

JOHNSON COUNTY

 Cooperative
Extension Service

FAMILY AND CONSUMER SCIENCES

MAY / JUNE 2025

Inside This Issue:

1. Gardening Safely
2. Get Healthy with Pickleball
3. Eating Healthy on a Budget
4. Upcoming Classes / Events
5. Health Bulletins
6. Healthy Choices
7. Money Wi\$e
8. May / June Calendars

**DID YOU
KNOW?**

Broccoli works together with other foods to support our health in a variety of ways:

- Protects Against Disease
- Promotes Proper Digestion
- Enhances Eye Health
- Supports Strong Bones and Teeth
- Fights Cancer

Source: FSHE-7 Broccoli Choosing, Storing, Preparing, and Enjoying



Macey A. Stewart

Macey Stewart

County Extension Agent for
Family & Consumer Sciences Education
macey.stewart@uky.edu

Johnson County Extension Service
826 F.M. Stafford Avenue
Paintsville, KY 41240
606-789-8108

 Find us on
Facebook
@ Johnson County Extension FCS

**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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

GARDENING SAFELY

Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil.

The warm spring weather has many people excited to get outside and begin seasonal yard and garden work. Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly.



According to the Consumer Product Safety Commission (CPSC), more than 400,000 people visit emergency rooms each year for injuries related to outdoor garden tools. It is important to stay safe when working with outdoor tools. The American Society of Surgeons of the Hand (ASSH) recommends taking the following precautions when gardening:

- **Wear gardening gloves:** Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil. Hands and fingers are prone to small cuts and scrapes that can become easily infected when exposed to dirt and germs. Leather gloves protect against thorns, poisonous plants, insect and animal bites, and other skin irritants in the garden. Gloves also prevent sun damage.

- **Avoid strenuous repetitive motions:** Unless you are used to the activity, repetitive motions such as digging, raking, trimming hedges, pruning bushes, or planting bulbs may cause muscle or skin damage. Rotate gardening activities every 15 minutes with a brief rest in between so the same muscles are not overused.

- **Be aware of your grip:** Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Studies have shown that people lose up to 25% of their grip strength when their wrist is bent. Only use hand tools with the appropriate hand, for example, do not grip a right-handed tool with your left hand. Try to square up your shoulders in front of where you are working instead of reaching across your body.

- **Use proper equipment and tools:** Use a hand shovel or rake rather than your hands for digging. Sharp objects and debris buried in the soil may cut you. If possible, remove clear sharp objects like broken glass, old labelling stakes, and unused tools from the work area before beginning the task to avoid causing damage. Additionally, avoid accidents by using tools for their intended purposes only.

Written by: Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:
123RF.com

REFERENCE:

<https://www.assh.org/handcare/safety/gardening>



Cooperative Extension Service

Agriculture and Natural Resources

Family and Consumer Sciences

4-H Youth Development

Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

8 SIMPLE WAYS TO EAT HEALTHY ON A BUDGET



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

1 BUY WHOLE FOODS

Processed foods are more expensive and less nutritious than unprocessed foods.



Whole foods give you more control over the ingredients and you can also buy them in larger quantities.

2 BUY CHEAPER CUTS OF MEAT



Try less expensive cuts of meat and use different cooking methods to make tougher cuts tender and juicy. Buy large, inexpensive cuts to use in several different meals during the week.



3 PREPARE YOUR OWN FOOD

Preparing your own food allows for total control over the ingredients and is much cheaper than buying food out.

- Eat before leaving for work or going out.
- Take food with you to school or to work.



4 STICK TO YOUR GROCERY LIST

Avoid impulse buying by making a grocery list and sticking to it. Don't shop when you're hungry and go to the grocery store alone. This will help you stick to your list as well.



5 PLAN YOUR MEALS AHEAD

Plan out meals for the week and list all the foods you need to buy. Check your fridge and cabinets to see what you already have and buy only what you're sure you'll use.



6 BUY FROZEN FRUITS & VEGGIES



These are often half the price of fresh produce, you can buy them in bulk to save more, are available all year 'round and are sold in large bags. Frozen fruits and veggies are just as or even more nutritious than their fresh counterparts, if frozen right away when they're picked.

7 BUY GENERIC FOODS

Generic foods taste just the same and are of the same quality as brand name foods. The difference is that they are much cheaper.



8 BUY IN BULK

Foods like grains, millet, barley, rice, beans, some nuts and oats are available in bulk and are easy to stockpile. Find them on sale and buy as much as you can afford, making sure you're actually going to use them.



Get healthy with pickleball

What is pickleball?

