

Family & Consumer Sciences Newsletter

A Word from the Agent...

Hello! I'm a little later than planned this month, my apologies – but let's get right to it. March is national nutrition month and a good time to start some new nutrition habits. It might even be the year you decide to plant a garden to reap the health benefits of a backyard full of fresh vegetables. We have some classes coming up that can help with that and will be having more as the season goes on. Feel free to reach out to the office if you have any questions or suggestions. The Clark County Homemakers are presenting a fun night of international food and fun as they invite you to join them explore Greece! Register before April 15th.

In the April edition of the FCS newsletter, I will be including a survey with a few questions about yourself as well as what kinds of topics you would like to learn about! I would appreciate you filling that out next month. In the meantime, get outside, enjoy the spring-like weather, and make an intentional effort to move a little more than you did last month.



Shonda Johnston

SHONDA JOHNSTON

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Family & Consumer Sciences
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Happy Easter



Homesteading: THE BASICS

At The Clark County Extension Office
1400 Fortune Dr. Winchester, KY

MARCH 14TH, 2024 AT 6:30PM
Livestock Basics

MARCH 21ST, 2024 AT 6:30PM
Vegetable/Fruit Production and
Preservation

MARCH 28TH, 2024 AT 6:30PM
Farm Financials

**COME LEARN THE
BASICS OF STARTING
YOUR OWN FARM FROM
LIVESTOCK,
VEGETABLES, FRUITS,
FOOD PRESERVATION,
AND FARM SETUP**

REGISTER BY CALLING :
(859) 744-4682

MORE CONTACT INFO:
levi.berg@uky.edu



Why is bone health so important for kids?

Growing children need calcium and nutrients like vitamin D to build strong bones. In fact, for children ages 9 to 18, the body reaches its highest need for calcium. You have likely heard calcium builds strong bones. Yet most young people don't get enough. Children can store calcium in their bones. After reaching young adult age, the body can no longer store calcium, and bones reach peak bone density. When the body needs calcium and you don't get enough through food, the body takes what it needs from the bones. This can cause bones to be weak and easy to break. This is called osteoporosis. Milk with meals is a good rule of thumb to help your child get 3 to 4 servings of dairy daily. To learn more, keep reading about calcium in the Food Facts section of this newsletter.

Source: Adapted from American Academy of Pediatrics (www.healthychildren.org)



FOOD FACTS Calcium

Calcium is vital across the lifespan for a healthy body. It is a mineral your body needs to build and keep strong bones. It keeps the heart pumping. It moves muscles. Nerves need it to carry messages between your brain and every part of your body. The Dietary Guidelines for Americans state that 30% of men and 60% of women older than 19 do not get enough calcium. The recommended dietary allowance (RDA) for calcium is 1,000 mg for men 19 to 70 years old and for women ages 19 to 50. The RDA increases to 1,200 mg for women ages 51 to 70. The RDA for calcium is even higher during pregnancy and lactation. To meet this goal, eat more dairy products such as low-fat milk, low-fat cheeses like cottage cheese, and plain, low-fat yogurt. Even people with lactose intolerance can eat small amounts of dairy foods like cheese, yogurt, and lactose-free milk. People who need to skip dairy because of allergies can eat non-dairy foods high in calcium. This can include sardines, salmon, and kale. You can also eat calcium-fortified foods like unsweetened, fortified cereals and fortified orange juice.

Source: Adapted from National Institutes of Health

Beginner Card Making Classes

DO YOU WANT TO LEARN HOW TO MAKE CARDS FOR BIRTHDAYS, HOLIDAYS...ANY OCCASION?! THERE WILL BE TWO CARD MAKING CLASSES FOR BEGINNERS HELD AT THE CLARK COUNTY EXTENSION OFFICE:

APRIL 16TH 6PM - 8PM

Call Linda Winburn at the Extension Office at (859) 744-4682 to reserve your seat.

Reservations must be made by noon on

February 14 in order for the instructors to have time to prepare the card kits.

Class size is limited to 12 students.

Cost: Homemakers - Free Non-Homemakers - \$5

 Cooperative
Extension Service

VEGETABLE GARDENING CLASS

Tuesday, March 26

***6:30 pm**

Clark County Extension Service

(*Due to amount of information, class will last longer than 1 hour)

This year's vegetable class is an all-in-one class. We will cover the basics on every step of vegetable gardening from how to begin, how to plant, proper maintenance, and harvesting. We will also cover some crop specifics if time allows.

To register:



859-744-4682



cynthia.carr@uky.edu



Pre-registered attendees will take home a surprise assortment of things to plant in their vegetable garden!

It's Not Too
Late to Join!



Block of the month quilts are an exciting and easy way to complete a quilt without spending a lot of time in one sitting. Each month will feature a different quilt block, as well as the fabric necessary to complete that month's project. We will be working on a different technique or skill each month, so by the time the final block is completed, you will have a wide variety of skills in your toolkit. At the end of the program, you have all the quilt blocks made and ready to assemble in to a finished top!

Beginning in January, we will be meeting on the 2nd Tuesday of each month at 1PM. We will be making a total of 9 different blocks and will spend the 10th month setting them in to a completed quilt top. Kits will be provided each month, so those participating do not have to prepare or bring any fabric. Each month's kit is \$10 (discount of \$5 for Clark County Homemakers).

Contact the Clark County Extension Office to register

Phone: 859-744-4682

Email: linda.winburn@uky.edu

**BEYOND
THE
TABLE**

2024 NATIONAL NUTRITION MONTH

A CAMPAIGN BY

THE ACADEMY OF NUTRITION AND DIETETICS

March is National Nutrition Month!

Celebrate each week with a new nutrition tip!

Week 1: Stay Nourished On Any Budget

- Learn cooking, food preparation and meal planning skills.
- Use a grocery list and shop sales when purchasing food.
- Practice home food safety.

Week 2: Check Into Seeing a Registered Dietitian Nutritionist (RDN)

- Ask your doctor for a referral to an RDN.
- Receive personalized nutrition information to meet your health goals.
- Learn about the many ways RDNs can help people live healthier lives.

Week 3: Eat a Variety of Foods from All Food Groups

- Eat foods in various forms including fresh, frozen, canned and dried.
- Experiment with recipes using different ingredients.
- Try new foods and global cuisine.

Week 4: Eat with the Environment In Mind

- Get creative with leftovers and ways to reduce food waste.
- Buy foods in season and from local farmers when possible.
- Grow food at home or in a community garden.



The Clark County Homemakers Invite You to Join us for our *International Dinner*

Let's Explore

Greece

Featuring a Night of:

- ◆ *A Greek Inspired Meal*
- ◆ *A Special Guest Speaker*
- ◆ *Friends, Fun, and More!*

TUESDAY, APRIL 23rd
6pm

Clark County Extension Office
1400 Fortune Drive
Winchester KY 40391

Cost \$15 per person

Deadline to Register & Pay
Monday, April 15th

Phone: 859-744-4682

Email: linda.winburn@uky.edu



**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disability
accommodated
with prior notification.

THIS MONTH'S TOPIC

SAVE YOUR VISION



March is "Save Your Vision Month" in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes.

Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam.

All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.



by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses or contact lenses, or even eye surgery, can help restore many people's eyesight, or help them see better than they ever could before.

Other ways to protect your vision include:

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.

- Know your family's eye health history.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
- Quit smoking or don't start.
- Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

REFERENCE:

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

ADULT
HEALTH BULLETIN

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