

Rowan County Family & Consumer Sciences



NEWSLETTER

January 2025

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HAPPY NEW YEAR!



Bringing in the New Year. . . . We have hopes of Happiness Good Vibes, New Beginnings and our lives are ever changing. Let us face 2025 with an open mind, new opportunities, great work ethics and kindness to help mend our changes.

Let us remember that everyone is fighting a battle of some kind: bills stack up, sickness strikes, love fails and opportunities may be few for us to have, but if we have each other to lean on we can make this New Year work.

Start 2025 with eating healthier, moving more and making our minds work with memory activities. Let us make the NEW YEAR the best ever!

Dates to remember

January 14, 2025	5:00 P.M.	District Board Meeting – Fiscal Court Meeting Room
January 21, 2025	5:30 P.M.	County Extension Council - Fiscal Court Meeting Room
January 29, 2025	10:00 A.M.	LRA Homemaker Council Meeting - Bracken Co. Extension Office



Peggy F. Jones

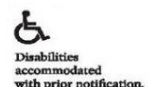
County Extension Agent for Family & Consumer Sciences/ 4-H Youth Development

Cooperative Extension Service

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 Family and Consumer Sciences
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Avoid Winter Health Risks

It is easy to understand how keeping up with your health can be tricky this time of year. Research has shown that illnesses increase in the winter, as do injuries related to the cold. There are many things people can do to prioritize their health that do not take lots of extra time, money, or effort.

People spend more time indoors during this time of year, escaping bad weather and attending gatherings with family and friends. Here's how you can protect yourself from extra germs:

- Get a flu shot at least 2 weeks before big gatherings.
- Talk to your doctor about vaccines to protect against RSV, pneumococcal disease, and pneumonia.
- Wash your hands when you get home.
- Add a small container of hand sanitizer to your vehicle or purse, and/or
- Cough or sneeze into the crook of your elbow instead of your hands.

In the winter, the air is often drier, which can cause problems for people's skin. You can test the level of moisture in your home with a hygrometer, or air moisture meter. If dry air affects you, try these things:

- Use skin moisturizer with an oil base to prevent evaporation.
- Avoid hot showers; try lukewarm water instead.
- Use a humidifier inside to replace moisture in the air.

People are often home more during cold months as well. While we want our homes to provide warmth and comfort to our loved ones, we do not want to harbor disease. Remind all household members to pitch in and help keep your home healthy:

- Clean high-touch surfaces (door knobs, countertops, handles, and remotes) on a regular basis with a disinfecting cleaner.)
- Do not share items for eating like utensils or cups, or personal care items like toothbrushes, face towels, or washcloths.

Keep your distance from family members who are sick, and wash your hands frequently if you are caregiving for a sick family member.

Extreme cold, snow, and ice can cause extra health concerns. Plan ahead and be prepared for worsening weather conditions.

1. Dress for the weather – keep gloves and hat with your coat.
2. Pace yourself with outdoor chores in the cold.
3. Wear shoes with grips or thick tread in the snow and ice.
4. Keep a blanket and hand warmers in your Vehicle for emergencies.

Older adults and young children in particular are a greater risk for hypothermia when body temperature gets too low. As people age, bodies become less able to regulate temperature and retain heat. Even temperatures well above freezing can cause hypothermia for some people. Signs of hypothermia include blue or purple lips, fingers or toes, and stiffness in the neck, arms, and legs. Call 911 if you suspect someone is suffering from hypothermia.

Source: *Adult Health Bulletin December 2024*



Being a Responsible Consumer of Information

With the introduction of online sources for news and current events, the opportunity for misinformation has become a growing concern. When newspapers, radio, and television were the primary sources available for news, most providers recognized that their service was a “public good.” As such, they had a responsibility to verify the accuracy and reliability of their content. With more sources of information at your fingertips, accuracy sometimes becomes diluted or even nonexistent as anyone with an opinion, where factual or not, can publish online.

GOING VIRAL

Just like viral infections start with tiny germs and spread quickly in your body to make you (and others) sick, viral stories use online hosts to make “copies” of the original post to spread it quickly. Within a very short time, many people might believe something to be true, just because they have seen it repeatedly. The accuracy of the information was not verified, even though it was shared millions of times.

