

FAMILY AND CONSUMER SCIENCE NEWS

Boyd County Cooperative Extension Service

May 2024

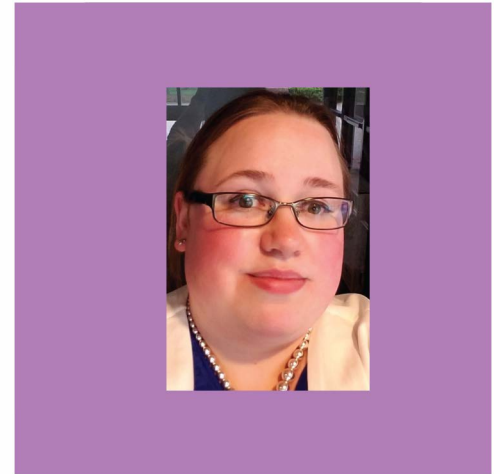


University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Family and Consumer Sciences

**Cooperative Extension
Service**

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Happy May everyone!

Cinco De Mayo, the Derby, Mother's Day, and Memorial Day there is so much to look forward to this month!

We have some fun events coming up! On May 2nd, the Hilltop Homemakers will be preparing the May recipe of the NEP Recipe Calander, and, on May 2nd, it is time for Longaberger Basket Bingo. Doors open at 5:30! May 10th is our Lunch and Learn about being Savvy Sellars and Bargain Hunters (Everyone who knows me knows I love a good bargain!). Herb Day is on Saturday, May 18th at the Expo, the Herb of the Year is Yarrow Achillea. Don't forget, the Farmer's Market opens the 1st of June as well.

May signals the start of Summer so keep your eyes on our Facebook page and the June Newsletter for more upcoming programs and events!

As always, my door is always open for discussion and ideas! Please feel free to stop by!

Best,

Jacqueline Doucet

Jacqueline Doucet
County Extension Agent
for Family and Consumer Resources

In This Issue:

- Welcome
- Homemaker News
- Upcoming Events
- May Recipe
- May Health Bulletin

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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May



Message from the President

Hello Homemakers,

Springing into a new season. Lots of exciting events are coming up with plenty of opportunities to help, learn, serve, and earn those volunteer dollars. I know y'all will step up and get the jobs done. We have the best bunch of Homemakers in the state! (Agent note: YES WE DO!)

Keep up the awesome job. I am so thankful for all of you.

Love and Prayers,

Kathy



Homemaker Upcoming Events & Announcements



- *Cooking with the Calendar: Hilltop, **May 2nd at 10 a.m.**, Boyd County Extension Office. **Mays Recipe: Taco Pie.***
- *Homemaker Council Meeting, **May 1st at 10 a.m.**, Boyd County Extension Office.*
- *Longaberger Basket Bingo, **May 2nd at 5:30 p.m.**, Boyd County Extension Office*
- *KEHA State Meeting, **May 6th-9th**, Bowling Green, KY*
- *Sewing/Quilting/UFOs: **Every Monday at 5 p.m.**, Boyd County Extension Office.*
- *Mats for Homeless: **Every Thursday at 10 a.m.**, Boyd County Extension Office.*

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KEHA Upcoming Events & Announcements



- *May 7-9 – KEHA State Meeting in Bowling Green.*
- *May 15 – 990N Deadline for 501(c)(3) organizations with fiscal year ending Dec. 31.*
- *June 15 – Postmark deadline for NVON Conference registration.*
- *July 16-18 – NVON Conference in Ashville, N.C.*

*National Volunteer Outreach Network (NVON) Conference – The 25th annual NVON Conference will be **July 16-18, 2024**, in Ashville, N.C. Any KEHA member is eligible to register and attend. Meeting details are available at <https://www.nvon.org/nvon-conference/>. The hotel and registration deadline is **June 15**.*



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Recipes from the 2024 Food and Nutrition Recipe Calendar



May's Recipe: Taco Pie

Join us at the Boyd County Extension office for our monthly cooking demonstration and sampling. Try tasty Nutrition Education Program Calendar recipes and discover strategies to eat healthier and cook at home!

