooking, or baking. Condensed milk is a version of evaporated milk with added sugar. The texture and sweet taste make this milk ideal for dessert preparation.

Along those shelves, you may see other shelf-stable varieties of the milks mentioned above. These milk options have been processed and packaged, usually in smaller amounts than their refrigerated counterparts, to last longer on shelves. It is important to note that when you open these options, you must store them in the refrigerator and use them within seven days. These options have the added convenience of a longer shelf life before opening, so they may be good for those who buy in bulk.

If you are unable to use fresh milk before it expires, a shelf-stable option may provide the timeline you need. The taste may differ from fresh milk, but the nutritional benefits can be the same.

So, which milk is the milk for me?

The decision of what milk to buy comes down to many factors. The many milks available offer different nutrients and someone else’s needs may be

different from yours. Consider any decisions related to your health — allergies, diet modifications, and nutrient content. Cost may also be an important consideration. Choose a milk or milk alternative that fits in your budget and that you can use in time to prevent food waste and save food dollars. Lastly, flavor and taste are important. The milk for you is the milk you’ll use. Just because a new “milk” has popped up does not mean it is a better choice. As an informed consumer, you can make the right choice for you.

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HEALTHY CHOICES FOR HEALTHY FAMILIES

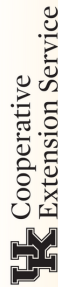
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Spring cleaning your kitchen

National Cleaning Week will be March 24-30 this year. The American Cleaning Institute says 95% of American households take part in some form of spring cleaning. What better way to kick off your spring cleaning than with the heart of your home, the kitchen? Here is a checklist of spring-cleaning tasks to get your kitchen clean and set up:

- **Pantry:** Remove all items and wipe down shelves with warm, soapy water. Toss or give away old items. Dried spices are often best used within two years. When placing items back into the pantry, place items that will expire soon closest to your reach. Place older items in the front so you will use them up first.
- **Refrigerator and freezer:** Remove items and wipe down shelves, compartments in the door, and bins

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Lexington, KY 40506



PARENT CORNER

Why is bone health so important for kids?

Growing children need calcium and nutrients like vitamin D to build strong bones. In fact, for children ages 9 to 18, the body reaches its highest need for calcium. You have likely heard calcium builds strong bones. Yet most young people don't get enough. Children can store calcium in their bones. After reaching young adult age, the body can no longer store calcium, and bones reach peak bone density. When the body needs calcium and you don't get enough through food, the body takes what it needs from the bones. This can cause bones to be weak and easy to break. This is called osteoporosis. Milk with meals is a good rule of thumb to help your child get 3 to 4 servings of dairy daily. To learn more, keep reading about calcium in the Food Facts section of this newsletter.

Source: Adapted from American Academy of Pediatrics (www.healthychildren.org)

BASIC BUDGET BITES
Cut convenience, cut costs

Looking to spend less with rising prices at the grocery store? A way to do this without losing quality is to cut the convenience charge. Look at your most recent shopping trip. Did you buy precut fruit, shredded cheese, premade packaged meals, or instant rice? While these items make meal prep faster, it comes at a cost. Making small changes to skip these charges can impact your monthly food cost. Use a grater to shred cheese, cut your produce, and skip prepackaged meals and snacks to start saving.

CONTINUED FROM PAGE 1

with warm, soapy water. Throw away rotting produce as old, out of date items. Don't forget the saying, "Four days, throw away," to decide on any leftovers you have on hand. To keep fresh produce longer, move veggies to the high-humidity bins. Move fruits to the low-humidity bins if your fridge has those choices. Restock items in your freezer with the items that need to be eaten soon on top or in close re

For a list of how to store fruits and veggies, scan the QR code or visit <http://tinyurl.com/nzx53kht>



- **Appliances:** After you have cleaned and set up all the drawers and cabinets, don't forget to wipe down your appliances. Unplug appliances before cleaning. Use warm, soapy water to wipe your toaster (and shake out those crumbs), coffee maker, and all those microwave splatters. Use a paste of baking soda and water to scrub buildup from your oven.

These tasks don't need to all happen on the same day. Spread deep cleaning tasks as needed and when you have the time. Clean countertops and cooking equipment daily. This will help keep your kitchen sparkling year-round.

