

JOHNSON COUNTY

 Cooperative
Extension Service

FAMILY AND CONSUMER SCIENCES

MARCH / APRIL 2025

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**DID YOU
KNOW?**

A single bout of moderate-to-vigorous physical activity can improve sleep, memory, and the ability to think and learn. It also reduces anxiety symptoms.

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In the Face of **DISASTER**

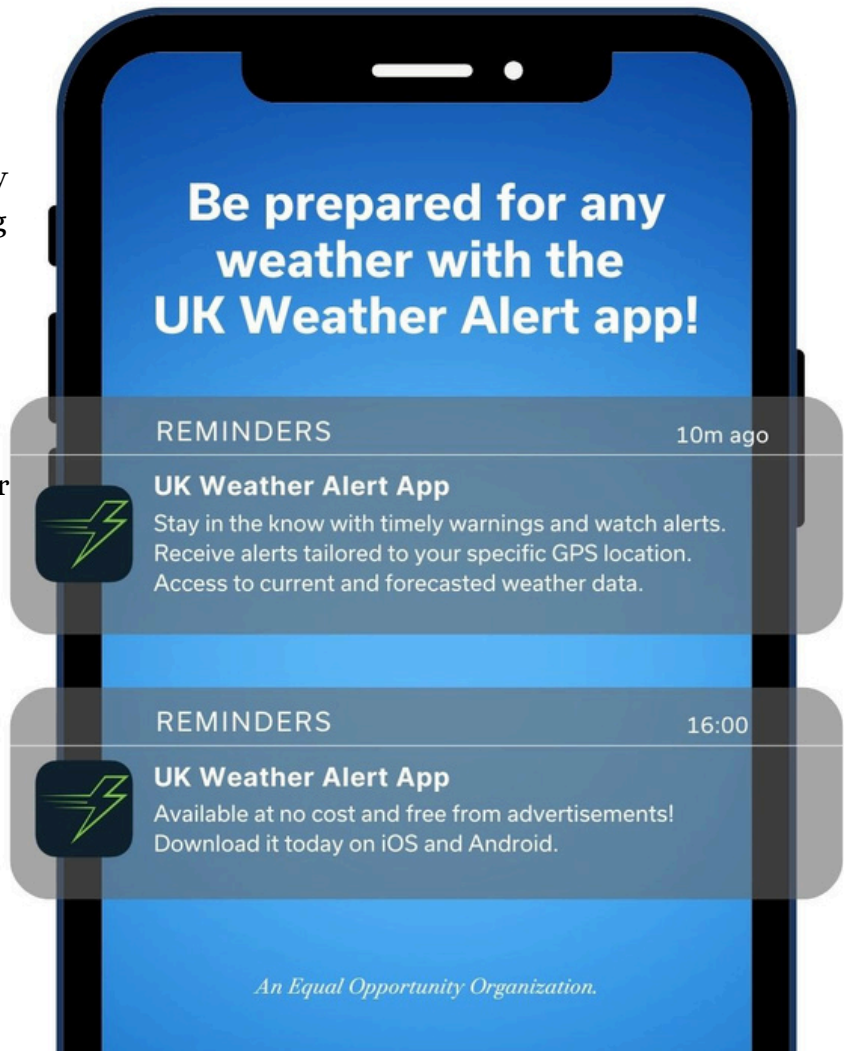
BE PREPARED!

It is good practice to have enough food, water and medicine on hand at all times to last you at least 3 days in the case of an emergency. Water service may be interrupted or unsafe to drink and food requiring little cooking and no refrigeration may be needed if electric power is interrupted. You should also have batteries, blankets, flashlights, first aid kit, rubber boots, rubber gloves, and a NOAA Weather Radio or other battery operated radio easily available. For more information about dealing with flooding in our community, visit the Johnson County Extension Office.

NEED HELP CLEANING UP?

