

Family & Consumer Sciences Newsletter

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February 2024

FEBRUARY

February is Heart Health Month

Cardiovascular disease is an umbrella term used to describe the diseases associated with a variety of heart conditions, such as heart disease, high blood pressure, and diseases of the arteries. A narrowing of the arteries that supply blood and oxygen to the heart causes coronary heart disease. Coronary heart disease includes



myocardial infarction, commonly referred to as a heart attack, and *angina pectoris*, the clinical term for chest pain. When a person has a heart attack, there is a blockage of a coronary artery, usually caused by a blood clot. Chest pain occurs when the heart does not receive enough oxygen.

KNOW THE WARNING SIGNS OF A HEART ATTACK! DIAL 9-1-1

- Uncomfortable pressure, fullness, or squeezing pain in center of chest, lasting more than a few minutes. Pain may go away and come back
- Pain that spreads to the shoulders, neck and arms.
- Chest discomfort with lightheadedness, fatigue, sweating, nausea or shortness of breath.

Test Your Heart Health Knowledge – True or False

1. One in five women will eventually die because of heart disease or stroke.
2. Heart disease is the leading killer of women in Kentucky.
3. More men than women have high blood pressure and high blood cholesterol.
4. African-American women have a higher death rate from heart disease than Caucasian women. *Answers on page 3*

Source Health Bulletin February 2010



Peggy J. Jones

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





Winter is a Great Time for Families

The winter months are a great time to catch up on much-needed family time. Yes, it's cold. No, you cannot get outdoors as much, but around your home, you have plenty of indoor activities to do with your children that can create a meaningful family experience and many beautiful memories.

Spending time with parents is very important to a child's well-being. Studies have shown families who spend time together have happier, healthier children who do better in school. Family time promotes positive emotional health in children, which is linked to a greater likelihood of avoiding risky behaviors, such as drug use and a lower risk for depression.

The possibilities for meaningful indoor family time are as limitless as your imagination. Here are some ideas to get you thinking



Story time: While you can and should spend time reading to your children, there is so much more you can do with story time. Let your imagination run wild as you make up stories together. Make up a silly story to tell your children or involve them in creating a silly story. You can also take turns sharing your favorite family stories or memories.



Kitchen time: Especially around the holidays, you can spend a lot of family time cooking in the kitchen. Whip up something sweet to share for an after-dinner treat. Have your children help you prepare food items to be gifts for friends and family members. You'll also be teaching them valuable math and life skills.



Dance party: Dancing to music is a great way to improve everyone's mood and get your hearts pumping when outside physical activities are limited. Let everyone have a turn selecting a song. Remember to keep the music age-appropriate, especially with younger children.



Scavenger hunts: The premise of this game is to give children a list of objects to go find and retrieve. It is simple to create and can be as long or short as you wish. Start by listing items commonly found in or around your home. Continue to add items to the list that require creativity and/or adventure, such as "buried treasure" which you can define however you chose. *Source: David Weisenhorn, senior specialist for parenting and child development education*

SMART TIP: Adults should work the major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms) at least two times each week. This can involve lifting weights, using resistance bands, and doing pushups, pullups, situps, and some types of yoga. Movements such as carrying groceries, playing with your kids, and gardening can help build up muscles. A great way to support strength building is with good nutrition. Eat foods that give your protein, carbohydrates, and fat. Be sure to get enough calories throughout the day. *Source: Healthy Choices Newsletter January/February 2024*

Raise Healthy Eaters in the New Year

Ring in a new year by teaching kids the value of food and nutrition. As with any part of raising children, no one does a perfect job with nutrition. As a parent, grandparent, or adult caregiver, you can raise healthy eaters during these growing years by doing your best to:

- Serve routine, balanced meals and snacks with nutrient-rich foods.
- Plan calm, pleasant mealtimes when adults and children can talk together.
- Remove TV, phones, and tablets so your thoughts are on each other.
- Allow children to use their inner signals to decide how much and what to eat.
- Explore foods from other cultures and cuisines.
- Make food safety, such as washing hands, part of each meal.
- Teach basic skills for making good food choices away from home.

