

Monthly Russell County FCS Newsletter

Save Money by Making Your Own Floral Arrangements



The Russell County Extension Office hosted a floral arranging class in May, taught by ANR Assistant Sarah Beard. The workshop focused on hands-on learning of arranging fresh-cut flower bouquets. Making your own floral arrangements is a relaxing and cost-saving way to freshen up any home or workplace.

If you have a program idea you would like to see, please call the Russell County Extension Office.

Food Preservation Season is Upon Us!

The Russell County Extension Office will be offering three FREE canning classes this summer: jams and jellies, tomatoes and salsa, and vegetable soup. If you are interested in learning how to hot water bath or pressure can food this summer, please call to RSVP. Space is limited for these hands-on learning classes. Call 270-866-4477 to RSVP.

Russell County Farmers' Market Opening for the Season

The Russell County Farmers Market will open for the season on **Friday, June 7th**. If you are looking for fresh produce, please plan to stop by.

The grand opening of the Farmers Market will be on **Friday, June 28th**. The Farmers Market is located in the parking lot of the Russell County Extension Office.

Know Before You Go: Travel Health Notices

Source: Katherine Jury, Extension specialist for family health

Many people make travel plans for the summer months when the weather is warm and children are out of school. If you are planning to travel internationally, consider any additional health and safety precautions you should take based on your travel destination.

The Centers for Disease Control and Prevention provides both a list of recommended vaccinations and other preventative health measures that travelers can take. They also have specific disease information by country and region. One way the CDC notifies travelers of important health information is through Travel Health Notices (THNs). They use these notices to inform travelers about global health risks during outbreaks, special events or gatherings, and natural disasters. The CDC also gives advice about protective actions travelers can take to prevent infection or adverse health effects.

There are four different kinds, or levels of notices. Level 4 notices advise travelers to avoid a country or region entirely. Level 3 notices caution travelers to reconsider nonessential travel due to limited precautions available. Level 2 notices encourage travelers to practice enhanced precautions for this destination and describe additional precautions or specific populations at risk. Level 1 notices inform travelers of outbreaks of disease uncommon to Americans but common at their destination location and describe usual precautions for this destination.

Also, the CDC provides destination-specific information for more than 200 international travel destinations, including recommended vaccinations, a prevention guide for common diseases, and a Healthy Traveler Packing Guide specific to your destination.

For more information, and to access CDC travel health notices, visit
<https://wwwnc.cdc.gov/travel/notices>

Reference: <https://wwwnc.cdc.gov/travel/notices>

Upcoming Workshops

- June 10th: Canning Jams & Jellies @ 5:30 PM
- June 11th: Gardening in Small Places- Herbs @ Noon
(Russell County Public Library)
- June 17th : Cooking the Calendar: Fruited Coleslaw @
5 PM
- June 24th: Canning Salsa and Tomatoes @ 10 AM
- July 1st: Wits Work: Brain Games & Exercise @ 10 AM
- July 9th: Cooking with Herbs @ Noon (R.C. Library)
- July 20th: Canning Vegetable Soup @ 10 AM

For all workshops, please call 270-866-4477 to RSVP

RSVPING ALLOWS THE AGENT TO BETTER PLAN
FOR YOUR ATTENDANCE

You can also find these events on our Facebook
Page.

[FACEBOOK](#)

Office: 270-866-4477 OR Email: russell.ext@uky.edu

WEBSITE: RUSSELL.CA.UKY.EDU

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Lexington, KY 40506



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MAY / JUNE 2024

HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative
Extension Service



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.

How MyPlate can help you

Have you ever eaten dinner and then gotten hungry shortly after? Have you ever wanted to take a nap after lunch? You may not have had a balance of the MyPlate food groups at your meal. We all need to consume energy in the form of food each day to function well. Calories are a measure of energy found in carbohydrates, proteins, and fats in foods. The MyPlate food groups have a balance of carbohydrates, proteins, and fats. Eating balanced MyPlate meals helps us feel fuller longer, gives us more steady energy levels, helps us get the nutrients we need, and more.