Stopping Internet “Germs”

What can you do to prevent the spread of viral online “germs”? The News Literacy Project has identified five key factors that you can apply to any story to weed out misinformation: authenticity, source, evidence, context, and reasoning.



First, ask yourself, does this even seem reasonable or credible? Is it **authentic**? If the headline and the story do not match, that is a red flag. If the story seems too outlandish to be true, that could be another reason to question whether it is true. Be aware that pictures, stories, videos, and even people's voices can be manipulated through artificial intelligence (AI), so you should carefully evaluate everything you see and hear.

Second, is the **source** trustworthy? Most reliable news outlets are transparent with where they get their information. They also might publish their ethics policies. Check out a publication's sources and policies to see if you are comfortable with their ethical standards. No sources? Another red flag.

Third, is the **evidence** that supports any claims that were made? If statements are made without evidence, you should hesitate before believing them. Even if evidence is presented, follow up to see if the evidence is credible.

Next, does the **context** make sense? If things seem out of place or are in conflict, dig deeper. Remember, not all sources are reliable.

Finally, is it supported by solid **reasoning**? If the story goes against common sense, trust your instincts and question the story.

BUYER BEWARE

You can also apply these factors to financial consumer awareness. Consider **caveat emptor**. This Latin phrase means, "Let the buyer beware." When you buy a good or service, it is your responsibility to do your due diligence to ensure that you pay a fair price and get a good product. While we now have consumer protection agencies and laws that look out for consumers' best interests, applying the five factors of misinformation can save you lots of time, money, and aggravation.

Source: MoneyWise University of Kentucky Newsletter December 2024

Basic Budget Bites

Money saving tips for protein foods

There are many ways to cut the cost of meat, poultry, and fish:

- Try buying the family size or value pack, and freeze what you don't use.
- The less tender cuts of beef (round, chuck, and shoulder) cost less. Marinate, braise, or stew to make them more tender.
- Dry beans are a great low-cost, plant-based source of protein. Replace some or all of the meat in a recipe with beans to help stretch your protein dollar.
- Eggs are a source of high-quality protein and many other nutrients. Not only are eggs great for breakfast but they make a quick and tasty lunch or dinner.
- Seafood doesn't have to be costly. Try buying canned tuna, salmon, or sardines – Kids they store well and are a low-cost choice.

Source: *Healthy Choices for Healthy Families Newsletter* – November/December 2024

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KIDS PAGE



Winter Word Search



Can you find the words hidden in the puzzle?

C	S	N	O	W	C	S	O	C	O	L	D
H	N	L	P	M	H	C	O	L	T	U	U
J	O	I	C	I	U	A	O	F	I	R	S
S	W	E	A	T	E	R	O	L	C	I	N
N	B	Y	M	T	S	F	N	A	D	C	O
G	A	J	U	E	F	O	C	K	I	K	W
L	L	B	M	N	T	T	E	E	S	O	M
E	L	D	B	S	K	I	I	N	G	T	A
R	R	P	R	N	S	E	C	T	S	E	N
F	R	E	E	Z	E	C	T	O	R	I	S
D	F	C	O	N	F	O	V	L	A	K	N
H	O	T	C	H	O	C	O	L	A	T	E

SNOWMAN

SNOW

SWEATER

SKIING

SNOWBALL

COLD

SCARF

FLAKE

HOT CHOCOLATE

COAT

MITTENS

FREEZE

BLUEBERRIES

Blueberry Basics

Shop and Save

- 1 Choose blueberries that are firm, dry, plump and smooth-skinned. Color should be deep purple-blue to blue-black.
- 2 Blueberries do not ripen after picking.
- 3 Avoid soft, shriveled or moldy fruit.
- 4 Fresh blueberries are available year round but might be the highest quality and lowest price when available locally. Peak season is July to September. Try farm stands or pick your own at a u-pick farm.
- 5 Frozen blueberries may be a cheaper option when the local season has passed. It is very easy to freeze your own.

Frozen blueberries make a great snack!

Blueberries are an excellent source of Vitamin C, which promotes a Healthy immune system



Freeze Blueberries

- 1 Sort and rinse the berries.
- 2 Allow to air dry or pat gently with paper towels to remove surface moisture.
- 3 Spread in a single layer on flat pans or baking sheets. Freeze until firm.
- 4 Package frozen berries in freezer containers or freezer bags. Remove extra air. Label and date each package and return to the freezer.