Pickleball has been the fastest growing sport in America since 2020. It has grown in popularity because most ages, body types, and skill levels can play. It is an easy, affordable, accessible, fun, social, and friendly game that combines badminton, ping-pong, and tennis features. You play with a large paddle and plastic ball on an indoor or outdoor court similar in size to a badminton court with a net, like that in tennis. Beginners can learn quickly, and many become core players. Core players participate in official events eight or more times a year. . Matches are played as singles or doubles and last approximately 15 to 25 minutes. Each match consists of three games, with the winner declared after the best two out of three. The average age of a core pickleball player is 38.1 years old, but pickleball has long been tied to older adults and retirees. The majority of core pickleball players are 55 or older and more than a third are 65 or older. SilverSneakers reports older adults are drawn to pickleball for a variety of reasons:

- The courts are smaller and require less running than tennis (four pickleball courts fit in one tennis court).
- The game is easy to learn and score. It can evolve into a more fast-paced competitive match for more experienced players.
- The game is familiar because it is like other racquet sports.
- The game is designed to be fun and carefree.
- The game is social and is associated with less frustration than some other sports.
- The game encourages physical and social activity as well as a sense of personal proficiency.
- There are lots of opportunities to play through open play, leagues, clubs, senior and recreation centers, etc.



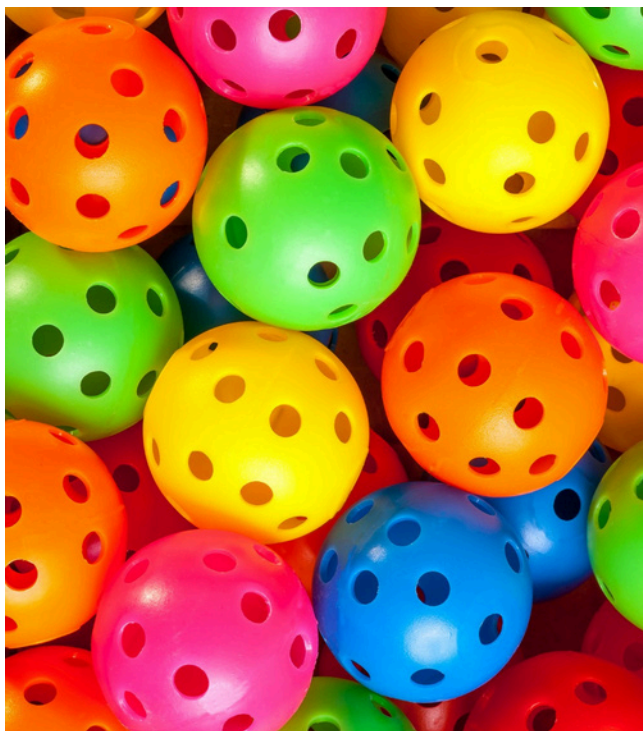
The game attracts active older adults because it is easy to find courts and people with whom to play. You can search for local clubs and courts by zip code through the USA Pickleball Association website: <https://usapickleball.org>. The USA Pickleball Association posts a downloadable rulebook and official rules packet as well as helpful videos that cover game basics and beyond at <https://usapickleball.org/what-is-pickleball/how-to-play>.

The physical, mental, and social benefits of pickleball

Harvard Health and SilverSneakers agree that pickleball can be an ideal sport for older adults because it enhances physical, mental, and social activity.

Physical health

Pickleball makes exercise fun, and people are more likely to enjoy fun activities. An article published in the International Journal of Research in Exercise Physiology shows that playing one hour of pickleball



According to USA Pickleball, three dads invented the game in 1965 to help their children fight summer boredom.

three days a week for six weeks can improve blood pressure, cholesterol, and cardiorespiratory fitness. Because pickleball involves moderate exercise, various reports attribute the benefits of pickleball to weight management and weight loss, managing diabetes, improving cardiovascular health and muscle strength, and keeping bones strong. Other research shows that pickleball can improve hand-eye coordination, which can help with daily activities like eating and driving, and improve reflexes and balance, which contributes to independence and fall prevention.

Mental health

Exercise in general can help reduce stress and improve mood. Research shows that exercising the brain can enhance memory and help preserve cognitive function. Pickleball stimulates the mind because it requires quick thinking and strategizing. Other research has found that pickleball reduces depression, increases self-esteem, and enhances a sense of purpose.

Social health

Pickleball brings people together. It encourages people to play casually with family, friends, and neighbors as well as to meet new people who are interested in the sport. When people are social, they are less likely to feel lonely or socially isolated. The fun aspect of pickleball also keeps people coming back. It is a carefree activity that encourages laughter and competition. Playing with others encourages accountability and can contribute to a sense of purpose. For example, the dependence upon showing



up to play against or with someone else. Positive social experiences with pickleball can influence ongoing exercise habits.