Do your best to eat breakfast, lunch, and dinner and to use MyPlate when eating each meal. Take note of how you feel after eating a MyPlate meal compared to a meal that isn't balanced. Maybe you feel fine either way. But maybe you notice you are fuller for a longer period of time, get less



sleepy, or are more alert after eating a balanced MyPlate meal. It is a simple concept that can impact your life!

The benefits of MyPlate are even better with time. Not only will you feel better day-to-day, but you will also start to see other benefits. MyPlate can impact

your body inside and out, including how you feel. Next time you decide what to eat, keep MyPlate in mind. Visit [MyPlate.gov](https://www.MyPlate.gov) for more information. Visit [PlanEatMove.com](https://www.PlanEatMove.com) for tasty recipes using the MyPlate food groups.

Source: Jeannie Najor, MS, RD

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BASIC BUDGET BITES

Finding the best buy on food

Finding the best deal on food is a skill you can learn with a bit of practice.

The first step starts with the price tag. Each price tag on the front edge of the grocery shelf shows helpful tips. It shows the size of the item, the retail price, and the unit price.

- **Retail Price** is the price you pay for each item.
- **Unit Price** is used to compare the price of the same unit (pound, ounce, quart, etc.) between two items. Look for the lowest price per unit. You can use the unit price to compare brands and sizes to figure out which one costs less.



- **Buy in bulk.** It is almost always cheaper to buy food in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. You can also buy

grains, such as brown rice, millet, barley, and oats, in bulk. Beans, lentils, some nuts, and dried fruit come in bulk. Buy fresh, low-fat milk, yogurt, and cheese in the largest size you can use before it spoils. Larger sizes often cost less per unit than smaller ones.

Before you shop, check to make sure you have enough freezer space. You can buy canned or frozen fruits or vegetables in large amounts when they are on sale.

- **Buy in season.** Fruits and vegetables that are in season are often cheaper and fresher. If you buy too much, you can freeze the rest or add it into future meal plans. Farmers' markets always carry what is in season. When you can't buy in season, buy frozen. Frozen produce is just as healthy, and you can buy it at any time during the year.
- **Stay away from convenience foods.** Convenience foods like frozen dinners, frozen veggies with added sauces or butter, pre-cut vegetables, pre-bagged salad mixes, flavored rice, oatmeal, or grits will cost you more. The better buy is to prepare your own. Pre-cut, pre-washed, ready-to-eat, and processed foods are handy, but often cost much more.
- **Stock up during sales.** When products you use are on sale, stock up to save money. Make sure the products won't go out of date before you have time to use them. It won't save you money if you end up throwing it out later.

Source: Adapted from Finding the Best Deal on Food | Kentucky Nutrition Education Program (planeatmove.com)



FOOD FACTS

Greens

- **Season:** May through June and September through November
- **Nutrition facts:** Greens are a source of vitamins A and C. A half-cup serving has 20% of calcium needed each day. Greens are low in calories with 20 to 30 calories per half-cup serving.
- **Selection:** Look for bright green leaves that are fresh, young, moist, and tender.
- **Storage:** Store greens in the coldest part of the refrigerator for no more than 2 to 3 days.
- **Preparation:** Wash greens well in warm water. Remove roots, rough ribs, and center stalks if they are large or fibrous.
- **To cook:** Add washed greens to a medium-size saucepan with a quarter inch of water. Bring water to a boil. Cover and cook until tender. Leafy greens cook in 1 to 3 minutes. Crisp and tender greens may require 5 to 10 minutes. Spices and herbs will add to the flavor without adding salt. Try allspice, lemon, onion, nutmeg, or vinegar.
- **To freeze:** Wash young, tender green leaves fully and cut off woody stems. Blanch greens for 2 to 3 minutes, cool, drain, and package. Leave a half inch of headspace, seal, label, and freeze. Store greens for up to 1 year in the freezer.

Source: Adapted from University of Kentucky, FCS Extension Plate It Up KY Proud



PARENT CORNER

Tips for picky eaters

How to cope with picky eating

- Let your kids be “produce pickers.” Let them pick out fruits and veggies at the store.
- Have your child help you make meals.
- Offer choices. Instead of, “Do you want broccoli for dinner?” ask, “Which would you like for dinner, broccoli or cauliflower?”
- Enjoy each other while eating family meals together.
- Offer the same food for the whole family.

