

FAMILY AND CONSUMER SCIENCES

Building strong families. Building Kentucky. It starts with us.

Winter/Spring 2023

Ashley Board

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Family & Consumer Sciences Education

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Souper Bowl of Caring

January 30 - February 10, 2023

Bring your donations of non-perishable food items to the
Caldwell County Extension Office.



The Caldwell County Extension
Homemakers are collecting food
items to be donated to the Christ
Tabernacle Food Pantry.



Help tackle hunger in our community!

Winter Weather Policy: If Caldwell County Schools are closed due to weather, Family & Consumer Sciences and Homemakers events scheduled at the Extension Office will also be cancelled.



FCS PROGRAM UPDATES

This newsletter is published semi-annually. Programs are subject to change for a variety of reasons. To ensure you receive the latest updates, sign up for the email newsletter and like our Facebook page.

Pre-registration for programs is required. Please sign up by the deadline to ensure supplies are available.

- **Souper Bowl of Caring**

- The Caldwell County Homemakers will host the Souper Bowl of Caring Food drive January 30 - February 10th. Non-perishable food items can be donated at the Caldwell County Extension Office during this time. Items collected will be donated to the Christ Tabernacle Food Pantry.

- **Eating Around the World**

- The Eating Around the World workshop will be held February 3 from 11:00 am - 1:00 pm at the Caldwell County Extension Office. Cost is \$5 and includes all ingredients. Let's travel the world without leaving the Extension kitchen and explore the traditional flavors of Mexican Cuisine. Pre-registration is required. Register and pay by January 31.

- **Elements and Principles of Art**

- Elements and Principles of Art will be taught February 6 via Zoom at 10:00 am. This lesson will cover the basic elements and principles of art and design and their influence on how we perceive objects. The lesson encourages discussion while outlining concepts used to objectively evaluate a drawing, painting, or photograph. Email ashley.board@uky.edu for the Zoom link.

- **Laugh & Learn**

- Laugh & Learn is a fun event for families with preschool age children and is designed to build kindergarten readiness skills through play. An in-person Laugh & Learn playdate for children ages 5 and under is scheduled for February 10 at 10:00 am. Children must be accompanied by an adult. Register at <https://bit.ly/3nu6Akl> or call 270-365-2787 by February 9th.

- **All Booked Book Club**

- The All Booked Book Club will meet February 21 at 6:00 pm at the Caldwell County Extension Office to discuss *The Book Woman of Troublesome Creek* by Kim Michelle Richardson. Light snacks will be provided by the book club host. Participants should bring their own beverage. RSVP by February 17 by calling 270-365-2787 or register online at <https://bit.ly/AllBooked23>

• **Stories, Songs, and Stretches @ GCPL**

- We are so excited to partner with the George Coon Public Library for Stories, Songs, and Stretches once a month during Story Hour! We love this yoga-inspired story time! Our next visit is February 14 at 10:00 am in the story hour room at the library. Join us! Story hour is for children ages 5 and under.

• **Big Blue Book Club**

- Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, *Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition* by Rosie Saunt and Helen West. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science. Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition, this series will be held via Zoom on Thursdays, March 2, 9, 16, and 23 at 9:00 am CT. Register online by visiting <https://ukfcs.net/BBBC23Book1>

Life Simplified Podcast

We are so excited to announce the launch of the Life Simplified Podcast. You're sure to enjoy a few laughs as we share real life stories about our efforts to apply research based information to our lives.

The podcast is available for download on Apple podcasts, Google Podcasts, iHeartRadio, Amazon Music, Spotify, and Podbean. A new episode is released every Tuesday. Not into listening to podcasts on your phone? That's ok! You can listen online at

<https://lifesimplifiedpodcast.podbean.com/>.

Co-creators: Ashley Board (Caldwell FCS), Tiffany Bolinger (Christian FCS), Amanda Dame (Hopkins FCS), and Joni Phelps (Livingston FCS)



Life
SIMPLIFIED

FCS PODCAST

Sometimes life is messy. Have you ever wished you could refocus your mind, home, relationships, and work life?