Safety concerns: Don't get yourself in a pickle

Because pickleball is fun, social, played on a smaller court, and in senior centers, some perceive it to be a milder, low-impact, low-risk sport. However, it can be physically challenging and like any sport, it does pose several safety and injury concerns. Because the game can evolve into long volleys, quick steps, back-peddling, and lots of starting, stopping, and switching directions at the net, playing can lead to falls and injury. Falls are one of the leading causes of injury and injury-related death among adults aged 65 and older, according to the Centers for Disease Control and Prevention. Older adults who are less physically agile (having impaired balance or difficulty making quick turns) need to be careful while playing pickleball.

The USA Pickleball Association (USAPA) formed in 2005. Today it has more than 53,000 members.

The name pickleball comes from the sport of rowing where the slowest craft is the “pickle boat.” Other accounts report the game is named after co-founder Joel Pritchard’s dog, Pickles. Pickles was known to run off with the ball while the game was still being played!

While research does recommend learning to fall properly to be prepared in case you do fall (rolling with a fall versus extending a hand to break a fall can result in fewer upper extremity issues), all falls involve injury risks including head trauma.

Sports medicine experts report injury to the rotator cuff is a common pickleball complaint. This type of injury can cause pain and weakness in the arm, particularly at the shoulder joint. It can even prevent arm movement. Other injuries connected to pickleball (and other racquet sports) include sprains and strains to muscles, tendons,

and joints; broken bones; bruises and cuts; injuries to the knee; aggravation of arthritis; low back pain; plantar fasciitis; distal extremity fractures (forearm, wrist, hand, foot, ankle); and head or facial trauma including eye injuries.

Players should stretch and properly warm up before any activity. USA Pickleball provides a list of exercises to help reduce injuries at <https://usapickleball.org/membersnewsletter/pickleball-fitness-exercises-to-help-reduce-injuries>. Players

should wear protective eyewear, appropriate athletic court shoes, and research options for wrist and ankle braces. Use a proper paddle and grip because gripping a paddle too tightly or volleying with a paddle that is too heavy can cause injury to the elbow.

It is important to take frequent breaks and keep hydrated. It can also be helpful to ice sore spots after a match to help with recovery.

If preexisting conditions and/or concerns are present, consult a health-care professional before playing. Visit a health-care professional if pain worsens with activity, lasts for more than 24 hours, causes changes in gait, or forces modification of other activities.

Conclusion

Pickleball is meant to be fun, social, and active, but, like many sports, it can sometimes be frustrating, especially if you are not catching on like you would like. Remember, a bad attitude is not helpful for you or those around you. By keeping your expectations realistic, you can reduce stress and/or frustration and anger. Remind yourself that like anything new, you need to practice — and have fun!

References

- Baylor College of Medicine. Homa Shalchi. (2022). Pickleball injuries in older adults. Retrieved 11/15/22 from <https://www.bcm.edu/news/pickleball-injuries-in-older-adults>
- Centers for Disease Control and Prevention. (2020). Keep on Your Feet—Preventing Older Adult Falls. Retrieved 11/15/22 from <https://www.cdc.gov/injury/features/older-adult-falls>
- Harvard Health. (2020). Pickleball pleasures and pitfalls. <https://www.health.harvard.edu/staying-healthy/pickleball-pleasures-and-pitfalls>
- Harvard Health. (2021). The powerful play of pickleball. Retrieved 11/15/22 from <https://www.health.harvard.edu/staying-healthy/the-powerful-play-of-pickleball>
- HealthPrep. (2022). 10 Amazing health benefits of playing pickleball. Retrieved 11/15/22 from <https://healthprep.com/articles/10-amazing-health-benefits-of-pickleball>
- HealthPrep. (2022). How Pickleball Benefits Alzheimer's Disease And Dementia. Retrieved 11/15/22 from <https://healthprep.com/articles/alzheimers-disease/pickleball-benefits-alzheimers-disease-dementia>
- Heo, J., Ryu, J., Hyunmin, Y., & Kim, M.K. (2018). Serious leisure and depression in older adults: a study of pickleball players, *Leisure Studies*, 37:5, 561-573, DOI: 10.1080/02614367.2018.1477977
- Mackie, B. (2022). Pickleball Statistics: The Numbers Behind America's Fastest Growing Sport. Retrieved 11/15/22 from <https://www.pickleheads.com/blog/pickleball-statistics>
- Medical University of South Carolina (MUSC). (2022). Pickleball: Fastest Growing Sport – Especially for Seniors. Retrieved 11/15/22 from <https://muschealth.org/medical-services/geriatric-seniors/health-aging/pickleball>
- Pickleball Player. (2022). Pickleball Popularity Statistics and Demographics: Facts & INFOGRAPHIC. Retrieved 11/15/22 from <https://thepickleballplayer.com/pickleball-popularity-statistics-demographics-infographic>
- Lisa Fields. (2022). *5 Hidden Health Benefits of Pickleball*. SilverSneakers. Retrieved 11/15/22 from <https://www.silver sneakers.com/blog/pickleball-health-benefits>
- Smith, L. E., Buchanan, C. A., Dalleck, L. C. (2018). The Acute and Chronic Physiological Responses to Pickleball in Middle-Aged and Older Adults. *International Journal of Research in Exercise Physiology*, 13(2): 21-32.
- Sports & Fitness Industry Association (SFIA). (2022). 2022 Pickleball Participation Report. Retrieved 11/15/22 from <https://sfia.users.membersuite.com/shop/store/f147b189-00ce-c473-ec33-0b43d03a1678/detail> Or <https://sfia.org/resources/sfias-topline-report-shows-americans-inactivity-rate-declining>
- Daryl Austin. (2022). *Pickleball: The Health Benefits of a Sport That's Boomed in the Pandemic*. U.S. News. Retrieved 11/15/22 from <https://www.usnews.com/news/health-news/articles/2022-04-20/pickleball-the-health-benefits-of-a-sport-thats-boomed-in-the-pandemic>
- USA Pickleball Association (USAPA). (2022). What is Pickleball? Retrieved 11/15/22 from <https://usapickleball.org/what-is-pickleball>
- Vitale, K., & Liu, S.C. (2020). Pickleball: Review and Clinical Recommendations for this Fast-growing Sport. *Current Sports Medicine Reports*. 406-413.