TRAINED VOLUNTEERS ARE AVAILABLE TO HELP:

- General flood clean up
- Damaged wall removal
- Tarp-cover roofs
- Pick up debris
- Stop mold growth
- Remove broken appliances



VOLUNTEER HOTLINE 1-502-607-6665

Operators are available 8 am to 8 pm (Eastern).
After hours, voicemail is available.

Research shows that what children and teens drink has a big impact on their health – both now and for years to come. With so many different beverages available, making healthy decisions can be confusing and complicated. Experts convened by Healthy Eating Research from the Academy of Nutrition and Dietetics, the American Academy of Pediatric Dentistry, the American Academy of Pediatrics, and the American Heart Association have developed evidence-based recommendations to guide healthier drink choices for kids ages 5 to 18. The recommendations address questions and concerns about sugar, caffeine, and other ingredients to promote better overall nutrition and health.

Source: Healthy Eating Research

Ages 5–18 Recommendations for Healthy Beverage Consumption

AVOID

- Beverages with Caffeine and Other Stimulants
- Sugar-Sweetened Beverages
- Beverages with Non-Sugar Sweeteners

LIMIT

- 100% Juice
- Plant-Based Milk Alternatives
- Flavored Milk

DRINK

Plain Drinking Water

5–8 years old	9–13 years old	14–18 years old
16–40 fl oz per day	22–61 fl oz per day	29–88 fl oz per day

Plain Pasteurized Milk*

5–8 years old	9–13 years old	14–18 years old
up to 20 fl oz per day	up to 24 fl oz per day	up to 24 fl oz per day

*This is the recommended amount of dairy that kids consume each day to meet their nutrition needs. Kids do not need to meet their dairy needs by just drinking milk, they can also eat other foods from the dairy group like yogurt and cheese. Nutritionally, 8 fluid ounces of milk is equivalent to about 1 cup of yogurt or 1.5 ounces of cheese.

Learn more about what experts recommend at HealthyEatingResearch.org.

Healthy Eating Research

HEALTHY DRINKS. HEALTHY KIDS.

Scan to view the full recommendations.

Kickin' Greens

- 2 pounds fresh greens (collards, turnip or mustard)
- 2 tablespoons olive oil
- 1/4 teaspoon red pepper flakes, or to taste
- 8 slices turkey bacon, cut into bite-sized pieces
- 3 cups low-sodium chicken broth
- 1/2 teaspoon black pepper
- 1 large onion, chopped
- 6 cloves garlic, minced

Plate it up!

Cooperative Extension Service

Cold Weather Greens: Fresh & Flavorful All Season Long! Did you know Kentucky farmers use high tunnels and greenhouses to extend the growing season for cold-weather greens? That means fresh collards, turnip greens, and mustard greens are available even in winter! Try this bold and delicious Kickin' Greens recipe for a warm, nutritious dish packed with flavor.

- Ingredients:**
- Fresh winter greens
 - Turkey bacon & garlic for a savory kick
 - A touch of red pepper for heat

How to Make It:

Crisp turkey bacon in olive oil, then sauté onions & garlic. Add greens and stir until they begin to wilt. Pour in chicken broth, season, and let simmer until tender.

Get the full recipe and enjoy Kentucky-grown greens this season! <https://fcs-hes.ca.uky.edu/recipe/kickin-greens>



In the Face of DISASTER

In The Face of Disaster

Tuesday, March 11 | 10:00 - 11:30 A.M. | Johnson County Public Library
 Thursday, March 13 | 11 - 1 P.M. | Johnson County Extension Office

A four-part series program to help prepare your family for Nature's unexpected disasters.

Highlights:

- Protecting Your Family and Home
- Food and Water Safety
- Family Finance and Resource Management
- Caring for Aging and At-Risk Populations
- Navigating Trauma



March 13 - June 13, 2025

BIG BLUE BOOK CLUB

takes a road trip!



WALK YOUR WAY CHALLENGE



Come and Join Us!

Have you decided it is time to get off the couch, but are not sure how to start? Start Slow, Start Smart, Start with Us!