This may seem like a long-to-do list. Two family habits that go a long way to making all this happen are routine family meals and linking kids and nutrition from the ground up. Source: *Healthy Choices Newsletter January/February 2024*



Food Facts

- ❖ Protein foods are all foods made from seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds and soy products.
- ❖ Eat a range of protein foods to keep your body healthy. Meat and poultry choices should be lean or low-fat. Choose items like 93% lean ground beef, pork loin, and skinless chicken breasts. Make seafood choices that are higher in healthy fatty acids (called omega-3s) and lower in methylmercury, such as salmon, anchovies, and trout.

How many protein foods should I eat day?

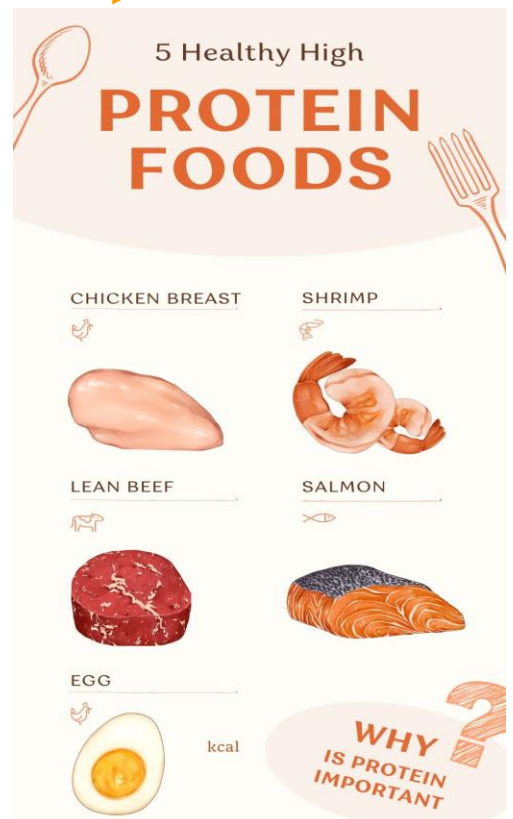
- ❖ The amount of protein foods you need depends on your age, sex, height, weight, and how active you are. The amount can also depend on whether you are pregnant or nursing.
- ❖ Most Americans eat enough from the protein foods group but need to select leaner kinds of meat and poultry. Choose meats less often and increase other choices of protein foods.

What counts as an ounce-equivalent of protein?

These amounts are one serving of protein:

- 1 ounce of meat, poultry, or fish
- ¼ cup cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- ½ ounce of nuts or seeds

Source: *Healthy Choices Newsletter January/February 2024*



Did you know? Cucumbers are naturally high in water; a one-half cup serving contains only 7 calories. Source: www.fruitandveggiesmatter.gov

Answers to Heart Health - 1. False 2. True
3. False 4. True

ADULT HEALTH BULLETIN



FEBRUARY 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

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THIS MONTH'S TOPIC

WHEN AND WHERE TO GET MEDICAL CARE



The types of medical providers has changed rapidly over the past several years. From company name changes and insurance coverage shifts to pop-up clinics and telemedicine, it can be confusing to know which type of provider best suits your needs.

For serious emergencies, always call 911. For example, if you or a person in your care has any of the following:

- isn't breathing or is turning blue,
- is unconscious,
- is having a seizure,
- has a serious allergic reaction,
- has a broken bone that sticks out through the skin,
- took an unknown amount of medicine, or
- has a large cut that won't stop bleeding.

Continued on the next page ➔



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Disabilities accommodated with prior notification.

If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center.



→ Continued from the previous page

Other serious situations need medical attention but may allow for you to transport yourself or someone in your care to an emergency room (ER) or hospital emergency department (ED). Go to an ER if you or someone in your care:

- has trouble breathing,
- has a stiff neck and a fever,
- is experiencing a continuous fast heartbeat,
- ingested a poison, drug, or unknown substance,
- has a head injury and is vomiting,
- has an eye injury, or
- has a serious burn.

Call your primary-care provider's office with any health-related questions or nonurgent health concerns. They can help you decide what steps to take and how. Call for problems such as a fever, ear pain, a sore throat, belly pain, vomiting or diarrhea, a headache that doesn't go away, possible dehydration, rash, wheezing, or a lasting cough. Calling your regular provider for these kinds of concerns supports "continuity of care" (always seeing a provider who knows you).

If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center. Urgent care centers can manage the same problems as your regular health-care provider. These centers also can provide services like X-rays, stitches, and splints.