Authors

- Amy Kostelic, University of Kentucky
Extension Specialist for Adult Development and Aging
- Hardin Stevens, University of Kentucky
Senior Extension Associate
- Katherine Jury, University of Kentucky
Senior Extension Specialist

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

THE BASICS OF SEWING



DISCOVER THE JOY OF SEWING

Are you eager to learn how to sew but unsure of how to begin? Join FCS Agent Macey Stewart for an engaging session where she will guide you through the most fundamental sewing skills! In this two-day program, participants will explore essential sewing tools and complete a hand sewing project.



June 24 - 25, 2025

9 A.M. - 1 P.M.

Johnson County Extension Office
826 F.M. Stafford Avenue
Paintsville, KY 41240

606-789-8108

March 13 - June 13, 2025

Cooperative Extension Service

BIG BLUE BOOK CLUB
takes a road trip!



Living with Alpha-gal Syndrome

Cooperative Extension Service

When: Thursday, May 29
Time: 7:00 PM EDT/6:00 PM CDT
Where: Zoom

Presenters: Heather Norman-Burgdolf, PhD
Associate Extension Professor
Department of Dietetics and Human Nutrition

Register: ukfcs.net/AgS or scan the QR Code below



Jonathan Larson, PhD
Assistant Extension Professor
Department of Entomology

Hannah Tiffin, PhD
Assistant Professor
Department of Entomology

Heather Shaw
Area Agent
Nutrition Education Programs



Martin-Gatton
College of Agriculture, Food and Environment

JOHNSON COUNTY TRAIL DAYS

SAVE THE DATE

JUNE 13 & 14 2025

SIGN UP!

JCEHA PROJECT DAY

HELP US CREATE TABLE DECORATIONS FOR THE JULY COUNTY ANNUAL MEETING

In anticipation of the upcoming County Annual Meeting in July, we need your assistance in crafting decorative items for the tables. Join us for a delightful project day where you will create two table decorations: one for use during the meeting and another to take home with you!

July 1, 2025

9 A.M. - 12 P.M.

Johnson County Extension Office
826 F.M. Stafford Avenue
Paintsville, KY 41240

606-789-8108



Join the Johnson County Piecemakers!

The Johnson County Piecemakers is the perfect place to learn! Each month, quilters come together to share their creative skills in a friendly atmosphere — just for the joy of fellowship!

Feel free to reach out to Tammy Penix for more information on how to get involved.

May 12th
June 9th
July 14th
August 11th
September 8th
October 13th
November 10th
December 8th

2025

The Second Monday of Every Month

10 A.M. - 4 P.M.

Johnson County Extension Office
826 F.M. Stafford Avenue
Paintsville, KY 41240

606-789-8108

HAVE FUN

Life's too short for bad tacos!

let's **taco-bout stroke**
Cooking Classes

Explore healthy taco recipes and learn how good nutrition can lower your risk of heart disease and stroke.

MAY 13 5-7PM | Floyd Co. Extension Office | 3490 KY-321, Prestonsburg
Each Family will receive a \$25 Food City Gift Card

MAY 20 5-7PM | Johnson Co. Extension Office | 826 FM Stafford Ave, Paintsville
Each Family will receive a \$25 Food City Gift Card

MAY 27 5-7PM | Morgan Co. Extension Office | 1002 Prestonsburg St, West Liberty
Each Family will receive a \$25 Save-a-Lot City Gift Card

To pre-register, please email hsamons@arh.org



Cooperative Extension Service



JOIN THE ADVENTURE 4-H CAMP 2025

JULY 14-18 AT J.M. FELTNER 4-H CAMP, LONDON KY

Johnson and Pike County

Ages 9-14

Registration open now!