Join Family & Consumer Sciences Agents in Caldwell, Christian, Hopkins, and Livingston on our new podcast airing each Tuesday as we use research based information to make practical changes and simplify life.

**LISTEN ON YOUR
FAVORITE PODCAST
APP EACH TUESDAY!**



Life
SIMPLIFIED

Family and Consumer Sciences



Keep up with Family & Consumer Sciences activities in between newsletters.

"Like" our Facebook page.

<http://www.facebook.com/CaldwellFCS>



Should I Be Using Green Powders?

Green powders have become increasingly popular, but what are they and should you use them? Green powders are a mix of dried and powdered ingredients that may include vegetable and fruit powders, added vitamins and minerals, probiotics, digestive enzymes, or herbal supplements. Typically, manufacturers of green powders recommend you mix the product into a full glass of water and take it on an empty stomach.

Various green powder brands claim that their product has multiple servings of fruits or vegetables, decreases bloating, and improves digestion. However, there is limited research on green powders. Researchers have not studied them in a large enough population to make broad claims.

It is important to consider that green powders are considered a supplement. The Food and Drug Administration (FDA) does not regulate them. This means the quality of the product does not need to meet certain standards. Without regulations from the FDA, it is uncertain how much of each ingredient you are getting in the green powders and the purity of the product. When buying any kind of supplement, look for ones that are third-party tested for more legitimacy.

While green powders may be a trendy way to add vitamins and minerals to our diet, they are not an adequate replacement for eating whole fruits and vegetables. They also come at a much higher cost than buying conventional produce. Because the fruits and vegetables in green powders are dried and processed, they are missing important components like fiber and certain vitamins and minerals. Also, when we eat fruits and vegetables, they help us feel full for longer and promote an overall nutritious diet.

Reference: What To Know About Green Powders | Healthier Together. (2021). Retrieved 29 September 2022, from <https://site.extension.uga.edu/healthiertogether/2021/07/what-to-know-ab...>

Source: Sarah Donnell, Human Nutrition Undergraduate Student, and Heather Norman-Burgdolf, PhD, Extension Specialist for Food and Nutrition

Smoothie Basics

Coconut oil is a white, solid fat that comes from the meat and milk of the coconut fruit. Although coconut oil is called an oil, it is solid at room temperature. It has become increasingly popular in cooking, baking, and cosmetic use. Unlike other sources of fat, coconut oil may contribute a fruity, tropical flavor when using it in food preparation.

There are claims that coconut oil is a healthy replacement for fat when cooking, particularly to promote heart health. However, many studies show conflicting results on coconut oil for heart health. What we do know is that coconut oil is almost entirely saturated fat. This is the type of fat that is related to an increase in LDL cholesterol and the development of heart disease. On the other hand, some studies show an increase in HDL cholesterol. That is the cholesterol associated with decreasing risk for atherosclerosis. More studies are needed with larger groups of more diverse people to get a better idea of the effect of coconut oil on health. Another consideration is that the coconut oil used in research studies may not be the same as what is available to you in the store.

The USDA recommends eating less saturated fats, like those in coconut oils, butter, whole milk, and cheese. People should choose foods with mostly unsaturated fats, when possible, like those in olive oil, nuts, avocado, and salmon. Coconut oil should be moderately enjoyed in the diet, alongside a variety of oils and foods that have mainly unsaturated fats. If you are looking for other ways to use coconut oil, it can be used as an effective moisturizer for hair and skin.

Reference: Neelakantan, N., Seah, J. Y. H., & van Dam, R. M. (2020). The effect of coconut oil consumption on cardiovascular risk factors: a systematic review and meta-analysis of clinical trials. *Circulation*, 141(10), 803-814.

Source: Sarah Donnell, Human Nutrition Undergraduate Student, and Heather Norman-Burgdolf, PhD, Extension Specialist for Food and Nutrition

Talking with Your Health Care Provider

Clear and honest communication between you and your health-care provider can help you both make smart choices about your health. Some people feel very comfortable speaking with doctors, nurses, and other medical professionals. Others may feel intimidated by the clinical setting or nervous about sharing too much personal information. Doctors need to know a lot about you, your family, and your lifestyle to give you the best medical care and address your concerns.

