

Family & Consumer Sciences Newsletter

A Word from the Agent...

Happy new year friends! I trust you are staying warm during these cold wintery days.

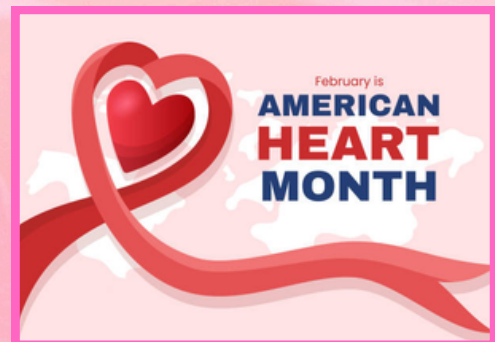
Here's a fun fact - Monday, February 17th is Random Acts of Kindness Day. Research shows people who help others in various ways are happier and have an overall sense of well-being than those who don't practice kindness. Simple random acts of kindness can reduce pain, anxiety and stress while increasing our energy, lifespan and happiness - what's not to love about that? So, take some time on that day (or any other day) to do some intentional kind act for your health and others!

As always, make sure you check out our facebook page for upcoming events.



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EAT SMART TO PLAY HARD

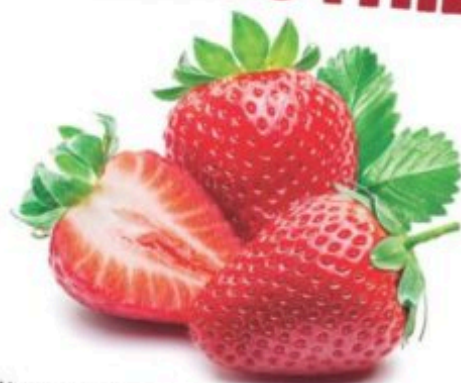


RECIPE STRAWBERRY CHEESECAKE SMOOTHIE

- 1 cup low-fat cottage cheese
- 1 cup fresh or frozen strawberries
- 1/2 cup low-fat milk
- 1/2 cup ice
- 1/2 teaspoon vanilla extract (optional)
- 1/2 sheet graham crackers or 3-5 pretzels, crushed

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place cottage cheese, strawberries, milk, ice, and vanilla extract in a blender.
3. Blend until smooth and creamy.
4. Pour into two cups and top with crushed graham crackers or pretzels. Serve and enjoy.
5. Refrigerate leftovers within 2 hours.

Makes 2 servings
Serving size: about 2 cups



Nutrition facts per serving: 150 calories; 3 g total fat; 1.5 g saturated fat; 10 mg cholesterol; 350 mg sodium; 16 g total carbohydrate; 1 g dietary fiber; 12 g total sugars; 1 g added sugars; 17 g protein; 6% Daily Value of vitamin D, 20% Daily Value of calcium; 0% Daily Value of iron; 8% Daily Value of potassium

Source: Jeannie Najor, MS, RD, Program Coordinator II, University of Kentucky Cooperative Extension Service

IT'S A SNAP!

The Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp program, provides food assistance to eligible households to cover a portion of a household's food budget. If you have difficulty buying the nutritious food that your family needs, consider SNAP.

For assistance, call toll-free:
1-855-306-8959 (8 a.m.-4:30 p.m.)

For more information, please visit:
benefind.ky.gov



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



PlanEatMove.com



[Facebook.com/KYNEP](https://www.facebook.com/KYNEP)



[YouTube.com/UKKYNEP](https://www.youtube.com/UKKYNEP)



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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

What could be better than a warm cinnamon roll?

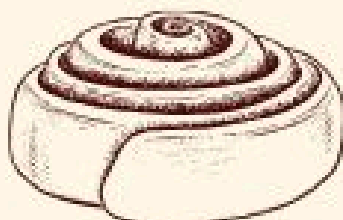


A cinnamon roll with a glass of milk or cup of coffee



Clark County 4-H

Feb. 14th



Cinnamon Roll Fundraiser

Clark County 4-H Teen Council is selling Valentines Day Cinnamon Rolls to raise money for camper scholarships for 4-H Camp this summer! Cinnamon Rolls will be in a heart shaped pan with icing and Valentine sprinkles!