Stop by Johnson County Extension office at

826 FM Stafford Ave, Paintsville KY 41240 to sign up!

Questions? Contact Johnson 4-H Agent, Sonjia Harless at 606 789-8108 or

email at sonjia.harless@uky.edu

✓ Outdoor Adventures ✓ Summer Fun ✓ Games ✓ Songs & Dances

In Loving Memory
Jane Boggs



(left - right) Betty Lemaster, Jane Boggs, Brenda Cockerham, Unknown, Sandy Salyer



*May your sorrows be
patched
and your joys quilted.*

Jane Boggs was a founding member of the Johnson County Piecemakers, an accomplished quilter, and a cherished friend to everyone who knew her. The Johnson County Extension Family and Consumer Sciences program, along with the Piecemakers Club and the Johnson County Extension Homemakers Association, mourns her passing. We are incredibly thankful for her years of dedication, service, and teaching within the community.

MAY / JUNE 2025

HEALTHY CHOICES FOR HEALTHY FAMILIES



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.

Yogurt's hidden benefits: From digestion to heart health

National Dairy Month is in June each year. This is the month that highlights the value of dairy.

Despite the wholesome paybacks, a lot of us do not eat enough dairy products. Yogurt is a food most people can put in their food plan. Here are some of the benefits of eating yogurt:

- **Gives key nutrients:** Most types of yogurts are a great source of protein, riboflavin, vitamin B12, calcium, and phosphorus. It is also a good source of potassium, pantothenic acid, magnesium, and zinc.
- **Helps gut health:** Yogurt has special bacteria called probiotics that are good for your gut. They help to keep your digestion running smoothly and may help your immune system.
- **Builds strong bones:** Yogurt is packed with calcium and



vitamin D, which are vital for making your bones strong.

- **Good for your heart:** Eating yogurt often is linked to lower blood pressure and reduced risk of heart disease.

- **Easy to digest:** Yogurt is well tolerated by people with lactose intolerance. This is because the live active cultures in yogurt help to break down lactose. This makes it simpler to break down food compared to other dairy products.
- **Helps you feel full:** Yogurt can help you feel full and satisfied. This is helpful if you are trying to keep a healthy weight.
- **Easy to enjoy:** Yogurt comes in many flavors and types. Enjoy yogurt by itself, with fruit, or use it in smoothies.

Yogurt is a healthy food. Choose yogurts made with low-fat milk and less added sugar. Try adding yogurt to your meals and snacks.

Source: Adapted from Colorado State University Extension's Yogurt: Health and Probiotic Benefits

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

BASIC BUDGET BITES

Finding the best buy on food

Finding the best deal on food is a skill, and one anyone can learn. You must know what to look for and where to find it. Learn how to find the best deal for your family.

The first step in being a smart shopper starts with the price tag. Each price tag that appears on the front edge of the grocery shelf shows a lot of helpful facts. It shows the size of the item, the retail price, and the unit price.

- **Retail Price** is the price you pay for each item.
- **Unit Price** is used to compare the price of the same unit (pound, ounce, quart) between two items. Look for the lowest price per unit. You can use the

32 OZ LF YOGURT	
UNIT PRICE	RETAIL PRICE
\$0.05 per oz	\$1.62
	
846519725548123	

6 OZ LF YOGURT	
UNIT PRICE	RETAIL PRICE
\$0.12 per oz	\$0.72
	
84651978466659	

unit price to compare brands and sizes. Then, you can figure out which one costs less.

Source: NEP/PEM



SMART TIPS

Using Greek yogurt in recipes

You can use Greek yogurt in both sweet and savory dishes. It is thicker and creamier than regular yogurt. This makes it a good choice in recipes instead of items like sour cream, mayonnaise, heavy cream, cream cheese, and buttermilk. These items are often higher in fat and calories. Check out the Loaded Beef Stroganoff recipe on page 3 using Greek yogurt to replace sour cream.

