

Homemaker Newsletter

March 2025

RUSSELL COUNTY EXTENSION OFFICE
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RUSSELL SPRINGS, KY 42642
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RUSSELL.CA.UKY.EDU

Homemaker Council News

Thought of the Month:

Exciting news! The Russell County Extension Homemakers are taking over the BPW's Vendor's Fair! We are planning to try and host a spring vendor's fair in late March or April, please be on the lookout for more information!

"But you can come along with me 'Cause we gotta a lot of things to do now"

Homemakers, please bring non-slip socks and signed Easter cards to your next club meeting, these will be given to the residents of the nursing home for Easter.

Fun, Fun, Fun
The Beach Boys
· 1964

The March Extension Homemaker Council meeting will be held on **Monday, March 24th, at 5 PM** at the Russell County Extension Office. We plan to discuss our annual June meeting, bring your ideas!

Roll Call:

What do you like to do for fun in the spring?

An *"Indoor Air Quality"* informational program will be held on March 24th at 4 PM. **Please call to RSVP by 03/17/25.**



Club Meeting Information

Homemakers On the Go

The Homemakers On the Go will meet on **Thursday, March 13th**, at 10 a.m., at the Extension Office to carpool and travel to Tompkinsville for lunch at the Eating Table. Please call 270-866-4477 to RSVP by March 10th.

The Piecemakers Quilt Guild

The Quilt Guild will meet on Monday, **March 10th** and Monday, **March 24th, at noon** at the Extension Office. They plan to have a Sit & Sew and to work on donation blankets. Please reach out to Cindy Mills if you have any questions.

Sunset Club

The Sunset Club will meet on **March 11th**, 6 p.m., at the Extension Office for an Easter-themed craft and fellowship. Please reach out to Susan Adams for more information.

Homemakers by Heart

Homemakers By Heart will meet on **March 17th, 6 p.m.**, for a beginner yeast bread class, taught by Megan Gullett. Please RSVP with Caitlyn Helm or the Extension Office by March 10th.

Crafty Bees

The Crafty Bees will meet on **March 25th** at 5:30 p.m. for their monthly meeting, led by Melonie. This will be an Easter-themed craft.

ADULT

HEALTH BULLETIN



MARCH 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Russell County Extension Office
2688 S. US 127
Russell Springs, KY
42642
(270) 866-4477

THIS MONTH'S TOPIC

THE POWER OF POSITIVE LANGUAGE AROUND FOOD



The way we talk about food can have a big impact on how we feel about it and how we take care of our bodies. When we use positive, respectful language around food, it helps us build a healthier relationship with what we eat. A healthy relationship with food means not feeling guilty or stressed about what we eat but instead enjoying food as something that nourishes and energizes us.

Words have a lot of power. The language we use can shape our thoughts and feelings. If we call food “bad” or “unhealthy,” we might start feeling bad about eating it. For example, saying things like, “I shouldn’t eat this,” or “this is so unhealthy,” can make us feel guilty when we enjoy our favorite foods. But when we use words like “balanced” or “nourishing,” it reminds

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While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad.

➔ **Continued from the previous page**

us that food is not the enemy — it's something our bodies need to stay strong and healthy.

We often talk about food in ways that make it seem like some foods are “good” and others are “bad.” While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad. All foods can be good for us in one way or another. Whether it's the nutrients it provides us or the enjoyment we get from eating it. The key is to focus on balance, not perfection. If we can learn to talk and think about food without judgment, it can help us feel more relaxed and less stressed about eating.

Talking about food in a mindful way can also help us enjoy it more. Mindful eating means paying attention to what we're eating, how it makes us feel, and how much we're eating of it. When we use words like “enjoying,” “savoring,” or “appreciating,” we remind ourselves to slow down and notice the flavors, textures, colors, and smells of our food. This helps us be more aware of when we're full and prevents overeating. Instead of rushing through a meal or eating while distracted, we can focus on the experience of eating and truly enjoy it.

Language around food is also important in the way we talk about it with others. If we constantly talk about dieting, weight loss, or food rules, it can create stress and pressure around food. Instead, focus on how food makes us feel good, how it helps our bodies grow, and how it brings people together. When we talk about food in a positive, relaxed way, it can help create a more supporting environment for everyone.

The words we use around food matter. They can help create a healthy, positive relationship with food. By avoiding judgment, focusing on balance, and practicing mindful eating, we can build a better relationship with food.