Options include:

5 pack (\$14)

10 pack (\$24)

Baked or unbaked

Yeast or Sourdough

Pick up will be Friday, February 14th between 10am-4:30pm at the Clark County Extension Office. Pre-order required.

IT'S 4-H CAMP TIME! 4-H TEEN COUNCIL IS DOING A CINNAMON ROLL FUNDRAISER TO RAISE MONEY FOR CAMP SCHOLARSHIPS! SIGN UP TO GET YOUR CINNAMON ROLLS BY CLICKING BELOW:

4-H CAMP 2025



**Camper applications released
February 3rd!**

FOR YOUTH WHO ARE 9 (OR GRADUATING 3RD GRADE)-14 YEARS OLD

**CLARK & MONTGOMERY 4-H CAMP
JUNE 2-6, 2025
NORTH CENTRAL 4-H CAMP**

Cost: \$290

\$60 nonrefundable deposit due at registration

**Price includes transportation to and from camp, t-shirt,
activity supplies, lodging and meals.**

**Deadline to apply: April 30th, 2025
or until spots are full**



Are your kiddos snackmonsters? Well, they should be!

A healthy diet is key to a child's growth. To obtain proper development, it is vital kids eat healthy foods and snacks. Kids need to eat every three to four hours, particularly if they are going through a growth spurt? This may explain your child's after-school cravings. Younger children will want to snack more often because their stomachs are smaller. Young kids should eat three meals a day and two snacks, while older children need to consume three meals a day and one snack for adequate nutrition. If they are very physically active or going through a growth spurt, older children may also need two snacks per day.

So how do you make sure the snacks fit into their health needs? First, remember snacks are not meals and should not be served as meal replacements. Portion control is important for healthy snacking. Think of the size of snack-size storage bags compared to other sizes of storage bags. Remember, younger kid's stomachs are smaller, so they will get full on smaller portions than older kids.

Set aside a designated "snack zone" like a kitchen counter or dining room table for your children to eat their snack. Limiting where they can snack allows you to keep an eye on how much and what they are eating as well as helps you avoid finding crumbs and half-eaten food throughout your house. Do not let them snack while watching television, as this encourages mindless eating.

Have healthy snack options readily available for your children. To help with busy weeks, you can portion out fruits, vegetables, nuts, raisins and other healthy foods in snack-size bags during the weekend. Place healthy snacks at your child's eye level in the refrigerator where they can easily see them. Keep fresh fruit like bananas, apples, peaches and mandarin oranges visible on your counter. Placing these foods where children can see them will help your child choose healthy options compared to high-fat, high sugar and empty calorie snacks and drinks.

Don't get upset if they turn their noses up at a nutritious snack. Research has shown that kids might have to try something 10-15 times before they accept it.

And don't make it all about the children's diets. Make healthy meals a part of the whole family's diet. Children are more likely to eat foods they help grow, select and prepare. Remember, parents are powerful role models.



Volunteers *Needed!*

FRIDAY, MARCH 21, 2025

George Rogers Clark High School

FOR MORE INFORMATION
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HOMEBASED MICROPROCESSING WORKSHOP

Thursday, March 27, 2025

9:30 am - 2:30 pm

Clark County Extension Service



The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky. Homebased microprocessors are required to grow a predominant ingredient in the products they make.

Cost: \$50.00

**IN-PERSON
and
VIRTUAL**

REGISTRATION:

<https://ukfcs.net/HBM>

Click on the workshop on the right side; fill out the form, choosing in-person or virtual.

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[CLICK BELOW TO REGISTER](#)

Winchester/Clark County Farmers' Market 2025 Season Applications Are Now Available!



[CLICK BELOW FOR MORE INFORMATION](#)