COOKING WITH KIDS

Whole-Grain Strawberry Pancakes

- Cooking spray
 - 1 1/2 cups whole-wheat flour
 - 3 tablespoons sugar
 - 1 teaspoon baking powder
 - 1/2 teaspoon baking soda
 - 1/2 teaspoon salt
 - 3 eggs
 - 1 6-ounce container low-fat vanilla yogurt
 - 3/4 cup water
 - 3 tablespoons canola oil
 - 1 3/4 cups strawberries, diced
 - 1 6-ounce container strawberry low-fat yogurt
1. Heat griddle to 375 degrees F or heat a 12-inch skillet over medium heat. Spray with cooking spray before heating.
 2. In a large bowl, mix flour, sugar, baking powder, baking soda, and salt; set aside.
 3. In a separate medium bowl, beat eggs, vanilla yogurt, water, and oil with a wire whisk until well blended.
 4. Pour egg mixture all at once into flour mixture; stir just until moistened.
 5. For each pancake, pour slightly less than a 1/4 cup of batter from a cup or pitcher onto the hot griddle. Cook pancakes for 1 to 2 minutes or until bubbly on top, puffed, and dry around edges. Turn and cook the other side 1 to 2 minutes or until golden brown.
 6. Mix strawberries and strawberry yogurt together in a small bowl. Top each serving (2 pancakes) with approximately 1/2 a cup of the fruit and yogurt mixture.

Servings: 7

Serving size: 2 pancakes

Recipe cost: \$3.76

Cost per serving: \$0.54

Nutrition Facts per serving: 250 calories; 9g total fat; 1.5 saturated fat; 0g trans fat; 80mg cholesterol; 380mg sodium; 36g total carbohydrate; 4g fiber; 13g sugar; 5g added sugar; 8g protein; 6% Daily Value vitamin D; 10% Daily value calcium; 10% Daily Value iron; 6% Daily Value potassium

Source: NEP/PEM

PARENT CORNER

Stealthy healthy tips for parents

Do your children want to push peas around the plate instead of eating them? Then you might have thought about sneaking a few veggies into their foods. While this can help children eat more vegetables, it should not be your only game plan. If you are always hiding vegetables, how will they get to know and enjoy them?

You don't need to hide veggies on a routine basis. But, if you have a picky eater, hiding them a little can be a

helpful way to get more produce into their food. When it comes to getting children to happily eat veggies, the more choices the better. So go ahead and fold mushrooms into meatloaf and shred carrots into spaghetti sauce. Top pizza with onions and peppers, sprinkle tomatoes and avocados on tacos, or fold butternut squash into mac and cheese.

Source: Adapted from <https://www.eatright.org/food/planning/meals-and-snacks/get-fruits-and-veggies-to-the-plate>



RECIPE

Loaded Beef Stroganoff

- 12 ounces egg noodles (choose whole-wheat if available)
- 1 pound lean ground beef
- 1 large onion, chopped
- 2 tablespoons garlic powder
- 8 ounces sliced white mushrooms
- 1/4 cup all-purpose flour
- 32 ounces (or 4 cups) low-sodium beef broth
- 1 can (14.5 ounces) no-salt-added peas, drained
- 1 can (14.5 ounces) no-salt-added sliced carrots, drained
- 1 1/2 cups plain nonfat Greek yogurt or light sour cream
- 1 1/2 teaspoons salt
- 1 teaspoon black pepper
- Parmesan cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water. Cut to prepare for the recipe.
3. Cook egg noodles according

- to package directions while preparing the other steps. Drain.
4. On the stove, preheat a large pot on medium heat. Add the ground beef, onion, and garlic powder.
5. Wash hands after handling raw meat.
6. Cook the ground beef mixture, stirring often until the onion is tender and the beef reaches an internal temperature of 165 degrees F as measured by a meat thermometer.
7. Add the mushrooms. Cook until they are tender (about 5 to 8 minutes).
8. Stir in the flour and cook for 2 minutes.
9. Stir in the beef broth, peas, and carrots. Bring to a simmer and cook for about 5 minutes, until the mixture thickens. Remove from heat.
10. Once the mixture stops simmering, stir in the Greek yogurt, salt, and

black pepper. Add cooked egg noodles and combine. If mixture is too thick, add milk or beef stock until it's the desired consistency.

11. Serve immediately. Sprinkle with parmesan cheese when serving, if desired.

12. Refrigerate leftovers within 2 hours.

Notes: To reheat leftovers, add a little beef broth or milk before warming.

Servings: 10

Serving size: 2 cups

Recipe cost: \$13.87

Cost per serving: \$1.39

Nutrition Facts per serving: 270 calories; 4.5g total fat; 1.5g saturated fat; 0g trans fat; 30mg cholesterol; 610mg sodium; 38g total carbohydrate; 3g dietary fiber; 6g total sugars; 0g added sugars; 22g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

Source: NEP/PEM

FOOD FACTS

Counting the teaspoons: Managing added sugars for better health

Americans for the most part get about 15% of their calories from added sugars. This adds up to around 360 calories a day. Added sugars are “empty calories.” This means they are often in foods that give mostly calories.

One way to cut down on the added sugars is to switch from drinks with sugar like soda to water and drinks without sugar sweeteners. You can also try to eat fewer desserts.