This 12-week challenge is based on the National Heart, Lung, and Blood Institute's walking plan and allows you to start and at a pace that is comfortable for YOU.

This program includes:

- A schedule and log to keep you on track, and
- Weekly newsletters with tips and information to keep you moving.

Come and Join Us!

Monday, March 10th, 2025 9:00 A.M.
 Paintsville Recreation Center Walking Track

Macey Stewart, FCS Agent
 606-789-8108 | macey.stewart@uky.edu



Book Club

Join FCS Agent, Macey Stewart, and JCEHA President, Sandra Arrowood, as they dive into the Book of The Month.

First book will be *I Have To Save Them* by Ellie Midwood.

Highlights:

- Connection with fellow readers.
- Light Refreshments
- Book supplied if needed



Please call the office with any questions about upcoming programs!

Spring Cleaning Your Kitchen

The American Cleaning Institute says 95% of American households take part in some form of spring cleaning. What better way to kick off your spring cleaning than with the heart of your home, the kitchen? Here is a checklist of spring-cleaning tasks to get your kitchen clean and set up:

- **Pantry:** Remove all items and wipe down shelves with warm, soapy water. Toss or give away old items. Dried spices are often best used within two years. When placing items back into the pantry, place items that will expire soon closest to your reach. Place older items in the front so you will use them up first.

- **Refrigerator and freezer:** Remove items and wipe down shelves, compartments in the door, and bins with warm, soapy water. Throw away rotting produce and old, out of date items. Don't forget the saying, "Four days throw away," to decide on any leftovers you have on hand. To keep fresh produce longer, move veggies to the high humidity bins. Move fruits to the low-humidity bins if your fridge has those choices. Restock items in your freezer with the items that need to be eaten soon on top or in close reach.

- **Appliances:** After you have cleaned and set up all the drawers and cabinets, don't forget to wipe down your appliances. Unplug appliances before cleaning. Use warm, soapy water to wipe your toaster (and shake out those crumbs), coffee maker, and all those microwave splatters. Use a paste of baking soda and water to scrub buildup from your oven.

These tasks don't need to all happen on the same day. Spread out deep cleaning tasks as needed and when you have the time. Clean countertops and cooking equipment daily. This will help keep your kitchen sparkling year-round.

Source: Healthy Choices for Healthy Families March/April 2024



Spring Cleaning For Your Mental Health

Beyond the physical benefits of a clean and organized home, spring cleaning can offer mental health advantages. Clutter can contribute to feelings of anxiety, overwhelm, and even depression, while a tidy space can promote mental clarity and a sense of calm.

To maximize the benefits of spring cleaning, consider the following strategies:

- **Prioritize tasks:** Begin with smaller, manageable tasks to avoid feeling overwhelmed. This could involve decluttering a drawer, organizing a bookshelf, or washing windows.

- **Focus on one room at a time:** Instead of getting bogged down, concentrate on one area at a time. This can help prevent burnout and provide a sense of accomplishment as you complete each space.

- **Use a timer:** Set time limits to maintain focus and prevent procrastination. This can also help you break down larger tasks into smaller, more manageable chunks.

- **Spread out the cleaning:** Don't try to do everything at once. Spread out the cleaning process over several days or weeks to avoid feeling overwhelmed and to allow for rest and recovery.

- **Ask for help:** Don't hesitate to ask friends or family for help, especially with heavy or time consuming tasks. This can make the process more enjoyable and efficient.

- **Mindful cleaning:** Practice mindfulness while cleaning by focusing on the present moment and the sensations of your body. This can help reduce stress and promote relaxation.

- **Celebrate your progress:** Acknowledge and reward yourself for your accomplishments along the way. This can help boost your motivation and maintain a positive outlook.

By incorporating these approaches, spring cleaning can become a refreshing and calming experience. Remember, the goal is not just to clean your space but also to improve your mental well-being.

