



APRIL 2025

Family & Consumer Sciences- Extension Homemaker Newsletter

FIT TIP 3

Mix It Up!

Include more variety in your workouts. Keep it fun and try new ways to be active! Maybe you take a brisk walk around your neighborhood, explore a new trail, ride a bicycle, or take a new fitness class. **Move to help your mood!**

Warm up:

Start with these moves to get your body ready.

- Standing Arm Circles --- 30 seconds
- March in Place --- 1 minute
- Air Squats --- 30 seconds
- Jumping Jacks --- 1 minute

Workout

Complete the following movements, resting as needed. Try to do each set for 10 minutes before moving on to the next set.

Set # 1

- Pushups --- 10 reps
- Bench Set Ups --- 10 reps
- Glute Bridge --- 10 reps
- Mountain climbers --- 30 seconds

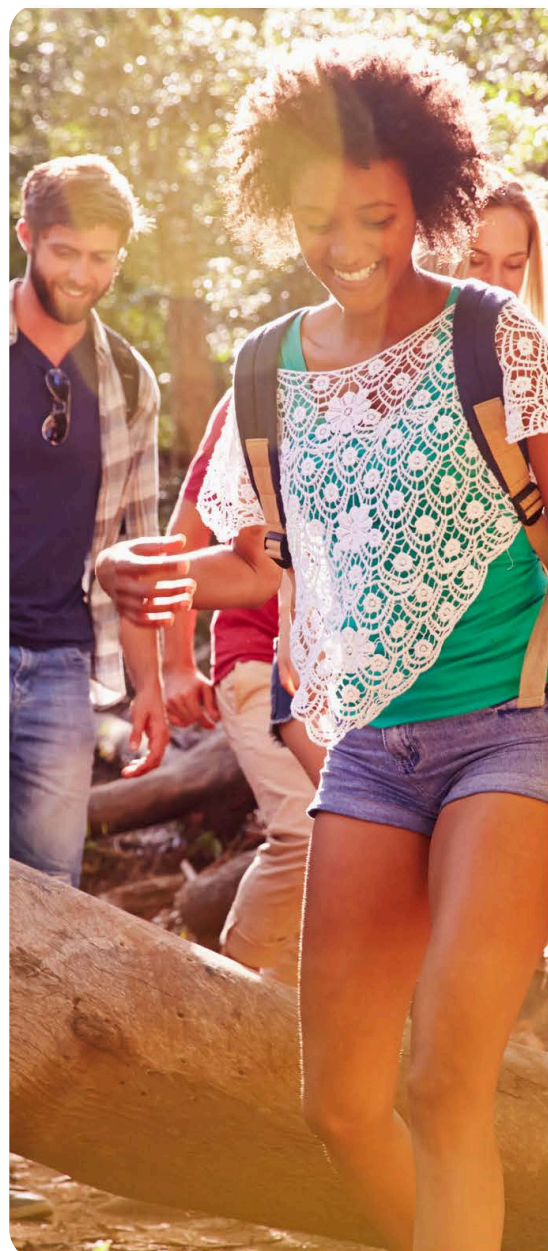
Set # 2

- Squat --- 10 reps
- Reverse Lunge --- 10 reps
- Jump Squat or Calf Raises --- 10 reps
- Pulsing Low Squat --- 30 seconds

Set # 3

- Wide Pushups --- 10 reps
- Burpees --- 10 reps
- Side Lunge --- 10 reps
- Plank --- 30 seconds

Need help with the workout movements or want more workouts for home? Visit www.planeatmove.com for more information.



Redefining “Healthy”: The FDA’s New Standards for Food Labels

When grocery shopping, you may notice food packages labeled as “healthy.” This term is meant to help buyers easily identify options that can support their health. To use “healthy” on the label, foods must meet standards set by the Food and Drug Administration (FDA). When enjoyed within a balanced diet, these foods can contribute to overall well-being.

At the end of 2024, the FDA announced it would update its definition of “healthy,” which was originally developed in the 1990s. Because nutrition science has changed significantly since then, the new definition is intended to align with current federal dietary guidance and support better health. According to the updated criteria, foods labeled “healthy” must include a certain amount of at least one food group—fruits, vegetables, dairy, grains or protein—and contain limited amounts of saturated fat, sodium and added sugars. These modifications reflect the emphasis on a balanced, varied diet rather than a focus on individual nutrients.