May 2nd
at 10 a.m. Boyd County
Extension Office

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2024 Lunch and Learn Upcoming Dates

12 pm-1 pm

Boyd County Extension Office
2nd Friday of every month.

.Join us for a fun lunchtime discussion.
Lunch will be provided or you can bring your own!

Please call 606-739-5184 to Register.

This program is FREE

January 12th

~~Healthy Ways to Flavor Your Food~~

May 10th

Savvy Sellers & Bargain Hunters

February 9th

~~Stocking and Using Pantry Staples~~

June 14th

Freezing Fresh Fruits

March 15th

~~Savvy Online Grocery Shopping~~

July 12th

Savor the Flavor; Using Kitchen Tools & Appliances

April 12th

~~Travel Safety: Know Before You Go.~~

August 9th

Clutter Free Living.

*Topics subject to change *Program subject to weather

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September 13th

Cooking for 1 or 2

October 11th

Carbon Monoxide: Exposure and Prevention

November 8th

Managing Holiday Expenses

December 13th

Planning Holiday Meals on a Thrifty Budget

*Topics subject to change *Program subject to weather

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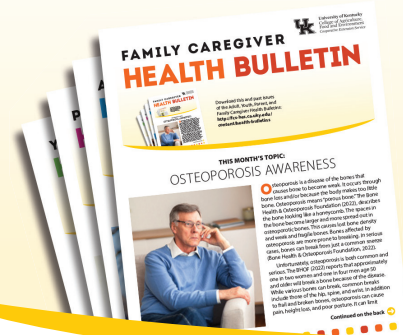
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FAMILY CAREGIVER

HEALTH BULLETIN



MAY 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

EATING WELL FOR HEALTH



Maintaining a healthy diet is important across the life span. As we get older, changes in nutritional needs, health, and life circumstances can challenge healthy eating. It is important to make food choices that optimize health and overall well-being.

A variety of factors may challenge healthy eating when older. For example, medical conditions and medication may make it hard to absorb and efficiently use essential nutrients. Cognitive impairment, oral health problems, and mobility issues create barriers to healthy eating and nutrition. Social factors such as bereavement, loss of independence, and social isolation can influence dietary practices. Older adults are also more likely to become less active. As their metabolism slows and energy decreases, they eat less. As a result, eating healthy and getting the proper nutrients necessary for healthy aging can be tough. Despite these factors, the Cleveland Clinic stresses

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making a conscious effort to eat a well-balanced, nutrient-rich diet. A healthy diet after age 65 is important because it contributes to:

- Cognitive function
- Memory
- Cardiovascular health
- Bone and muscle strength
- Immunity
- Digestion
- Mental health
- Overall well-being

The USDA recommends that a healthy, well-rounded diet after age 65 should limit processed foods and include:

- Variety of lean protein
- Fruits and vegetables
- Whole grains
- Low-fat or fat-free dairy
- Limited sugar, saturated fat, and sodium
- Proper hydration

Think nutrients

The ability to absorb nutrients decreases naturally with age. Sometimes this happens because of medical conditions and/or medication. Micronutrients are all the nutrients found in foods including all of our vitamins and minerals. Our bodies need micronutrients to work right, meaning healthy development, disease prevention, and overall well-being (CDC, 2022). As we age, it is important to get enough iron, vitamin A, vitamin D, iodine, folate, zinc, calcium, potassium, magnesium, fiber, and omega-3 fatty acids. In addition to talking to a health-care provider about proper nutrients, you should read the Nutrition Facts label to understand how much of certain micronutrients are in your food. You can also take dietary supplements, often in the form tablets, capsules, gummies, powders, and drinks, to add to or supplement your diet. Always talk to a health-care provider about whether supplements are necessary for your nutritional needs.

Stay hydrated

Dehydration is a common cause for hospitalization for those 65 and older. A variety of age-related changes in the body, health conditions,

and/or medications may make thirst decline as we get older. But some older adults choose not to drink because of concerns about bladder control. (You do not drink as much so you do not have to “go” as much). Limited mobility may make it difficult to get a drink or use the restroom quickly and/or frequently. Various medications, chronic illnesses, and even a common cold or a sore throat may make people less likely to want to drink. It is important to keep up with your fluids even when you do not feel well. Drinking water prevents dehydration, helps digestion, enhances absorption of some nutrients and can even help us feel more energized and think clearly. Other great sources of fluids include 100% fruit or vegetable juice, low-fat or fat-free milk, fortified soy beverages, and sometimes tea and coffee. Even various foods, such as fruits, vegetables, and soups, help keep up hydration.