Source: Dr. Natese Dockery, Clinical Assistant Professor and Extension Specialist for Mental Health and Well-Being
References: <https://newsroom.clevelandclinic.org/2024/03/18/spring-cleaning-for-your-mental-health>
<https://acendahealth.org/4-ways-spring-cleaning-impacts-your-mental-health/>

MARCH / APRIL 2025

HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative
Extension Service



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



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Spring clean your pantry

Spring cleaning doesn't just apply to the house. Some items in your pantry may have been there longer than you realize. It's a good idea to clean out your pantry at least once a year. Cleaning the pantry can help you use items before they expire, get rid of expired items, and make room for new items. Follow these simple tips when cleaning your pantry:

1. Remove each item and look at the expiration date. Pile items into these groups:

- Expired items to throw away.
- Items expiring within the next few months.
- Items that you don't see yourself eating and you can donate.
- All other items.

CONTINUED ON PAGE 2



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LET KIDS HELP BY PUTTING AWAY GROCERIES, STIRRING INGREDIENTS, PEELING FRUITS, OR SETTING THE TABLE.

PARENT CORNER

Nutrition tips for kids

There is a lot of advice for kids' eating habits. The USDA recommends following these simple tips:

- **Eat more fruit and vegetables.** Make half your plate fruits and veggies every day.
- **Try whole grains.** Add things like oatmeal and whole-wheat bread and pasta to your dishes.
- **Think about your drink.** Choose water and low-fat or fat-free dairy milk (or lactose-free or fortified-soy versions) when you're thirsty.

- **Mix up your protein foods.** Include different foods like seafood, beans, peas, lentils, nuts, seeds, soy products, eggs, meats, or poultry.
- **Involve kids in the kitchen.** Let them help by putting away groceries, stirring ingredients, peeling fruits, or setting the table.
- **Be active.** Find ways for your kids to be active and move their body for at least 1 hour a day. Try walking to school, bike riding, or playing a sport with friends.

Source: <https://www.myplate.gov/life-stages/kids>

CONTINUED FROM PAGE 1

- 2. **Wipe off containers, wipe down shelves or drawers, and get rid of any crumbs that may attract pests.**
- 3. **Place items back on shelves with these tips in mind:**
 - Put items expiring within the next few months toward the front to remind yourself to use them.
 - Keep items you eat often, such as cereal, toward the front of the pantry.
 - Group similar items together to avoid buying items you already have. Put all canned vegetables together, all canned tomato products, canned fruit items, etc.
 - Consider putting snack items in bins.

Source: Jeannie Noble, MS, RD

BASIC BUDGET BITES

Buying in bulk

Buying in bulk can save money, but it might not always make sense. Consider these tips before buying in bulk:

- Do you have the room to store the amount of food you are buying?
- Will you be able to eat all the product before the expiration date?
- Is this something you and your family eat often and enjoy, or are you buying something new that you are unsure of the taste?

Source: Jeannie Noble, MS, RD



SMART TIPS

Grocery shopping tips

There are lots of ways to save money while grocery shopping. Here are a few to keep in mind every time you shop.

- Have a plan and stick to a grocery list.
- If possible, do not grocery shop when you're hungry. You are more likely to make impulse purchases when you are hungry.
- Question sale items to avoid food and money waste. Will you eat it, or are you buying it because the price is right? Will you spend the time to prepare the item? Will your family eat it?
- Use the unit price. *Read more about this by scanning the QR code.*



Source: Jeannie Noble, MS, RD

COOKING WITH KIDS

Turkey Wraps

- 8-inch whole-wheat flour tortilla
- 1 tablespoon low-fat ranch salad dressing
- 3 thin slices turkey breast
- 2 tablespoons assorted diced vegetables

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spread tortilla with a thin layer of ranch dressing.
3. Place turkey and diced vegetables on top of salad dressing.
4. Roll up and slice in half. Serve.
5. Refrigerate leftovers within two hours.