Under the original definition, products like yogurt, breakfast cereals, fruit snacks, snack bars high in added sugar, fortified white bread and fruit punch not containing 100% juice qualified as “healthy.” However, these no longer meet the updated requirements as they either contain too much added sugar or do not include specific amounts of certain food groups.

Foods that now qualify for the “healthy” label include fresh, frozen, canned or dried fruits and vegetables (as long as they contain limited saturated fat, sodium and added sugar), fatty fish such as salmon, trail mix with dried fruit (with limited sodium and added sugar), plain low-fat or fat-free yogurt (with limited added sugar), eggs, water and 100% olive oil.

While food manufacturers may choose to include “healthy” on the label if their products meet these standards, not all nutritious options will necessarily carry this claim. Ultimately, the new definition can guide consumers toward foods that can support good health but does not encompass every food that can fit into a balanced diet.

To learn more about healthy food choices, contact your local Owen County Extension Office.

Source: Anna Cason, Senior Extension Associate for Food and Nutrition

HEALTHY CHOICES FOR HEALTHY FAMILIES

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 the 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.

2. Wipe off containers, wipe down shelves or drawers, and red 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.





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.


Cooperative Extension Service

Family and Consumer Sciences


HOMEBASED PROCESSORS





Homebased processors live in Kentucky but are not necessarily farmers. They are allowed to make a variety of low risk products that do not require refrigeration. Homebased processors do not have to grow anything in the products they make. Products can be sold directly to consumers within this state including from the processor's home by pick-up or delivery, a farmer's market, a roadside stand, fairs, festivals, community events or online

Homebased processors are required to fill out an application and register with the Kentucky Department for Public Health, Food Safety Branch. There is a \$50.00 fee for this registration each year. No training or workshop required.

CONTACT LEWIS RAMSEY
LEWIS.RAMSEY@UKY.EDU
502-564-7181




HOMEBASED MICROPROCESSING




STEPS TO BECOME CERTIFIED

- ATTEND HOMEBASED MICROPROCESS WORKSHOP AT THE UNIVERSITY OF KENTUCKY
- \$50 REGISTRATION FEE DUE AT WORKSHOP
- ALL RECIPES TO BE SOLD UNDER THE PROGRAM MUST BE SUBMITTED TO THE UNIVERSITY OF KENTUCKY FOR APPROVAL
- \$ 5 FEE PER RECIPE
- PROVIDE LABELS FOR ALL PRODUCTS
- SEND APPROVED WATER SOURCE
- SUBMIT APPLICATION FOR HBM CERTIFICATION




UPCOMING TRAININGS

MARCH 10TH	FAYETTE COUNTY EXTENSION OFFICE
MARCH 18TH	SHELBY COUNTY EXTENSION OFFICE
APRIL 1ST	HARRISON COUNTY EXTENSION OFFICE
APRIL 2ND	HARDIN COUNTY EXTENSION OFFICE
APRIL 10TH	NELSON COUNTY EXTENSION OFFICE

?

CONTACT ANNHALL NORRIS
ANNHALL.NORRIS@UKY.EDU
859-257-1812
TO REGISTER



OWEN COUNTY FARM & CRAFT MARKET

First opening Day is May 9th, and reoccurring every Friday from 10AM-1PM located behind KY Farm Bureau in pavilion. Kids days are May 30th, June 27th, and July 25th. Be sure to follow the market on Facebook at facebook.com/owencountyfarmandcraftmarket

LOCATED AT
430 ROLAND AVENUE
OWENTON, KY 40359

ocfacm@gmail.com



Mother's Day Tea



Saturday,
May 10, 2025

2 PM

OWEN COUNTY EXTENSION OFFICE
265 Ellis Road
Owenton, KY 40359

\$7

Kids 5 and under FREE

Must register by

Wednesday, April 30th (502) 484-5703



4-H sewing members will be conducting a Fashion Revue showcasing their recently completed sewing projects.





*The New Opportunity
School for Women
invites you to join our
**FREE 3-day
Community Program**
on April 7, 8, 9.*

Build self-esteem, gain confidence, set goals, explore boundaries,
practice self-care, and more.