Be social

The USDA recognizes that healthier eating occurs when it becomes a social event. From preparing to consuming, sharing food with others helps increase enjoyment and promotes adequacy of dietary intake for older adults. Eating with others can also improve and sustain mental health.

To find out if you or a loved one is making every bite matter, take the USDA MyPlate quiz. This quiz gives you an overview of how you are doing with the recommended food groups, and it gives personalized resources based on your specific results. You can even download a MyPlate app to set daily food group goals based on your quiz results, monitor progress, and earn badges to acknowledge your healthy eating accomplishments. To start the quiz, go to <https://www.myplate.gov/myplate-quiz>.

REFERENCES:

- Cleveland Clinic. (2023). Nutrition for Older Adults: Why Eating Well Matters as You Age. Retrieved March 14, 2015 from <https://health.clevelandclinic.org/how-to-age-better-by-eating-more-healthfully>
- USDA. (2022). Healthy Eating for Older Adults. Retrieved March 14, 2024 from https://myplate-prod.azureedge.us/sites/default/files/2022-04/TipSheet_21_HealthyEatingForOlderAdults.pdf

FAMILY CAREGIVER
HEALTH BULLETIN

Written by:

Heather Norman-Burgdolf
and Amy Kostelic

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock





Taco Pie

- 1 small white onion, chopped
- 1 pound lean ground turkey or ground beef
- 3 tablespoons reduced-sodium taco seasoning
- 1 can (15 ounces) unsalted tomato sauce
- 1 can (15 ounces) black beans, drained and rinsed
- 2 (8 inch) whole-wheat tortillas
- 1/2 cup shredded cheddar or Mexican blend cheese
- **Optional:** serve with taco toppings such as salsa, cilantro, jalapeno, onion, low-fat sour cream

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 375 degrees F.
4. Over medium-high heat, add onion to a large skillet. Sauté 1-2 minutes until slightly softened.
5. Lower the heat to medium. Add ground turkey to the skillet, allow it to fully cook and reach an internal temperature of 165 degrees F using a food thermometer, about 7 to 8 minutes.
6. To the skillet, add taco seasoning, tomato sauce, and black beans. Stir to combine and allow to simmer for about 2 to 3 minutes until heated through. Remove from heat.
7. Using a 9-inch round glass baking dish, add one-third of the meat mixture. Place one tortilla on top of mixture. Next, add the same



amount of meat mixture. Place the second tortilla on top of mixture. Finally, add the remaining meat mixture on top of tortilla.

8. Bake for 20 minutes. Remove from the oven, top with cheese and bake for an additional 5 minutes or until cheese is melted.
9. For best results, allow it to cool 5 minutes before serving. Slice and serve alone or with your favorite taco toppings.
10. Refrigerate leftovers within 2 hours.

Makes 6 servings
Serving size: 1/6th of pie
Cost per recipe: \$10.20
Cost per serving: \$1.70



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:
 300 calories; 5g total fat; 2g saturated fat; 0g trans fat; 45mg cholesterol; 600mg sodium; 34g total carbohydrate; 7g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

Source:
 Kristi Shive, Warren County Agent for Family and Consumer Sciences, University of Kentucky Cooperative Extension Service



2024 Garden Shed Herb Day

Saturday, May 18

9am-2pm

At the Boyd County Education Center– Expo Building

1758 Addington Road, Ashland

Tickets will be \$20 per person which includes all programs and lunch

Tickets **Must** be purchased in advance at the Boyd County Extension Office

OR from a Boyd County Master Gardener - **No tickets will be sold at the door**

(Cash or Checks only and checks are to be made out to Boyd County Extension).

This Years Guest Speakers:

Renee Spence with Granny Witch Gardens

Shane Fields with Phoenix Farmacy

Venders will be on site selling garden items and herbs.

Herb of the Year

Yarrow

(Achillea millefolium)



County Extension Agent

For Horticulture

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