Recipe makes 1 serving
Serving size: 1/2 wrap

Nutrition Facts per serving: 230 calories; 6 g total fat; 1.5 g saturated fat; 0 g trans fat; 50 mg cholesterol; 540 mg sodium; 24 g total carbohydrate; 2 g dietary fiber; 2 g total sugars; 0 g added sugars; 21 g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium

Source: Eat Smart to Play Hard. Heather Shaw, Metcalfe County Nutrition Education Program Assistant, University of Kentucky Cooperative Extension Service



RECIPE

Easy Tortilla Breakfast Pizza

- Nonstick cooking spray
- 1 8-inch whole-wheat tortilla
- 1 cup spinach
- 3 medium eggs
- 1/2 medium tomato, diced
- Dash of salt and pepper
- 1/4 cup shredded part-skim mozzarella cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spray a 10-inch skillet with nonstick spray and place tortilla inside.
3. Place spinach over the tortilla and make three slight wells in the spinach. Crack an egg into each well so it can be cut into three triangles once done.
4. Sprinkle tomatoes, salt, pepper, and mozzarella over the eggs.

5. Cover with lid and cook on medium-low heat for 12 minutes, or until egg yolk is cooked through.
6. Remove from heat and slice into three wedges with one egg each to serve.
7. Store leftovers in the refrigerator within 2 hours.

Recipe makes 3 servings
Serving size: 1/3 of pizza

Nutrition Facts per serving: 140 calories; 7 g total fat; 3 g saturated fat; 0 g trans fat; 50 mg cholesterol; 170 mg sodium; 10 g total carbohydrate; 1 g dietary fiber; 1 g total sugars; 0 g added sugars; 10 g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source: Jeannie Noble, Extension Specialist; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service



FOOD FACTS

Whole grains

Grains provide many important nutrients such as carbohydrates, fiber, some B vitamins, magnesium, and selenium. Try to make half of the grains you eat, whole grains. Whole grains have more fiber and nutrients than refined grains. Below are some examples of whole grains.

- Whole-wheat bread
- Whole-wheat cereal
- Whole-wheat crackers
- Whole-wheat pasta
- Whole-wheat tortillas
- Brown rice
- Oats
- Popcorn
- Quinoa

Source: MyPlate.gov



LOCAL EVENTS

Johnson County

If you are interested in nutrition classes, contact your Extension office.

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 826 FM Stafford Ave., Paintsville, KY 41240
 (606) 789-8108
 MACEY STEWART
 Extension Agent for Family and Consumer Sciences

VISIT US ONLINE AT
EXTENSION.CA.UKY.EDU/COUNTY

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 16 • ISSUE 3

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THIS MONTH'S TOPIC:

STRETCHING YOUR DOLLAR: WHAT TO DO WHEN THE "ENDS" DON'T MEET

"Making ends meet" is getting harder in today's economy. If you've ever wondered how to make your dollars and resources go farther, think about these tips for managing your money in tough financial times.

SPENDING WISELY

There are two basic ways to balance a budget: either **increase your income** or **reduce your expenses**. Scaling back on spending may be the quicker and easier of the two strategies. Start by taking a look at your spending habits to see where your money goes each pay period. List small purchases (like fast food, hobbies, and other "wants") and large expenses (like housing, insurance, and your family's "needs").

Next, use a highlighter to mark more **flexible** categories where you can cut back (or cut out altogether). While not always pleasant, looking for small ways to save in the present allows you to redirect that money where it matters most. This increases your family's future financial stability. Cancel "wants" until you can make ends meet again, like streaming services or monthly subscriptions. Or, cut back on things like eating out or buying name brands. For example, saving



\$10 a week is \$520 a year; saving \$20 weekly is \$1040 annually; saving \$50 a week is \$2,600 a year; and so forth. Small savings really do add up.

PRIORITIZING YOUR FINANCES

Household expenses fall along a continuum of fixed and variable costs. **Fixed costs** are the same amount each month. These may include bills such as mortgage or car payments, insurance premiums, cell phone plans, internet, and streaming services. You can budget fixed expenses more precisely because you know the exact amount that will be due and when.