Open to all women 18+ looking to make positive changes in their lives.

For more information and to apply, please contact:

Chrissy Johns 1 (502) 514-5162

or

Veronica Gayle 1 (502) 750-2259



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NEW OPPORTUNITY SCHOOL FOR WOMEN
 **NOSW**



River of Earth

by James Still (KY author) (1940)

Seen through the eyes of a boy, this is a story of three years in the life of his family and their kin. He sees his parents pulled between the meager farm with its sense of independence and the mining camp with its uncertain promise of material prosperity. In his world, violence, and death are part of everyday life, accepted and endured. Yet it is a world of dignity, love, and humor, of nature beauty which still evokes in sharp, poetic images. No writer has caught more effectively the vividness of mountain speech or shown more honestly the trials and joys of mountain life.

Making It So: A Memoir

by Patrick Stewart (2023)

From his acclaimed stage triumphs to his legendary onscreen work in the Star Trek and X-Men franchises, Sir Patrick Stewart has captivated audiences around the world and across multiple generations. Now, he presents his memoir, *Making It So*, a revealing portrait of an artist whose astonishing life- from his humble beginnings in Yorkshire, England, to the heights of Hollywood-proves a story as exuberant, definitive, and enduring as the author himself.

- These books can be found at the Owen County Public Library.

The Owen County Memory Makers Host

Craftin' for the Community

Saturday, April 12th at the Owen Co. Cooperative Extension Office

Join us for a day of crafting, shopping, and eating while supporting local makers and businesses!

9:00 AM

Vendors include:

Beaded Jewelry by Lisa

Too Cute for Words

Crafts by Amanda

Pampered Chef

L'Bri

Woven & Whimsy

Duvall's Dapper Dudes

Anna Satterly Homemade

FOREVER

Bear Dog BBQ

The Sticky Spoon

Creative Memories

Stampin' Up

Connie May's Houseplants

Barnabus Card Ministry

Firing Squad Ceramics

Farmer Nate's Sauce

Massages by Brittany Craig

SAVE THE DATE

Owen County Homemaker Council Meeting

Wednesday, May 14th

1 PM

Owen County
Extension Office



Discover your family's history

Interested in your family history?

Through a grant we were able to get an account with [ancestry.com](https://www.ancestry.com) for a limited time. If you would like to take advantage of this opportunity you may schedule a time to stop by and access it on our computer.



Martha Lee Stamper Extension Homemaker Scholarship

Stop by the Owen County Cooperative Extension Service or visit the Owen County High School Counselor's Office to pick up an application. The deadline to apply is Friday, April 18th. Completed applications can be submitted to either location. Applicants must be a current homeschool or high school senior and must be the child, stepchild, or grandchild of a paid Owen County Extension Homemaker member.

Homemaker Area Meetings

April 23rd Grant County (6:30 PM)
July 23rd Gallatin County (1:00 PM)
September 24th Carroll County (1:00 PM)
Triannual Meeting October 22nd Kenton County

Owen County Homemaker Officers

Donna Bryant	President
Linda Williams	Vice President
Lana Jones	Secretary
Beverly Kincaid	Treasurer
Judy Williams	Educational Chair



2025 KEHA State Meeting

May 6-8, 2025

Hyatt Regency Lexington
Lexington, KY

Discover KEHA- A Hidden Treasure

A message from Cotton Club...

The Cotton Club had an excellent and informative meeting in March ! Paula Offutt and Sue Wash did a live demo to show us how to do a scrappy crazy block from cutting to sewing and finishing 6 blocks in less than half an hour.

We discussed buying a memory bench for the family of Joyce York who passed in February.

Our next two scheduled Sew Days will be April 1st and May 6th from 9:00 to 4:00. Please join us and bring a project to work on as we fellowship.

Our regular monthly meeting is usually the third Tuesday of each month at 6:00 PM at the Extension Office.

As usual we had some amazing Show and Tells. Here are a few of the photos for you to enjoy and inspire you !



