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Cooperative Extension Service

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Raising Kids, Eating Right, Spending Smart, Living Well

TIMELY TIPS

March 2018

Shopping the Inner Aisles at the Grocery Store

It is commonly heard that shopping the perimeter of the grocery store is the healthiest. However, that may not always be the case. In many stores, many healthy foods are found in the inner aisles. You just need to know what to look for. These healthy, shelf-stable food items are great for stocking the pantry on a budget and can easily be used to build a healthy meals. Look for these items the next time you visit the grocery.

- Grains including brown rice, whole grain pasta, quinoa, and oats
- Dry beans and lentils or their canned equivalent
- Canned fruits and vegetables in their own juice and low-sodium
- Frozen fruits and vegetables with no sauce
- Seafood in pouches or cans
- Whole grain, low-sugar cereals
- Nuts and nut butters
- Dried herbs and spices
- Plant-derived oils including olive, canola, and vegetable



When building a healthy meal, remember half the plate should be fruits and vegetables, grains should be whole when possible, and lean protein options are best. As you can see, healthy food options can be found throughout the grocery store.

Source: Heather L. Norman-Burgdorf, Extension Specialist for Food and Nutrition; University of Kentucky, College of Food, Agriculture and Environment

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We all have extraordinary coded inside us just waiting to be released. ~ Jean Houston

The Relationship between TV Food Ads and Child Obesity

Marketing companies spend around \$10 billion dollars on TV food advertising each year. Food ads are the most marketed item on TV. It is estimated that kids younger than age 5 see about 4,000 ads on TV for food every year. This should concern parents because most of the foods advertised on TV are not the healthiest choices. Have you ever wondered what effect those food ads may have?

In one study, researchers studied kids who watched different TV content to understand the effects of food ads on their obesity levels. Kids watched different types of shows on cable and video or DVD. There were shows that had no advertising. Some shows had advertising, but no food ads. Other shows had commercials with unhealthy foods advertised. The study found that watching shows with food ads was related to obesity 5 years later. Watching the other shows were not related to obesity.

These findings suggest that parents should be more aware of TV ads or commercials shown to their kids. Parents may want to choose educational TV shows that do not allow food ads. They can also choose shows on DVD, which usually do not have unhealthy food ads. It is also important for parents to talk to kids about how ads may play a part in the choices they make.

Reference: Zimmerman, F. J., & Bell, J. F. (2010). Associations of television content type and obesity in children. *American Journal of Public Health, 100*(2), 334-340.

Source: Joann Lianekhammy, Senior Extension Specialist for Family and Consumer Sciences, University of Kentucky; College of Agriculture, Food and Environment



Be active with your children and monitor their screen time and choices.

Incredible Eggs

Any meal can be built around eggs. They're not just for breakfast anymore. Eggs are one of the best sources of protein, packed with 6 grams each. They are low in calories and a good source of vitamins and minerals including Vitamin B12, D and choline.

This coffee cup scramble is a favorite for any meal. It works as a fun breakfast activity at slumber parties or a quick breakfast at your desk. It's also makes a great snack after school or a light dinner before the kid's game. Add some fruit, low-fat milk and whole grain toast for a balanced meal.

Coffee Cup Scramble

Ingredients:

- Cooking spray
- 2 eggs
- 2 tablespoons milk
- 2 tablespoons shredded Cheddar cheese
- 1 tablespoon chopped tomato
- 1 teaspoon chopped peppers of choice
- Salt and pepper to taste

Directions:

1. Whisk together, eggs, milk, cheese, tomato, peppers, salt and pepper.
2. Coat the inside of a 12-ounce, microwave-safe coffee mug with cooking spray. Add egg mixture.
3. Microwave on high 45 seconds; stir. Microwave until eggs are almost set, 30 to 45 seconds longer.
4. Top with a little cheese if desired; season with salt and pepper.

Note: Microwave ovens vary. Cooking times may need to be adjusted.

Yield: 1 serving

Nutrition Information (per serving): 210 Calories, 15 g fat, 3 g carbohydrate, 16 g protein

Reference: American Egg Board. (2017). *Recipes*

Source: Annhall Norris, Extension Associate for Food Safety and Preservation; University of Kentucky, College of Agriculture, Food and Environment



Include your children in food preparation. It builds valuable skills and encourages healthful eating habits. And, it can be great fun!



Limiting the Use of Technology in Young Children

While it is true that technology is a source of learning and entertainment for children, intensive technology use can cause unhealthy side effects such as sleep deprivation, attention deficit, and cognitive delays and impaired learning. The American Academy of Pediatrics recommends infants aged 0-2 years have no screen time, children older than age 2 be restricted to **one hour per day** and children older than 6 be restricted to **2 hours per day**. Here are some suggestions to limit technology use at home:

- **Limit the number of device-using hours** – Keep technological devices out of your child’s bedroom and turn them off during meals. Tell older children they can use technology devices only after chores and homework are finished.
- **Help your child choose a videogame or a show** – Read the reviews or previews or ask other parents or caregivers to make sure that what your children watch is appropriate for them.
- **Come up with alternatives to technology activities** – Spend time together as a family; listen to music, dance, play board games or read books.
- **Be a good role model** — Limit your own technology use or use them when the children are not around.



References:

American Academy of Pediatrics, Committee on Public Education (2001). *Children, adolescents and television. Pediatrics*, 107, 423-426.; *Healthy habits for TV, video games, and the Internet*. Retrieved from http://kidshealth.org/parent/positive/family/tv_habits.html#; Wartella, E. A., & Jennings, N. (2000). *Children and Computers: New Technology. Old Concerns. The Future of Children*, 10, 31-43.