Variable costs, on the other hand, include charges that are different each month. Food costs, utility bills, revolving credit card

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NOTE EACH MONTHLY “PAY DAY” (OR ANY DATE YOU EXPECT MONEY TO COME INTO YOUR ACCOUNT)



payments, and “extras” are all variable costs. Some of these expenses may be necessary (e.g., food and electricity are essential), but often there are ways to cut costs in each category.

To begin prioritizing your finances, use a blank calendar and note every recurring monthly payment your family has (fixed or variable) on its due date. Also keep a running list of family expenses that are due quarterly or annually, like property taxes or insurance.

Next, note each monthly “pay day” (or any date you expect money to come into your account rather than go out of it). Do you have enough income to cover the required payments in between pay periods? If not, talk with the collector about the due date. Most companies offer flexibility in choosing a payment date that works for your financial situation. Be sure to pay bills on time to avoid late fees and additional finance charges or interest.

SAVING WHEN EXPENSES ARE TIGHT

To save on groceries, gas, utilities, clothing, and other household essentials, begin by

shopping your home. For example, don’t go grocery shopping until you’ve shopped your pantry, fridge, and freezer. Eat or repurpose leftovers, get creative with the ingredients you have on hand, and use food before it expires. When we toss food in the trash, we’re trashing our cash too.

The same goes for clothing or other household goods. Look for items to sell, trade, refresh, or repurpose before going shopping. To save money on gas, group your errands and limit your shopping trips to one day a week or certain days a month. You can also carpool or use public transportation. For utilities, use energy-saving practices to lower your costs (like wearing layers and monitoring the thermostat).

LOOK TO THE PAST

As you explore ways to save, consider the penny-pinching practices of past generations. They used what they had and weren’t wasteful. They borrowed from friends and neighbors. They sold and traded goods. They repurposed furniture, fabric, and clothing. They lived within their means and considered “a penny saved is a penny earned.”

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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>

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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.

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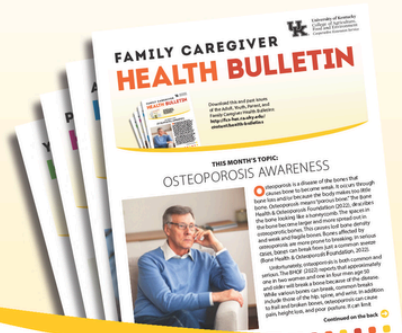
ADULT
HEALTH BULLETIN

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FAMILY CAREGIVER

HEALTH BULLETIN



MARCH 2025

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THIS MONTH'S TOPIC

RECOGNIZING SIGNS OF SUICIDE



Older adults account for 22% of suicides in the U.S. according to the Centers for Disease Control and Prevention. Men age 75 and older face the highest overall rate of suicide. Older adults are known to plan suicide more carefully and use methods more likely to prove lethal. Older adults who attempt suicide are less likely to recover because of frailty or underlying medical conditions. The tragedy of suicide is a growing public health crisis.

Older adults often face loss and grief. They might lose independence, health, and financial stability. They might face widowhood, death of peers, friends and family, mobility issues, etc. Older adults are more likely to be homebound, live on their own, or lack social connections needed to thrive. When combined with physical, emotional, and

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A critical resource for someone in crisis is the 988 Suicide and Crisis Lifeline — available 24 hours a day, 7 days a week.

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cognitive struggles, older adults are susceptible to depression. Some researchers believe that the epidemic of loneliness is fueling suicide.

Health-care providers and caregivers need to recognize warning signs of suicide in older adults. Alone, one or two of these acts may not be a concern. It is common to update a will, for example. But in combination, these warning signs may mean trouble.