Store Well Waste Less

- Sort and remove moldy, soft or shriveled berries before storage.
- Refrigerate fresh blueberries in a covered, shallow container with holes for air movement. Use within 10 days for best quality
- Rinse under cool running water just before using or eating.
- Use frozen blueberries within 10 months for best quality. If frozen berries have thawed, refrigerate and use within 3 days.

Blueberry Math

1 pint =
3/4 pound
(12 ounces)
= 2 cups

10 ounces
frozen =
1 1/2 cups



ENJOY BLUEBERRIES

Blueberry Bling

Ingredients:

3 cups blueberries, fresh or frozen
2 teaspoons margarine or butter, softened
1 Tablespoon all-purpose flour
1 Tablespoon brown sugar
½ cup rolled oats
½ teaspoon cinnamon

Directions:

1. Preheat oven to 375 degrees F.
2. Place blueberries in a 9-inch pie plate or baking dish.
3. In a small bowl, use a fork to mix margarine, flour, sugar, oats and cinnamon.
4. Sprinkle oat mixture over blueberries.
5. Bake for 25 to 30 minutes. Enjoy warm!
6. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 5 minutes

Cook time: 25-30 minutes

Super Sundae

Ingredients:

1 cup low-fat vanilla yogurt
2/3 cup chopped peaches, fresh, frozen or canned/drained
2/3 cup blueberries, fresh or frozen
2 Tablespoons granola

Directions:

1. Divide yogurt between 2 glasses or dishes
2. Spoon half of the peaches and blueberries on top of yogurt in each glass.
3. Sprinkle each sundae with granola.
4. Refrigerate leftovers within 2 hours.

Makes 2 cups; prep time: 10 minutes

Whole Wheat Blueberry Muffins

Ingredients:

1½ cups whole wheat flour
¾ cup sugar
½ teaspoon salt
2 teaspoons baking powder
1/3 cup vegetable oil
1 egg, slightly beaten
1/3 cup nonfat or 1% milk
½ cup unsweetened applesauce
2 cups blueberries, fresh or frozen

Directions:

1. Preheat oven to 400 degrees F. Lightly coat the bottom of 12 muffin cups with oil or baking spray.
2. Mix the flour, sugar, salt and baking powder in a large bowl.
3. In a separate bowl, blend vegetable oil, egg, milk and applesauce until smooth. Stir the liquid ingredients into the flour mixture until just moistened. Lightly stir in the blueberries.
4. Fill each muffin cup about ¾ full.
5. Bake about 20 minutes or until the tops are golden brown.

NOTE: This recipe can use all-purpose flour or a mix of all-purpose and whole wheat.

To bake as a loaf, use an 8 or 9-inch bread pan and bake at 350 degrees F for 45 to 50 minutes.

Makes 12 muffins

Prep time: 15 minutes

Cook time: 20 minutes



Source: Foodhero.org/ Oregon State University Extension Service

Rowan County Extension Office
600 West Main Street
Morehead, KY 40351

RETURN SERVICE REQUESTED



Blueberry Cream Cheese Pound Cake

1 (8 ounce) package fat free cream cheese	1 (5 ounce) package instant vanilla pudding mix	2 teaspoons vanilla extract
½ cup canola oil	2 large egg whites	2 cups fresh blueberries
1 (18 ounce) package yellow butter cake mix	2 large eggs	

- 1. Preheat** oven to 325° F.
 - 2. Lightly spray** Bundt pan with nonstick cooking spray and dust with flour.
 - 3. Combine** cream cheese and oil in a medium bowl; beat with mixer at high speed until smooth and creamy.
 - 4. Add** cake mix, pudding mix, egg whites, eggs, and vanilla extract. Beat at medium speed until blended.
 - 5. Fold** in berries.
 - 6. Spoon** batter into prepared pan.
 - 7. Bake** 60 minutes or until wooden toothpick inserted in center comes out clean.
 - 8. Cool** cake in pan for 20 minutes. Remove from pan and cool completely.
- Yield:** 16 slices.
Nutrition Analysis: 260 calories; 10g fat; 1.5g saturated fat; 0g trans fat; 30 mg cholesterol; 390mg sodium; 38g carbohydrate; 1g fiber; 23g sugar; 4g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