Source: David A. Weisenhorn, Senior Extension Specialist for Parenting and Child Development Education; University of Kentucky College of Agriculture, Food and Environment

Finding Happiness through a Midlife Crisis

It is not uncommon for middle age adults (40s to early 50s) to examine the life they are living, evaluate their happiness and question whether or not they should or want to make changes. But there are ways to direct yourself to happiness versus doing something drastic such as spending all of your savings on a bright red sports car.

- ▶ Look for and address causes of unhappiness or unease
- ▶ Be thankful for the small things that bring joy
- ▶ Discuss major life decisions with someone you trust or even a mental health professional
- ▶ Determine if your goals or wishes are realistic
- ▶ Realize that you might not need to “blow up” your life or that of those around you to be happy.

Reference: Metcalf, E. (2012). *How to get out of a midlife crisis*. Retrieved from <https://www.webmd.com/men/features/mens-midlife-crisis#2>

Source: Amy Kostelic, Extension Specialist for Family Life, University of Kentucky; College of Agriculture, Food and Environment

Spending Smart



Credit Cards for Teens

Credit card offers may be arriving in the mail addressed to the teens in your home. Consider and discuss the following before applying for a card.

- **Credit cards are not free money.** If anything, most credit card users will pay more for their purchases in the long run as a result of high interest rates or fees.
- **Credit cards can hurt your credit score.** If the balance is always paid in full and on time, your credit score will receive a boost. However, your credit score may be damaged at a young age by failing to pay on time.
- **Use other ways to pay.** Cash, checks and debit cards are all better payment methods because they guarantee that only immediately available money is being spent.

Source: Jennifer L. Hunter, Extension Specialist for Family Financial Management and Kristyn Jackson, LMFT, Ph.D. Candidate, Department of Family Sciences, University of Kentucky; College of Agriculture, Food and Environment

NEWS...FROM BOONE COUNTY COOPERATIVE EXTENSION SERVICE

Flooding and food

Flood waters may contaminate foods making them dangerous to consume.

Never taste food to determine if it is safe.

Always discard food with an unusual appearance, odor, color or texture.

Flood water can taint food with silt, raw sewage, oil or chemical waste.

Discard the following foods if they've been exposed to flood waters: meat, poultry, fish, eggs, fresh produce, jams or jellies sealed with paraffin, home canned goods, and spices, seasonings and extracts. Also dispose of "flooded foods" packed in cardboard boxes, paper, foil, cellophane or cloth.

Toss flour, sugar, grain, coffee or other staples stored in canisters, opened containers and packages, dented, leaking, bulging or rusted cans, and commercial glass jars of food or beverages including "never opened" jars with waxed cardboard seals such as mayonnaise and salad dressing.

Remember to discard wooden spoons, plastic utensils, baby bottle nipples and pacifiers that have been contaminated with flood water.

Undamaged commercial canned goods are safe if sanitized. Use indelible ink to identify contents on the can lid. Remove the label because paper can harbor dangerous bacteria. Use a scrub brush to wash cans in a strong detergent solution. Then immerse cans for 15 minutes in a solution of two tablespoons chlorine bleach per gallon of clean, room-temperature water. Allow cans to air dry before opening.

Clean nonporous cooking and eating utensils, food equipment, food contact surfaces, and kitchen cleaning items with hot, sudsy water and rinse them in clear hot water. After cleaning these, sanitize them. Properly diluted, non-scented liquid chlorine bleach is an effective all-purpose sanitizer. It kills most bacteria that might cause foodborne illnesses.



Up-Coming Programs

COOKING THE BOOKS

TUE, 3/13, 6:00–9:00 PM. (Boone County Enrichment Center, 1955 Burlington Pk., Burlington, Upper Level). Adults fix foods inspired by the book we've all read then discuss it during our meal. Limited number of books available for loan. Registration required; seating limited. Book: A Square Meal: A Culinary History of The Great Depression by Jane Ziegelman.

YOURS, MINE AND OURS: BLENDING FAMILIES

TUES, 3/20, 3/27, & 4/3, 5:30–7:30 PM. (Boone County Enrichment Center, 1955 Burlington Pk., Burlington, Lower Level). In this three-part series we'll explore legal issues (3/20), financial issues (3/27), and family tradition and communication issues (4/3) surrounding blended families. No matter the age or stage of your children, if this is or isn't your first marriage, this series will help you understand how to title property, wills, bank accounts, beneficiaries, holiday expectations, digital records, and more. Light dinner at 5:30, program at 6:00. Register for any or all sessions. Coordinated by Boone and Kenton County Extension.

FRIDAY FOOD FUN: EATING FOR BRAIN HEALTH

FRI, 3/23, 10:00 AM–NOON. (Boone County Enrichment Center, 1955 Burlington Pk., Burlington, Upper Level). We'll discuss the latest research on maintaining good brain health through nutrition, and use some of these foods in healthy recipes.

MASTERY OF LIVING WELL

THU, 4/5, 4/12, 4/19, 4/26 & 5/3, 1:00–2:30 PM. (Boone County Extension Office, 6028 Camp Ernst Road, Burlington). Explore the areas of memory, depression in later life, medication basics, food and nutrition, and physical activity in this 5-part series through video and discussion.

FOR MORE INFORMATION CONTACT

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