ADULT

HEALTH BULLETIN



APRIL 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>

Owen County Extension Office
 265 Ellis Road
 Owenton, KY 40359
 (502) 484-5703
owen.ca.uky.edu

THIS MONTH'S TOPIC

APRIL IS NATIONAL KIDNEY MONTH



April is National Kidney Month. This is a time to bring awareness to kidney health and disease prevention. This year's focus is on taking charge of your health and the many factors that go into managing your kidney function. Kidney health is important for overall well-being. The kidneys play a crucial role in our bodies. So, people need to be aware of what their kidneys do and how to support them.

The kidneys filter out waste and extra fluid from the blood, making urine. They also help balance fluids and other nutrients such as electrolytes, sodium, potassium, and calcium. The kidneys also play an important role in producing hormones that help regulate blood pressure. They produce red blood cells and support bone health.

Continued on the next page ➔



Cooperative Extension Service

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Being physically active helps maintain a healthy weight and reduces the risk of conditions like diabetes and high blood pressure that can damage the kidneys.

➔ Continued from the previous page

There are many ways to help protect and support kidney health:

- **Drinking enough water** is crucial for kidney function. Dehydration can strain the kidneys. It makes them less effective.
- **Eating a diet low in sodium**, processed foods, red meat, and high in fruits, vegetables, and whole grains.
- **Being physically active** helps maintain a healthy weight and reduces the risk of conditions like diabetes and high blood pressure that can damage the kidneys.
- **Avoiding smoking and excessive drinking**, as smoking can damage blood vessels, including those in the kidneys. Drinking too much alcohol can cause dehydration and strain the kidneys.

Also, certain health conditions may increase the likelihood of kidney disease. Having high blood pressure or diabetes may increase your health risks. Keeping blood pressure and blood sugar levels within healthy ranges is vital to protect and maintain kidney function.

Kidney function naturally declines with age. So, it becomes even more important to monitor kidney health in older adults, especially those with diabetes, high blood pressure, or a family history

of kidney disease. See a health-care provider if you notice any symptoms of kidney problems. These include changes in urination, swelling, fatigue, or persistent back pain. Regular screenings, especially if you have risk factors (e.g., diabetes, high blood pressure), can help find kidney issues early.

If you are worried about your kidney health, talk to your health-care provider. They can help you decide if you need tests for your kidney function. For example, blood tests can measure the creatinine (waste product) level in the blood, indicating kidney function. Urine tests can help detect protein (which shouldn't be in significant amounts in the urine) and other markers of kidney disease.

Maintaining kidney health involves preventive care, a healthy lifestyle, and regular monitoring. Early detection and management of risk factors can help prevent or slow the progression of kidney disease.

REFERENCE:

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month>

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



Suicide Prevention Certification Course

What is QPR

QPR stands for Question, Persuade, and Refer – three simple steps that you can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a person in distress and possibly a suicidal crisis and how to question, persuade, and refer someone to help. QPR is a simple educational program that teaches people how to recognize a mental health emergency and how to get a person at risk the help they need. It is also an action plan that can result in lives saved.

We can all save lives

We can all save lives QPR is a 90 minute evidence-based training providing practical and proven suicide prevention strategies for work, school, at home and in your community.

What you'll learn

- Recognize the warning signs & risk factors for suicide
- Intervene & ask tough questions when someone is at risk for suicide
- Refer someone at risk of suicide to an appropriate lifesaving resources

May 6th
6pm Meal
6:30pm Program

Limited to the first 15
Call 502-484-5703 to RSVP

Owen County Extension Office

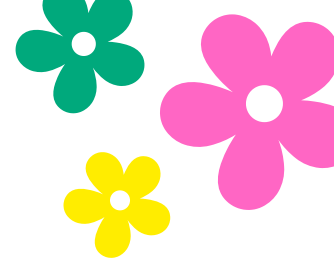
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Owenton, KY 40359













KENTUCKY  **COOPERATIVE EXTENSION**



APRIL 2025



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

		1	2	3	4	5
		SEW ALL DAY Extension Office 9 AM- 4 PM 	Pleasant Home Extension Office 11 AM 			
6	7	8	9	10	Memory Makers Extension Office 9 AM Sweet Owen Sweet Owen Store 11 AM 	Craftin' for the Community Extension Office 9 AM
13	Sew & Go Extension Office 11 AM 	Extension District Board Meeting Extension Office 5 PM Cotton Club Extension Office 6 PM  	16	County Extension Council Meeting Extension Office 6:30 PM	18	19
20	21	Embroidery Class Extension Office 6 PM 	23	24	25	26
	28	29	30	<div style="background-color: blue; color: white; padding: 10px; text-align: center;"> <p>Kindly reach out to club and class leaders to confirm each meeting. Membership is required for homemaker clubs.</p> </div>		
	Craft Club Extension Office 6 PM 		Crochet & Fellowship Extension Office 11 AM 			



Martin-Gatton

College of Agriculture,
Food and Environment
University of Kentucky.