REFERENCES:

- Satter, E. (n.d.). Are you feeling bad about your eating? Ellyn Satter Institute. <https://www.ellynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating>
- Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute <https://www.ellynsatterinstitute.org/how-to-eat/the-joy-of-eating-being-a-competent-eater>

ADULT
HEALTH BULLETIN

Written by:
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Stock images:
Adobe Stock





Crunchy Air Fryer Fish

Prep time: 10 minutes
Rest 10 minutes
Cook time: 10-15 minutes

- 1 pound of white fish fillets (tilapia, catfish, perch, etc.)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon chili powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 egg
- 1 tablespoon olive oil
- 1 cup panko crumbs
- Nonstick cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place fish between clean paper towels to allow any water to drain. Rewash hands after handling raw fish.
3. Create an assembly for coating the fish. First, in a small bowl, combine the garlic powder, paprika, chili powder, onion powder, black pepper, and salt; set aside. Then, in a shallow pan or plate, whisk the egg; set aside. Rewash hands after handling the raw egg. Place panko crumbs into another shallow pan or plate; set aside.
4. Coat fish on both sides with olive oil and sprinkle both sides with the seasoning mixture. Dip fish into the egg and coat both sides. Then dredge the fillets through the panko coating both sides thoroughly. Allow the coated fillets to rest about 10 minutes before cooking. Rewash hands after handling the raw fish.
5. Preheat the air fryer to 390 degrees F while the fish rests. Coat the



- preheated air fryer basket or pan with cooking spray. Add the fish, taking care not to overfill the basket or pan (you may need to work in batches). Cook for 10 to 13 minutes or until it reaches an internal temperature of 145 degrees F as measured on a meat thermometer.
6. Refrigerate leftovers within 2 hours. Reheat leftovers in the air fryer for a few minutes to revive the crunchy coating.

No air fryer? No problem. Simply bake these in the oven at 400 degrees F for 12 to 15 minutes or until they reach an internal temperature of 145 degrees F as measured on a meat thermometer.

Makes 4 servings
Serving size: 4 ounces
Cost per recipe: \$7.72
Cost per serving: \$1.93



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

Nutrition facts per serving:
230 calories; 7g total fat; 1.5g saturated fat; 0g trans fat; 105mg cholesterol; 260mg sodium; 16g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

Source:
Brooke Jenkins, Extension Specialist for Curriculum, University of Kentucky Cooperative Extension Service



March 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Crochet Group 9 AM	5	6	7	8
9	10 Sit & Sew 12 PM	11 Crochet Group 9 AM Sunset 6 PM	12	13 Homemakers On the Go 10 AM	14	15 Rag Quilt Table Runner 10 AM
16	17 Int. Cooking Greece 12 PM HM By Heart Yeast Breads 6 PM	18 Crochet Group 9 AM	19	20	21	22
23	24 Sit & Sew 12 PM HM Leader Lesson 4 PM HM Council 5 PM	25 Crafty Bees 5:30 PM	26	27	28	29
30	31					

INDOOR

AIR QUALITY LESSON

**MARCH 24TH
4 PM**

The EPA estimates that we spend 90% of our time indoors. Let's learn about what makes up our air quality, and how to keep it clean for a healthier life.

Join us for this FREE class!

Location:
Russell County Extension Office
2688 US 127
Russell Springs, KY 42642

CALL TO RSVP

270-866-4477

www.russell.ca.uky.edu

AN EQUAL OPPORTUNITY EMPLOYER



Extension Service

Crochet A Stitch Sampler: Filet Crochet



**Tuesday, March
4th
9 am - 10:30 am
2688 S. US 127
Russell Springs, KY 42642**

FREE
Call to RSVP

Please bring:

- Size I crochet hook
- Medium-weight yarn skein, the color of your choice

This is part of an ongoing project.



Rag Quilt Table Runner



\$10 Fee
Pay at Ext. Office to hold your spot



**Saturday, March
15th
10 am - 2 pm
2688 S. US 127
Russell Springs, KY 42642**

Please bring:

- A working sewing machine & manual
- General sewing tools
- Neutral thread

All other supplies will be provided.

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INTERNATIONAL COOKING SERIES ~GREECE~

Monday, March 17th | 12 PM - 1 PM

Come learn to make Tzatziki sauce from Greece with FCS Agent Megan Gullett. This class is FREE, but RSVP is required. Please call 270-866-4477 to RSVP by March 10th.

www.russell.ca.uky.edu



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