Source: Amy Singleton, RDN, University of Kentucky Area Extension Agent for KY Nutrition Education Program

HEALTHY CHOICES
FOR HEALTHY FAMILIES

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HEALTHY CHOICES
FOR HEALTHY FAMILIES



FOOD FACTS
Calcium

Calcium is vital across the lifespan for a healthy body. It is a mineral your body needs to build and keep strong bones. It keeps the heart pumping. It moves muscles. Nerves need it to carry messages between your brain and every part of your body. The Dietary Guidelines for Americans state that 30% of men and 60% of women older than 19 do not get enough calcium. The recommended dietary allowance (RDA) for calcium is 1,000 mg for men 19 to 70 years old and for women ages 19 to 50. The RDA increases to 1,200 mg for women ages 51 to 70. The RDA for calcium is even higher during pregnancy and lactation. To meet this goal, eat more dairy products such as low-fat milk, low-fat cheeses like cottage cheese, and plain, low-fat yogurt. Even people with lactose intolerance can eat small amounts of dairy foods like cheese, yogurt, and lactose-free milk. People who need to skip dairy because of allergies can eat non-dairy foods high in calcium. This can include sardines, salmon, and kale. You can also eat calcium-fortified foods like unsweetened, fortified cereals and fortified orange juice.

Source: Adapted from National Institutes of Health

COOKING WITH KIDS

Quick Berry Cooler

- 1 package (12 ounces) frozen mixed berries
 - 3 cups skim milk
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Place frozen berries and milk in blender with lid. Blend for 3 to 4 minutes or until very smooth.
 3. Serve right away.
 4. Refrigerate leftovers within 2 hours.

Makes 5 servings
Serving size: 1 cup

Nutrition facts per serving:
70 calories; 0 g total fat; 0 g saturated fat; 0 g trans fat; 5 mg cholesterol; 60 mg sodium; 13 g total carbohydrate; 2 g dietary fiber; 11 g total sugars; 0 g added sugars; 5 g protein; 10% Daily Value of vitamin D; 15% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium.

Source: Eat Smart to Play Hard: Martha Young, former Regional Extension Specialist, University of Kentucky Cooperative Extension Service



RECIPE

Salmon Patties

- 1 can (15 1/2 ounces) salmon, drained
 - 1 cup whole-grain cereal or crackers, crushed
 - 2 eggs, lightly beaten
 - 1/2 cup skim milk
 - 1/8 teaspoon black pepper
 - 1 tablespoon vegetable oil
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Place salmon in a medium mixing bowl. Use a fork or clean fingers to flake salmon until very fine. Remove skin and large bones.
 3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon. Mix well.
 4. Shape into 8 patties.

5. Heat oil in a skillet on medium. Carefully brown both sides until the patty is fully cooked. Serve with vegetables and rice for a filling MyPlate meal.

6. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving Size: 1 patty

Nutrition facts per serving: 120 calories; 6 g total fat; 1 g saturated fat; 0 g trans fat; 75 mg cholesterol; 260 mg sodium; 5 g total carbohydrate; 0 g fiber; 2 g sugar; 0 g added sugar; 13 g protein; 40% Daily Value vitamin D; 10% Daily Value calcium; 10% Daily Value iron; 6% Daily Value potassium.

Source: United States Department of Agriculture, What's Cooking USA Mixing Bowl, March 2015.

LOCAL EVENTS

NAME County

- Bingocize - 2:00 pm, 2 days a week at the Extension office. Call each week for days.
- April 1st Knott Co Ex Spring CEC/Dist Board mtg
- April 4th - Cook Together, Eat Together (Couples Edition). 5:30 pm.
- April 17th - Cooking Through the Calendar. 2:00 pm
- April 18th - Healthy & Safe Outdoor Cooking - Homemaker Leader lesson - 10:00 am.
- May 2nd Cooking Through the Calendar, 2:00 pm
- May 7-9 KEHA State Meeting, Bowling Green, KY
- May 16th - Cook Together, Eat Together (Couple Edition) 5:30 pm.
- May 15th - Area Homemaker Training, Jackson, KY. 9:00 am
- May 21 - Knott Co Homemakers Spring Picnic, Noon



SMART TIPS

Freeze unused eggs

If you have more eggs than you can use within a few weeks of buying them, break them out of their shells and freeze them. Freeze only clean, fresh eggs. To freeze whole eggs, beat just until blended and pour into freezer containers. Seal tightly, label with the number of eggs and the date, and freeze. As stated by the USDA Food Safety and Inspection Service (FSIS), you can freeze eggs for up to one year. When you're ready to use frozen eggs, thaw them overnight in the refrigerator or under running cold water. Use whole eggs as soon as they're thawed. Use thawed frozen eggs only in dishes that are fully cooked.

Source: Adapted from The American Egg Board

If you are interested in nutrition classes, contact your Extension office.

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