



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

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JANUARY 2019

Raising Kids, Eating Right, Spending Smart, Living Well

TIMELY TIPS



25 Ways to Eat Better in the New Year



1. To help with portion control, use the smallest plate to hold your food.
2. At mealtime, serve from the stove instead of putting a serving bowl on the table.
3. Make double vegetables and serve them first, to take the focus off meat.
4. Switch to whole wheat pasta.
5. Eat vegetarian one night a week.
6. Cut back on butter or margarine-newer whole grain breads are tasty on their own.
7. Substitute whole wheat or oat flour for up to half the flour in pancakes, muffins or in baking.
8. Switch from whole milk to low-fat or skim milk.
9. Skip the cream and sugar in your coffee and tea.
10. Don't put a salt shaker on the table.
11. Drain and rinse canned beans to get rid of up to 43 percent of the salt they contain.
12. Eat fish twice a week-once a week is a good start.
13. Cook with vegetable oil instead of butter
14. Use nonstick pans to cut down on fat in cooking.
15. Buy leaner cuts of meat and remove the skin from poultry.
16. Use brown rice instead of white.
17. Dress salads lightly. When eating out, ask for dressing on the side so you can control how much you use.
18. For more vitamins, choose darker-green lettuce rather than iceberg lettuce.
19. Add extra vegetables to soups, stews, casseroles and pasta dishes.
20. To cut back on salt and sugar, choose no-salt-added canned vegetables and fruits canned in 100 percent juice.
21. Eat whole or cut up fruit instead of drinking juice.
22. Add berries to your breakfast cereal.
23. Eat breakfast every day.
24. To cut down on "mindless eating" don't eat in front of the TV.
25. Eat more slowly, to give your body a chance to feel "full."

Source: Debbie Clouthier, Extension Associate for Food Safety and Preservation, University of Kentucky, College of Agriculture

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"Keep your face to the sunshine and you cannot see a shadow." - Helen Keller

Make your next work meeting healthier

It seems like we see the typical donuts and pastries at every work meeting we attend. This can be trouble for individuals trying to maintain a healthy diet, considering a single donut or pastry could contain 300 calories or more. Next time, try serving some healthier food options. Below are some suggestions for healthier snacks for any time of day.

Pass the water. Be sure to have cups on hand for a water fountain or bottled water as a beverage option. Bypass the sugar-sweetened beverages including soda and fruit juices.

Washed, fresh fruit such as apples, bananas and grapes require very little preparation. Fruit trays with sliced fruit and dip are easy, great for any time of day and can satisfy any sweet tooth.

Veggie trays, including raw carrots, celery, cucumbers, broccoli or tomatoes, are great for a meeting over lunch and can be served with a low-fat dip or hummus.

Nuts, such as walnuts and almonds, are easy to store, prepare and have a variety of health benefits. Although they are very nutritious, be mindful they have high caloric content so providing nuts in an individual serving may be helpful in controlling portion size. Keep in mind, nut allergies are common.

Whole-grain crackers are great with hummus or low-fat cheeses and are a hearty option for lunch or afternoon meetings.

Look for creative ways to make your meetings more physically active, such as holding a “walking meeting” or building in stretch or walk breaks for participants.



Source: Heather Norman-Burgdorf, UK extension specialist in food and nutrition

Healthier Gingerbread Bars

Canola oil spray
 1 3/4 cup whole wheat flour
 1/4 cup packed light brown sugar
 1 1/2 Tbsp. ground ginger
 1/4 tsp ground cinnamon
 1/4 tsp ground nutmeg
 1/4 tsp ground cloves
 1 1/2 tsp baking soda
 1/2 tsp salt
 1/2 cup dark molasses
 1/2 cup unsweetened applesauce
 6 Tbsp. canola oil
 1 large egg
 1/2 cup boiling water

1. Preheat oven to 350 degrees. Lightly coat 9-inch square pan with canola oil spray. In medium bowl, sift together flour, sugar, spices, baking soda and salt.
2. In separate, large bowl, whisk together molasses, applesauce, canola oil, and egg until well blended. Add dry ingredients and stir until well combined. Whisk in boiling water and pour batter into prepared baking pan.
3. Bake for about 35 minutes, until the cake begins to pull away from the pan and a wooden toothpick inserted near the center comes out clean. Cool on wire rack for about 30 minutes. Invert cake onto platter and cool for about 15 minutes before serving.
4. Cut into 9 squares and serve warm. For storage, wrap tightly in foil and keep in fridge for up to 3 days.

Makes 9 servings. Per serving: 245 calories, 10 g. fat (1 g. saturated, 37 g. carbohydrate, 4 g. protein, 3 g. fiber, 357 mg. sodium) Source: AICR-The New American Plate Cookbook

Spending Smart



Ways to save on winter heating costs

Winter home heating costs can put a strain on your wallet. There are some things you can do to save money on these expenses while still keeping your home warm.

Sunlight, even in the winter, is a great way to add natural, free warmth to your home. Open your blinds and curtains during the day, particularly on south-facing walls as they get the most exposure to the sun. As the sun sets, close them to help trap in the warmth.

Leaks in your windows and doors can allow warm air to escape and cold air to come inside. Check your home for air leaks, and fill gaps and cracks with caulk or insulation. Use area rugs on tile, wood or laminate floors to help trap in heat.

Turn your thermostat down when you leave the house for work or other extended periods of time. When you return, set the thermostat to the lowest comfortable setting. For every degree you lower the thermostat, you can save about 3 percent on your heating costs. Wear layers of clothing inside, and add extra blankets to your bed or to help you stay warmer at a lower temperature.