Begin with some preparation. Before your appointment, make a list of any concerns and questions you have. Bring this list to your appointment, so you will not forget anything. Do not wait for the doctor to bring up a certain topic, because they may not know what is important to you.

Do not be afraid to speak up! Even if the topic seems too personal or embarrassing, it is best to be honest and upfront with your health-care provider. You may feel uncomfortable talking about digestive issues, sexual problems, or mental health concerns, but these are all important to your health. It is better to be thorough and share a lot of information than to be quiet or shy about what you are thinking or feeling. Remember, your doctor is used to talking about all kinds of personal matters. They will not be embarrassed or think less of you.

Think about taking a family member or friend along with you for appointments. This person can help you take notes and record information. Then, you can focus on communicating with your provider. It also helps to have someone else's point of view. Your companion may think of questions or raise concerns that you had not thought about.

Many health-care providers now use electronic health records. Ask your doctor how to access your records. This will make it easier for you to keep track of test results, diagnoses, treatment plans, and medicines. These records can also help to remind you of upcoming appointments or items that need follow-up.

Ask your health-care provider about the best way to reach out to them if you have other questions or concerns. Many health record portals offer a way to send messages to health-care providers. Some may prefer an email or respond faster to a call in to their office or nurse's line. After your appointment, if you are uncertain about any instructions or have other questions, you will know how to reach out. Do not wait until your next visit to make sure you understand your diagnosis, treatment plan, or anything else that might affect your health.

Remember, your health-care provider is there to help you feel good and live your highest quality of life. Having clear and open lines of communication is key to having your health concerns addressed in a timely way.

The Basics of Budgeting

If you always find yourself asking, “Where does my money go?” then chances are good you need to develop a basic budget. In short, a budget compares your income (the money coming in) to your expenses (the money going out). When you spend more than you make, you create DEBT. When you spend less than you make, you create opportunities to SAVE.

The goal is to keep your budget balanced. This means your income should equal your expenses. To do this, assign every dollar you spend to a category in your budget. Common budget categories include savings, housing, utilities, transportation, food, insurance, clothing, phone, and entertainment. Everyone’s budget will look slightly different because each household has different needs, financial responsibilities, and sources of income.

To build a basic household budget, begin by listing each source of monthly income your family has. Next, list each expense you have. Some monthly expenses will be fixed, like housing and health insurance. Fixed payments are the same from month to month. Other expenses are considered variable. This means they can be different each month. Food and entertainment may be variable expenses.

Also, pay attention to bills or expenses that come once a year, or a few times a year, like holiday expenses and car insurance. To figure out the monthly costs of these expenses, divide the yearly cost by 12. (For example, if you pay \$1500 a year for car insurance, you need to put away \$125 each month to cover this annual expense. If you spend around \$1000 on holiday gifts, you need to save \$84 each month to pay for these costs.)

Once you have listed your income and expenses, total each column for the month. Then subtract your expenses total from your income total. If you have money left over, look for categories to assign what’s extra. For example, if you have credit card debt but only pay the minimum, assign any extra dollars to the “credit card” category to pay off that debt faster. Maybe you need to save for an emergency fund, college education, vacation, or retirement. Assign those dollars to savings.

If you don’t have money left over, look for ways to reduce spending. Are there categories where you can cut back or cut out altogether? For instance, can you reduce food costs by cooking at home instead of eating out? Can you cancel a streaming service or subscription your family doesn’t use regularly? Can you carpool to save money on transportation? Finding ways to spend less will help you avoid using debt such as credit cards to cover the difference.

Each month, compare your budget to your actual expenses. Did you spend what you planned to spend? Adjust your budget over the year, adding and removing categories as your family’s income and expenses change. Creating and using a budget will help you answer the question, “Where does my money go?”

Source: Nichole Huff, Ph.D., assistant Extension professor, family finance and resource management