Added sugars are sugars not found naturally in foods that have been added during processing. Most added sugars come from soda, desserts, fruit drinks, and candy. Foods that have naturally occurring sugars are milk, fruits, and vegetables.



Try to limit added sugars. Higher added sugar use may be linked to high triglycerides, low HDL cholesterol, and high LDL cholesterol. This can raise the risk of getting heart disease.

The Dietary Guidelines for Americans suggests people aged 2 and older limit added sugars to less than 10% of their total daily calories. If someone eats 2,000 calories a day, that's 200 calories or 50 grams of added sugar. Children younger than 2 should avoid food and drinks with added sugars.

Source: Adapted from <https://nutrition.ucdavis.edu/outreach/nutr-health-info-sheets/consumer-added-sugars>

LOCAL EVENTS

NAME County

Local events

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

JOHNSON County Cooperative Extension Office

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 5

Johnson County Extension Office | 826 FM Stafford Ave. | Paintsville, KY | 41240 | (606) 789-8108

THIS MONTH'S TOPIC: BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in "off" seasons to find better deals.

CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read [https://ukfcs.net/Traveling Meals](https://ukfcs.net/Traveling%20Meals).

EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit <https://www.kentuckytourism.com/> to explore all the vacation choices the Commonwealth has to offer!

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

May is Military Family Appreciation Month



FOR MILITARY YOUTH: Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html>

FOR MILITARY FAMILIES: Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: <https://fcs-hes.ca.uky.edu/MTAC>

Written by: Kristen Jowers and Kerri Ashurst

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

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

ADULT HEALTH BULLETIN



MAY 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Johnson County Extension Office
826 FM Stafford Ave.
Paintsville, KY
41240
(606) 789-8108

THIS MONTH'S TOPIC

TICK PROBLEM PREVENTION



Spring has officially sprung in Kentucky, with flowers in full bloom and the horses off to the races! While we may be excited to get outdoors and enjoy the sunshine, the warm weather also draws out other critters ... ticks. Ticks are tiny arachnids that need to feed on blood to go through their life cycle, putting the ICK in tick. These critters can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife. While not every tick bite will lead to disease, it can take just one bite in some circumstances. That is why reducing your risk of tick bites is important. You should include these simple steps outdoors, especially when working or playing in a "tick-risky habitat."

Ways to reduce your risk of tick bites

- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grasses.

Continued on the next page ➔

**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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Ticks can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife.

→ Continued from the previous page

- Buy pre-treated clothing or treat clothes with permethrin.
 - If you treat your clothes, follow all label instructions and keep cats away from the wet clothing as it is toxic to cats when wet (but safe when dry!)
 - Re-treat clothing after the number of washes shown on the label.
- Use DEET or other repellents before going into a risky habitat.
 - Find the right repellent for you and your family members by using the Environmental Protection Agency (EPA) tool: <https://www.epa.gov/insect-repellents/find-repellent-right-you>.
 - Remember to spray your socks and (non-rubber) boots!
- Do a tick check periodically while outdoors and soon after returning home.
 - It is easiest to do a full tick check in the shower; this will help dislodge any ticks that may not have fully attached yet.
 - Do a tick check on your pets too.
 - Focus on areas where ticks could find an easy blood meal — “hidden” locations and spots with increased blood flow are ticks’ favorites, such as the scalp, armpits, belly button, groin, behind the knees, and in between toes (especially on pets).
- Throw clothes in the wash, then the dryer, on HIGH heat.
 - Heating clothes on high for 10 to 15 minutes will kill ticks.

Take a “tick kit” with you while out and about. This will include items that help you locate, remove, and collect ticks and clean the bite site. When removing ticks, pull the skin tight, grab as close to the skin as possible with your tweezers, and pull straight up and out. Do NOT twist ticks to remove, that can break ticks and leave the mouthparts attached, potentially leading to infection.

Tick kit items

- Magnifying glass to find ticks

- Tweezers or forceps
- Bottle (a small pill bottle works well, with identifying information removed) or zip-top bag to keep ticks if you want them identified or tested
- Hand sanitizer or cleaning towelette to clean the bite site after removing the tick

Tick testing

Kentucky residents can send in ticks (found on people and pets) for testing by following instructions through the UK’s Tick Submission Program: <https://entomology.ca.uky.edu/ticksurveillance2022>

What makes a location “tick risky”?

While many different tick species live in Kentucky and prefer different habitats, they are generally found in “wilder” areas — think brush, tall grasses, or leaf litter. You can reduce your risk by walking in the middle of hiking trails, limiting time in tall grass and brush, and using personal protection measures when in these habitats.

But don’t let ticks keep you from enjoying all the beauty that Kentucky has to offer! Using a combination of these methods, you can reduce your risk of tick bites whenever you and your family are working or recreating outdoors.