Source: Alex Elswick, extension associate for family resource management

Selecting Television Programs for Young Children

It is unrealistic for most parents to get rid of their television sets. Limiting television time is difficult. How do you decide what's OK and what's not OK to watch? Below is a checklist for evaluating and selecting television programs for children. "Yes" answers suggest that the program is more appropriate for children.

1. Is the program appropriate for the child's age and level of development? Does it appeal to his age group? Can he readily understand and interpret the language and images of the program?
2. Does it stimulate constructive activities like reading, learning, hobbies or creative play, instead of leaving the viewer passive, requiring no intellectual or emotional response?
3. Does the program make clear the difference between reality and fantasy? Does it help young children distinguish what's real and what's make-believe?
4. Does the program present positive images of racial and ethnic groups?
5. Does it present gender roles and adult roles in a non-sexist and positive manner?
6. Does the program present positive images of children and adults who are differently abled?
7. Does the program encourage values, ideals and beliefs you consider worthwhile?
8. Does the program present humor at a level that children can understand?
9. Does it present conflicts a child can understand and show positive problem-solving techniques?
10. Does the program separate commercials from content? Is the program commercial-free?
11. Does the program provide accurate information at a level a child can comprehend?
12. Does the program portray violence to make a valid ethical point in relation to the story? Are the consequences of violence shown: grief, pain, fear, jail, death, etc.?
13. Does the program present "the bad guy (or gal)" in a way that doesn't confuse young children, instead of giving the villain a likeable and sympathetic personality?

Source: Marilyn Droz, Committee for Children's Television. Parent Pages was developed by Cornell Cooperative Extension of Suffolk County. HD 51

Tips for Sticking to New Year Resolutions

We all make New Year resolutions thinking, "This will be the year I



change. I'm going to be a better person, exercise more, eat healthy and make the bed every day." The list goes on. Then, February comes and we find ourselves

either laughing or perhaps upset we didn't succeed in achieving our goals.

It seems making resolutions and keeping them are two completely different things all together. How can we make resolutions stick throughout the year for beneficial change. Try to follow these guidelines when picking a New Year's resolution:

1. **Choose a few things you'd like to change, less than five is ideal.** The more things you try to change in a small time frame the less likely you are to keep moving forward with your new behavior
2. **Make your resolutions with a smart brain.** Smart brain meaning setting goals that are logical, maintainable, and realistic. If you're thinking about results to last a lifetime, it needs to be in one of those three categories.
3. **Try a new resolution that you haven't tried in the past.** If you had great idea in 2015 or 2016 and you didn't succeed, don't try it again the same way. We do what is comfortable and habitual; reprogram your thinking with a new resolution.
4. **Work in small time blocks.** Keep yourself focused on getting your new behavior completed in a week, then build to two weeks and so on. This way you can see the small steps are moving to a larger timeframe.

Make sure you're willing to pay the price to achieve what you want to achieve. Many times we want to try something new and to move toward a desirable goal to make ourselves a better person in some way. Changing behaviors may come with a price and if you're not willing to pay the price to change, there is little chance you will follow your plan for a lifetime.

Source: Erin Carter, [Michigan State University Extension](#)

NEWS...FROM BOONE COUNTY COOPERATIVE EXTENSION SERVICE



JANUARY 2019

HORTICULTURE FOR EVERY BODY

SAT, 1/12/19, 10:00 AM–2:00 PM (Snow Date: SAT, 2/2/19) (*Boone County Cooperative Extension Enrichment Center, 1824 Patrick Drive, Burlington, Lower Level*) Join the Northern Kentucky Area Homemakers to discover the physical, emotional and mental benefits of gardening for adults in all stages of life. Speakers, exhibits, and demonstrations will address topics on growing plants to fit your lifestyle, and the latest trends in home horticulture. Registration is required with a form by mail or fax by January 4, 2019. Contact the Kenton County Extension Office for information: 859-356-3155 or DL_CES_KENTON@EMAIL.UKY.EDU

FRIDAY FOOD FUN: BLUE ZONES

FRI, 1/25, 10:00 AM–NOON. (*Boone County Enrichment Center, 1824 Patrick Drive, Burlington, Upper Level*) We'll learn about the world's "blue zones" and explore their foods.

FEBRUARY 2019

BOONE COUNTY EXTENSION HOMEMAKERS INTERNATIONAL PROGRAM: INDIA

TUE, 2/12, 2:00–4:00 PM. (*Boone County Enrichment Center, 1824 Patrick Drive, Burlington, Lower Level*) Discover information about the culture of India and sample a few typical food items. Registration requested.

 **SEWING 101 FOR ADULT BEGINNERS**
TUES, 2/19, 2/26, 3/5 & 3/12, 6:00–9:00 PM. (*Ellis House, 1971 Burlington Pike, Burlington*) Learn basic machine sewing skills as you make pajama pants. Registration required by 2/8; supply list mailed to all registered.

FRIDAY FOOD FUN: YES, YOU CAN USE CANNED FOODS!

FRI, 2/22, 10:00 AM–NOON. (*Boone County Enrichment Center, 1824 Patrick Drive, Burlington, Upper Level*) Join the fun as we learn about including canned foods in a healthy eating plan.

PLATE IT UP KENTUCKY PROUD

WED, 2/27, 1:30–3:00 PM. (*Boone County Enrichment Center, 1824 Patrick Drive, Burlington, Upper Level*) Adults will discover new spring side dish ideas featuring several "Plate it Up" recipes made with seasonal Kentucky commodities. Registration requested.

CULTURE AND CUISINE: NORWAY

THU, 2/28, 6:30–8:00 PM. (*Boone County Extension Office, 6028 Camp Ernst Road, Burlington*) Discover information about the life and sample a few food items of Norway. Registration required.

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