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Owenton, KY 40359

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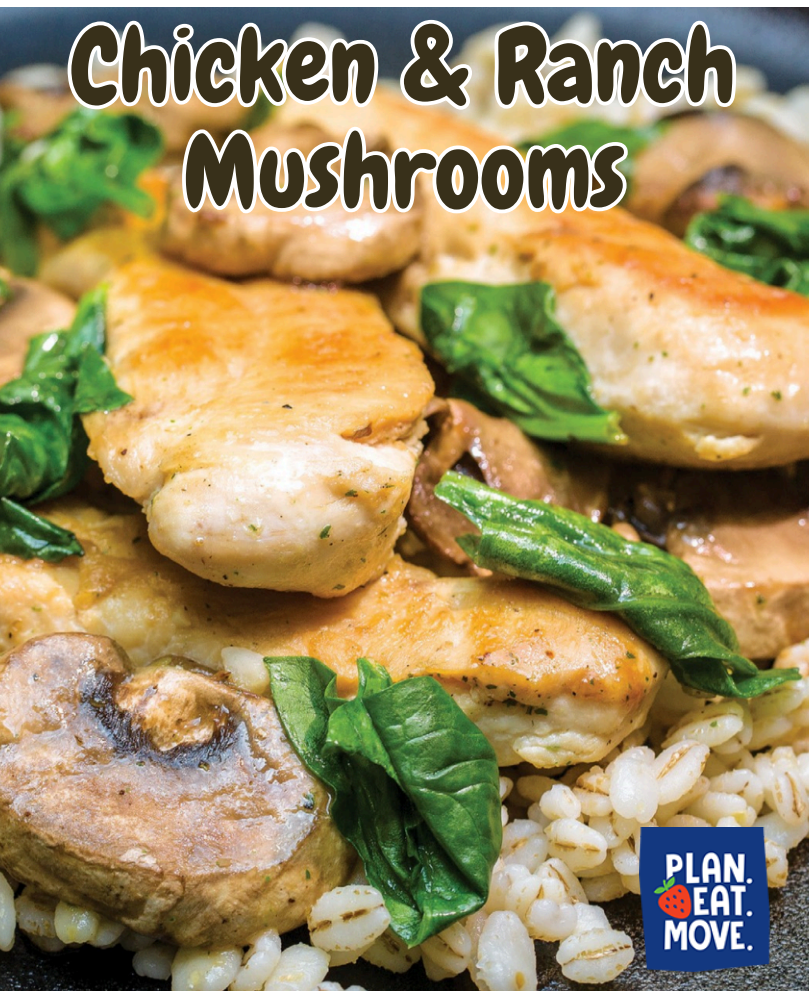
Bryce Charles

4-H Youth Development Agent

Kendal Bowman

Agriculture & Natural Resources Agent

Chicken & Ranch Mushrooms



Ingredients:

- Nonstick spray
- 1 pound boneless, skinless chicken breasts, sliced into strips
- 8 ounces white mushrooms, diced
- 2 teaspoons dry ranch dressing mix
- 1 tablespoon unsalted butter
- 1 1/2 cups fresh spinach
- 1/4 teaspoon garlic powder
- 2 cups cooked barley or brown rice

Directions:

1. Spray large skillet with nonstick spray; heat to medium. Add chicken, cover and cook for 5 minutes. Turn chicken and move to one side of pan. Add mushrooms.
2. Sprinkle ranch seasoning over chicken and mushroom. Add butter. Sauté for 5 minutes, stirring frequently. Remove from pan.
3. Add spinach to pan and sprinkle with garlic powder. Cover and steam until spinach wilts (3-5 minutes), stirring occasionally.
4. Arrange barley or brown rice on plates. Top with spinach, chicken and mushrooms.

**PLAN.
EAT.
MOVE.**