- Loss of interest in activities
- Giving away belongings
- Changing a will
- Avoiding social opportunities
- Neglecting self-care
- Changes in appearance
- Ignoring or skipping medications
- Preoccupation with death, talking about dying or killing oneself
- Reckless behavior or lacking concern for personal safety
- Increasing use of alcohol and/or drugs
- Sleeping too much or too little
- Extreme mood swings
- Acting anxious or agitated
- Talking about being a burden to society or others
- Talking about unbearable physical or emotional pain
- Feeling empty or hopeless
- Feeling trapped with no way out

A critical resource for someone in crisis is the 988 Suicide and Crisis Lifeline. This telephone number is available 24 hours a day, 7 days a week. It connects you or someone you care about to mental health professionals who can talk to someone in crisis.

The 988 Suicide and Crisis Lifeline spells out five steps you can follow if you think an older adult, or anyone, is thinking about suicide:

1. Ask. Be direct and ask, “Are you thinking about killing yourself?” “How can I help you?” Initiate this conversation and listen carefully to their answers. Acknowledge their pain. Help the person focus on why they should keep living.



- 2. Be there.** If possible, be physically present and ease the feelings of isolation. If being face-to-face is not possible, call or try a video call to help the person feel connected. Ask a friend, family member, or neighbor to help.
- 3. Keep them safe.** If someone has tried before or has a detailed plan, the risk is greater. Call 911 or the 988 Suicide Lifeline for help to determine the next steps.
- 4. Help them connect.** Establish support systems for the present and future. Find local resources for support, connection, and mental health.
- 5. Follow up.** Research shows that follow-up can lower suicide in high-risk populations. Checking in shows you care.

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- Cleveland Clinic. (2023). What to Know About Older Adults and Suicide Risk. Retrieved 1/7/25 from <https://health.clevelandclinic.org/suicide-in-older-adults>
- National Council on Aging. (2025). Suicide and Older Adults: What You Should Know. Retrieved 1/7/25 from <https://www.ncoa.org/article/suicide-and-older-adults-what-you-should-know>
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FAMILY CAREGIVER HEALTH BULLETIN

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PARENT

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>

Johnson County Extension Office
826 FM Stafford Ave.
Paintsville, KY
41240
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THIS MONTH'S TOPIC

PAY ATTENTION TO HOW YOU TALK ABOUT FOOD WITH KIDS



Parents have a powerful influence on how their children think about food. The language used around food shapes children's attitudes, beliefs, and behaviors toward eating. They can last a lifetime. Using positive and supportive language when talking about food is vital for helping children develop a healthy relationship with food. This means enjoying a variety of foods without guilt or anxiety. It means understanding that food is fuel for our bodies, not something to be feared or controlled.

From a young age, children listen and learn from the way we talk about food. If we use labels for food like "good" or "bad," children might start to view eating as something that is either right or wrong. They won't see it as just a way to nourish

Continued on the next page ➔



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Don't say a food is "unhealthy."

Say, "This is a treat that we can enjoy

sometimes, but we also need other

foods that help our body feel good

every day."

→ Continued from the previous page

their bodies. For example, when we say things like, "this is so unhealthy," or "that is bad for you," it can create confusion and stress around food. These types of comments can lead children to feel guilty for enjoying certain foods. This could lead to unhealthy eating habits or an unhealthy relationship with food.

One of the most important things we can do is avoid labeling food as "good" or "bad." While it's important to encourage healthy eating habits, no food should ever be completely "off-limits" or "bad." If we only talk about food in terms of judgment, like saying, "You can't have that," or labeling food as "junk food," children may begin to feel like certain foods are forbidden or "wrong" to eat. This can lead to feelings of shame or guilt when they eat those foods, even in moderation.

Instead of labeling food, it's more helpful to talk about food in terms of balance. For example, don't say a food is "unhealthy." Say, "This is a treat that we can enjoy sometimes, but we also need other foods that help our body feel good every day." This helps children understand that it's OK to eat foods that are more indulgent. It's OK when they're balanced with other foods that provide our body with the nutrients it needs. It also helps set

the foundation for a balanced view of food. It helps them understand that all foods have a place in a healthy diet and should be enjoyed without shame.