Try new foods

- Start with small portions. Give a small taste first and be patient with them.
- Offer one new food at a time along with something that you know your child likes.
- Be a good role model. Try new foods yourself.
- Offer new foods many times. Sometimes, new foods take time.

Make food fun

- Cut foods into fun and easy shapes with cookie cutters.
- Name a food your child helps make. Make a big deal of serving “John’s Salad” or “Jane’s Sweet Potatoes” for dinner.

Source: Adapted from Healthy Tips for Picky Eaters (usda.gov)

COOKING WITH KIDS

Green Smoothie

- 1 cup greens, such as spinach or kale
- 1/2 banana, peeled and sliced
- 1/2 cup apple, chopped, or 1 cup fresh or frozen berries
- 1 cup nonfat or low-fat milk

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place all ingredients in a blender in the order listed.
3. Blend until smooth and creamy. Add a little water if you want a thinner smoothie.
4. Store leftovers in the refrigerator within 2 hours.

Notes: If using greens in a drink sounds weird to you, try spinach. You will barely taste it once mixed with fruits. Use frozen fruit for a thicker, colder smoothie.

Makes 2 servings
Serving Size: 1 cup

Nutrition facts per serving: 90 calories; 0 g total fat; 0 g saturated fat; 0 g trans fat; 5 mg cholesterol; 85 mg sodium; 19 g total carbohydrate; 2 g dietary fiber; 13 g total sugars; 0 g added sugars; 5 g protein; 6% Daily Value of vitamin D; 15% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source: Green Smoothie | EatFresh.org



RECIPE

Spring Vegetable Sauté

- 1 teaspoon olive oil
- 1/2 cup sweet onion, sliced
- 1 garlic clove, finely chopped
- 3 new potatoes, quartered
- 1 medium carrot, sliced
- 3 asparagus spears, chopped
- 3/4 cup sugar snap peas or green beans
- 1/2 cup radishes, quartered
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried dill or thyme, or spice of your choice

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat the oil in a large skillet. Cook the onion for 2 minutes. Add garlic and cook another minute.
3. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.

4. If the vegetables start to brown, add a tablespoon or two of water.
5. Add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender — about 4 minutes more.
6. Serve right away.
7. Store leftovers in the refrigerator within 2 hours.

Note: Use any variety of vegetables you have on hand for this recipe.

Makes 4 servings
Serving Size: quarter of recipe

Nutrition facts per serving: 140 calories; 1.5 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 220 mg sodium; 28 g total carbohydrate; 7 g dietary fiber; 12 g total sugars; 0 g added sugars; 4 g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

Source: Spring Vegetable Sauté | MyPlate

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2024

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FAIR AND SAFE: THE ROLE OF CONSUMER PROTECTION AGENCIES

When you shop, you probably expect that the seller will treat you fairly, offer a reasonable price, and sell a safe product. Consumer protection agencies exist to ensure that these expectations are true. They safeguard your rights and interests as a buyer. Three of these agencies are the Federal Trade Commission (FTC), the Consumer Financial Protection Bureau (CFPB), and the Food and Drug Administration (FDA). Let's explore how these agencies help keep the marketplace balanced and secure.



FEDERAL TRADE COMMISSION (FTC)

The FTC makes sure that competition is fair and that buyers are protected in different industries. They investigate and stop unfair competition, scams, and misleading advertising. For example, if someone tries to trick people into buying something with false claims, the FTC steps in to stop it. They also help people who have had their identity stolen by providing resources, assisting in recovery, and raising awareness. In 2021, they helped nearly 24 million identity theft victims, according to the Bureau of Justice Statistics. By promoting fair competition, the FTC encourages lower prices and better-quality products, giving consumers more choices. They also teach people about their

rights and give information to help them make smart choices, especially with big purchases or money matters.

CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)

The CFPB is a government agency that monitors how consumers interact with banks, mortgage companies, payday lenders, and other financial businesses. Their main job is to make sure consumers are treated fairly by enforcing laws that protect them from being financially harmed or deceived. If you have a problem with a financial product or service, like a bank account or a loan, you can reach out to the CFPB for help. By filing a complaint online or over the phone, they will investigate and try to resolve the issue. The CFPB also provides educational



THE FTC, CFPB, AND FDA ARE ONLY A FEW U.S. CONSUMER PROTECTION AGENCIES.



resources to help people better understand their financial choices. They offer tools and programs to teach consumers about important financial topics such as managing money, understanding credit, and avoiding financial scams. For instance, the CFPB ensures that mortgage companies follow rules to prevent people from losing their homes through foreclosure. They also require credit card companies to clearly explain their fees and terms so consumers can make informed decisions.

FOOD AND DRUG ADMINISTRATION (FDA)

The FDA is another federal agency that looks after the safety and effectiveness of products that we use every day, like food, medicines, and medical devices. They play an important role ensuring the food we buy is safe to eat and food labels are accurate. The FDA also verifies the safety of new medicines and medical devices before they are sold to the public. This protects consumers from using products that could be dangerous or might not work as they should. Along with their role in product safety, the FDA teaches

people about important health topics. They provide information on how to use medications safely and how to handle food to avoid getting sick. They also warn about the dangers of risky behaviors like smoking. By setting rules and making sure companies follow them, the FDA plays a key part in keeping consumers healthy and informed.

The FTC, CFPB, and FDA are only a few U.S. consumer protection agencies. Understanding the functions and roles of agencies like these helps consumers make informed decisions and avoid or address problematic issues with services and products.

REFERENCES:

Federal Trade Commission.
<https://www.ftc.gov/>

Consumer Financial Protection Bureau.
<https://www.consumerfinance.gov>

U.S. Food and Drug Administration.
<https://www.fda.gov/>

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ADULT

HEALTH BULLETIN



JUNE 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>

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THIS MONTH'S TOPIC

STEP INTO NATURE, SUMMER EDITION



As the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

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Disabilities accommodated with prior notification.

When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

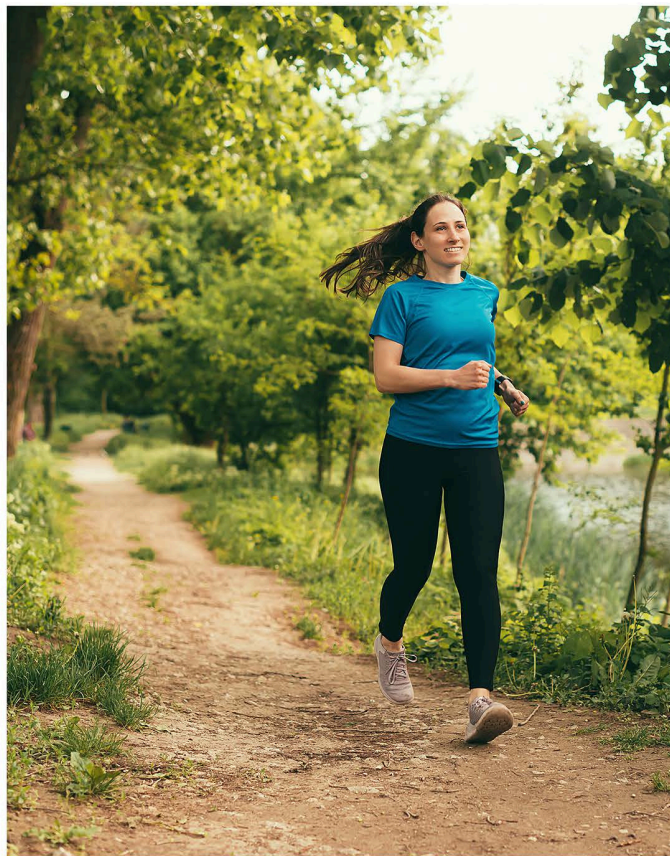
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There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

REFERENCE:

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

**ADULT
HEALTH BULLETIN**

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Adobe Stock





KENTUCKY HOMES AND BUILDINGS NEED RADON TESTING

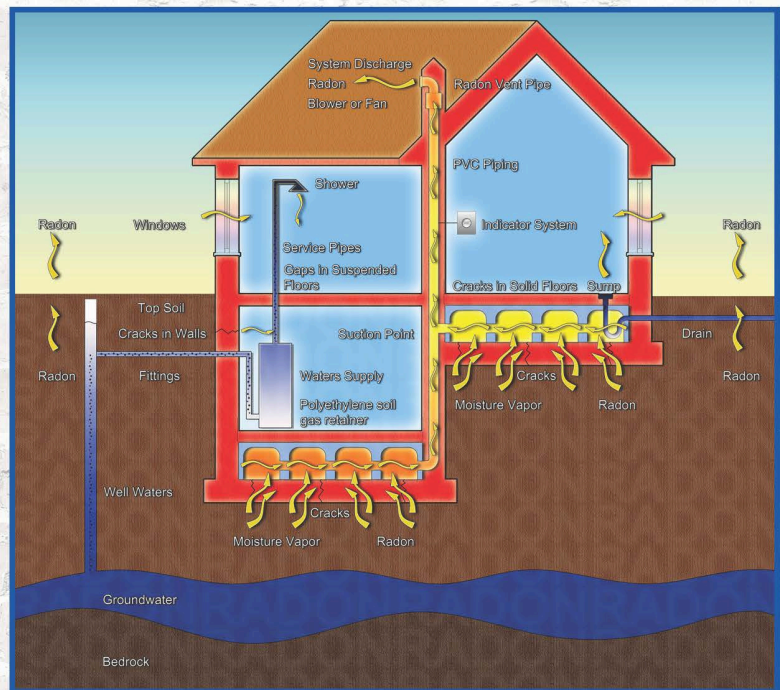
Has your home, school, or workplace been tested for radon? Did you know that indoor radon exposure is very prevalent in Kentucky?

Radon is a naturally occurring radioactive gas you can't see, taste, or smell. Radon exposure is harmful to your health. It is the second leading cause of lung cancer. People who are exposed to both radon and tobacco smoke are 10 times more likely to develop lung cancer. Kentucky leads the nation in the number of new lung cancer cases and lung cancer deaths.

Radon comes from the breakdown of uranium in the soil, in rock, and water. Radon is found in every region of the U.S. Radon levels vary widely by geographic area.



According to the Environmental Protection Agency (EPA), radon is the No. 1 cause of lung cancer among nonsmokers. Radon is responsible for about 21,000 lung cancer deaths every year.





HOW TO TEST AND FIX HOMES AND BUILDINGS IN KENTUCKY

Test Your Home - The EPA and the U.S. surgeon general recommend that all homes in the U.S. be tested for radon. Testing is easy and inexpensive. Learn more about testing your home, including how to obtain an easy-to-use test kit by visiting <https://www.epa.gov/radon/find-radon-test-kit-or-measurement-and-mitigation-professional>. There is no known safe level of radon, and you should always aim to have the lowest level. The EPA recommends fixing your home if radon levels are above 4 picocuries per liter of air (pCi/L).

Mitigate (Fix) Your Home - Lowering high radon levels requires technical knowledge and special skills. To find a qualified contractor in your area, contact the Kentucky Radon Program at 502-564-4856 ext. 4196, or visit <https://certifiedradonpros.org/ky.html>.

Radon is a preventable cause of death in Kentucky, and these steps can make your home and indoor environment easier to breathe in.



Photo courtesy of UK College of Nursing BREATHE Program

Resources:

- <https://kentuckyradon.org/2021/01/29/governor-beshear-proclaims-january-as-radon-action-month-in-kentucky/>
- <https://www.uky.edu/KGS/radon/>
- <https://www.epa.gov/radon/health-risk-radon>
- <https://www.epa.gov/radon/find-radon-test-kit-or-measurement-and-mitigation-professional>
- <https://www.cdc.gov/radon/radon-facts.html>
- <https://www.cdc.gov/radon/radon-action.html>
- <http://www.radonleaders.org/sites/default/files/2022-01/NRAP-2021-2025-Action-Plan-508.pdf>

Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, March 2022