For more information on reducing your tick and mosquito bite risk and creating “bite safe” spaces around your home, check out UK’s Extension Resources: <https://entomology.ca.uky.edu/ef618> and UK’s From the Woods Today series, episodes 212 and 214.

• **Episode 212:** https://youtu.be/pr2__iPdndI?si=z1u72TXK556QQAOL

• **Episode 214:** https://youtu.be/DNTXX_DIGA4?si=F-EsaDdTMW-XFdUT

Written by: Hannah Tiffin, Ph.D.,
Assistant Professor, Dept. of Entomology

Edited by: Alyssa Simms



Designed by: Rusty Manseau

Stock images: Adobe Stock








MAY



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 Walk Your Way Week 9	6 Kentucky Extension Homemakers Association State Meeting Lexington, KY Oil Springs Club 1 PM @ OSCC	7	8	9	10
11 	12 Walk Your Way Week 10 Quilt Guild Club 10 AM - 4 PM	13	14 ASAP Meeting 9 AM - 11 AM*	15 Johnson County District Board Meeting 6 P.M.	16	17
18	19 Walk Your Way Week 11 Community Club @ Extension Office 6 - 8 PM	20  ARH Taco - Bout Stroke Awareness Cooking Class 5 - 7 PM*	21 High Risers Meeting @ Bristlebuck Manor 1 PM	22	23	24
25	26 MEMORIAL DAY Walk Your Way Challenge Ends!	27	28	29 ARH Diabetes Connection Class* Living with Alpha- gal Syndrome Zoom 7:00 PM*	30	31

*Requires Pre-Registration



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Oil Springs Club 1 PM @ OSCC	4	5	6	7 Makers' Market Mountain Homeplace Farm 
8	9 Quilt Guild 10 AM - 4 PM @ Extension Office	10	11	12 Johnson County District Board Meeting 6 P.M.	13 Johnson County Trail Days!	14 
15 HAPPY FATHERS DAY	16	17	18 High Risers Meeting @ Bristleluck Manor 1 PM	19	20	21
22	23 Community Club 6 - 8 PM @ Extension Office	24 Sewing 101 Day 1* 	25 Sewing 101 Day 2* 	26	27	28
29	30					

*Pre - Registration Required

Johnson County

826 F. M. Stafford Avenue

Paintsville, KY 41240

RETURN SERVICE REQUESTED

PRESORTED

STANDARD

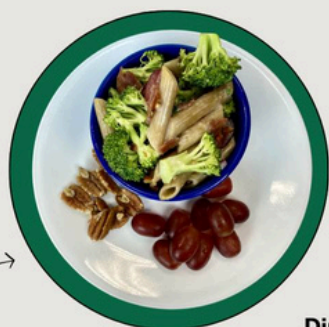
US POSTAGE PAID

LEXINGTON, KY

PERMIT # 310

UK Cooperative
Extension Service

BROCCOLI GRAPE PASTA SALAD



Ingredients

- ¼ cup diced pecans
- 8 ounces whole grain pasta (bow tie or other type)
- 5 slices turkey bacon
- 2 cups seedless red grapes
- 1 pound fresh broccoli
- ¾ cup low-fat mayonnaise
- ¼ cup honey
- ¼ cup diced red onion
- ¼ cup red wine vinegar

Directions

- Preheat oven to 350°F; bake pecans 5-7 minutes or until lightly toasted.
- Prepare 8 oz of pasta according to package directions.
- Cook bacon, cool, and crumble into small pieces.
- Cut the broccoli into small florets and halve 2 cups of grapes.
- Whisk together mayonnaise, honey, diced red onion and vinegar in a large mixing bowl. Add broccoli, cooked pasta and grapes.
- Cover and chill for 30 minutes.
- Stir in bacon crumbles and diced pecans just before serving.



UK Cooperative
Extension Service



SPRING HARVEST SALAD

INGREDIENTS

- 5 cups torn spring leaf lettuce
- 2 1/2 cups spinach leaves
- 1 1/2 cups sliced strawberries
- 1 cup fresh blueberries
- 1/2 cup thinly sliced green onions
- 4 teaspoons lemon juice
- 2 1/2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 1/2 teaspoons Dijon mustard
- 2 teaspoons Kentucky honey
- 1/2 teaspoon salt
- 1/4 cup feta cheese crumbles
- 1/2 cup unsalted sliced almonds

DIRECTIONS

- Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries, and green onion in a large salad bowl.
- Prepare the dressing by whisking together the lemon juice, olive oil, balsamic vinegar, Dijon mustard, honey, and salt; pour over the lettuce mixture and toss to coat.
- Sprinkle salad with feta cheese and sliced almonds. Serve immediately.