The way we talk about food can shape children's attitudes toward eating. By using positive, nonjudgmental language, we can help them build a healthy relationship with food that will last a lifetime. Encourage balance with food choices. Promote a positive food environment to help children see food as something that nourishes, rather than something to fear or feel guilty about.

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/>
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- Helping Your Kids Develop a Healthy Relationship with Food | Patient Care. (n.d.). Weillcornell.org. <https://weillcornell.org/news/helping-your-kids-develop-a-healthy-relationship-with-food>




**PARENT
HEALTH BULLETIN**

Written by:
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Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



MARCH



SUN	MON	TUE	WED	THU	FRI	SAT
						1 Family Fun Day @ JCPL 11 AM
2 Read Across America Week 	3	4 Oil Springs Club 1 PM @ OSCC	5 Embroidery Club 1 - 4 PM	6	7	8
9	10 Quilt Guild Club 10 AM - 4 PM Walk Your Way Challenge Begins!	11 In The Face of Disaster Program @ JCPL 10 - 11:30 AM*	12	13 Lunch and Learn In The Face of Disaster Program @ Extension Office 11 A.M. - 1 P.M. *	14	15 Scrapalicious Quilt Event @ Floyd Co. Extension Office*
16 	17 Community Club @ Extension Office 6 - 8 PM	18 NEA Meeting @ Lawrence County Office 10 A.M.	19 High Risers Meeting @ Bristleback Manor 1 PM	20 Extension District Board Meeting @ 5:30	21 Last Day to Register for Leader Lesson Day	22
23 National Spring Cleaning Week 	24	25 Cooking Through the Calendar: ARH Heart Healthy @ Extension Office 5 P.M. *	26 Holiday Happenings Committee Meeting @ 9 AM Leader Lesson Day @ Extension Office 10 AM*	27 ARH Diabetes Support Group* Parent Expo Event @ JCHS 5:00 - 7:00 PM	28	29

*Requires Pre-Registration



APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1 Oil Springs Club 1 PM @ OSCC	2 Embroidery Club 1 - 4 PM	3	4	5
6	7	8	9	10	11	12
13	14 Quilt Guild 10 AM - 4 PM @ Extension Office	15 Book Club 	16 High Risers Meeting @ Bristlebuck Manor 1 PM	17 Homemaker Council Meeting @ 10:30 A.M. Extension District Board Meeting @ 5:30	18	19
20	21 Community Club 6 - 8 PM @ Extension Office	22	23 Lunch and Learn In The Face of Disaster Program @ Extension Office 11 A.M. - 1 P.M.	24 Reality Store 2025	25	26
27	28	29	30			

*Pre - Registration Required

Johnson County

826 F. M. Stafford Avenue

Paintsville, KY 41240

RETURN SERVICE REQUESTED



Freezing Eggs Safely

Whole eggs or yolks

- Crack eggs and mix gently until blended. Avoid whipping in air.
- To prevent graininess and gelling of the yolks, add:
 - 1 ½ tablespoons sugar or corn syrup per cup of eggs/yolks for use in sweet dishes
 - ½ teaspoon salt per cup of eggs/yolks for use in savory dishes
- Pour into a freezer safe container*
- Leave ½-inch space at the top of the container to allow for expansion
- Label and date
- Use within one year

Egg whites

- Crack eggs and separate the whites. Gently mix.
- Pour into a freezer safe container*
- Leave ½-inch space at top
- Label and date
- Use within one year

Using frozen eggs, whites, and yolks

- Thaw in refrigerator
- 3 Tablespoons egg mixture = 1 whole egg
- 2 Tablespoons of egg whites = 1 large egg white
- 1 Tablespoon egg yolks = 1 large egg yolk

*For best texture, strain eggs through a sieve before packaging. Freezer bags work well as they lay flat.