Telehealth, or telemedicine, are virtual "visits" to a health provider using your phone or

computer through an app or website. You can talk to a provider face-to-face — and the provider can see you on the screen. Your regular health-care provider or health system may provide telemedicine services, and some health insurances offer telemedicine providers. You may want to consider a telemedicine appoint for problems such as:

- rashes
- minor cuts or burns
- pink eye (conjunctivitis)
- colds
- fever
- mild allergic reactions
- vomiting
- diarrhea

If you receive care in an ER, at an urgent care center, or through a telemedicine visit, follow up with your primary-care provider afterward. That way, your provider has the most up-to-date information about your condition and can continue any needed follow-up care.

REFERENCE:

<https://kidshealth.org/en/parents/emergencies.html>

**ADULT
HEALTH BULLETIN**

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BASIC BUDGET BITES

Food Label Dates

1 Use-by, best if used by, best by, best before: “Use-by” and “best” dates are often found on shelf-stable products such as ketchup, salad dressings, and peanut butter. The date tells you how long the product is likely to stay at its best quality when unopened. It is not a safety date. Check the product to gauge the quality after the date and throw away foods that have an off odor, flavor, or do not look good.



2 Sell-by: Most sell-by dates are found on foods like meat, seafood, poultry, and milk. The date is for stores to know how long they can display the item. Buy products before the sell-by date. You can still store it at home for some time beyond the date if you follow safe storage methods. Milk that has always been refrigerated will be good for about a week after you bring it home, even if the sell-by date runs out during that time.

3 Expires on: The only place you are likely to see this type of date is on baby formula or baby foods. The federal government controls this dating. Always use the product before this end date.

4 Stamped dates on packages: Products like bagged salad greens, bread, and pre-cut veggies often feature a date stamped on the package. This date helps the store decide how long to leave it on the shelf. It can also help the buyer

know the time limit to use the product at its best quality. It is not a safety date. *Source: Healthy Choices Newsletter January/February 2024*



FOCUS ON FAMILY

This is the year to add to the health of your family. Try a few of these ideas:



Nutrition that counts

1 Offer routine meals during the day, along with nutrient-rich foods. Start the day with a healthy breakfast, such as oatmeal with fruit, nuts, and low-fat milk or yogurt. Think about balanced choices at lunch. Try to get the family together for dinnertime at least a few times a week.

2 Put the focus on health, not weight. Kids and teens are very watchful and tend to repeat things they hear or see. Try not to make comments about your weight in front of them as it can overstress looks and undervalue health.

3 Follow the MyPlate steps. Make half your plate fruits and vegetables. Add a quarter from the grains group and a quarter from the protein group. Pair this with a low-fat or fat-free dairy or calcium-fortified choice. *Source: Healthy Choices Newsletter January/February 2024*

FITNESS AND WELLNESS



1 Get active. Take a family walk after dinner. Children and teens should get 60 minutes or more of activity per day, while adults should get two and a half hours per week.

2 Reduce your family's risk of foodborne illness. Have your family wash their hands before all meals.

Teach about food safety when kids and teens help in the kitchen.

When you focus on a few goals at a time, small steps can become great strides in moving your family toward be healthy.

Source: *Healthy Choices Newsletter January/February 2024*



RECIPE

Pocket Fruit Pies

4, 8-inch flour tortillas
2 medium peaches, pears, or apples
¼ teaspoon cinnamon
2 tablespoons packed brown sugar
1/8 teaspoon nutmeg
2 tablespoons fat-free milk
Additional sugar for topping (optional)
Nonstick cooking spray

Preheat oven to 350 degrees F. Warm tortillas in microwave or oven to make them easy to handle. Peel and chop fruit into pieces. Place ¼ of the fruit on half of each tortilla. In a small bowl, stir together cinnamon, brown sugar, and nutmeg. Sprinkle over fruit. Roll up the tortillas, starting at the end with the fruit. Spray baking sheet with nonstick cooking spray. Place tortillas

on baking sheet. Make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired. Bake in oven for 8 to 12 minutes or until lightly brown. Serve warm or cool. Refrigerate leftovers within 2 hours.

Notes: This easy snack gets more fruit into a daily diet. Tortillas, with a variety of toppings, make great snack builders.

Safety tip: Allow pie to cool slightly before tasting – the steam and sugar can burn.

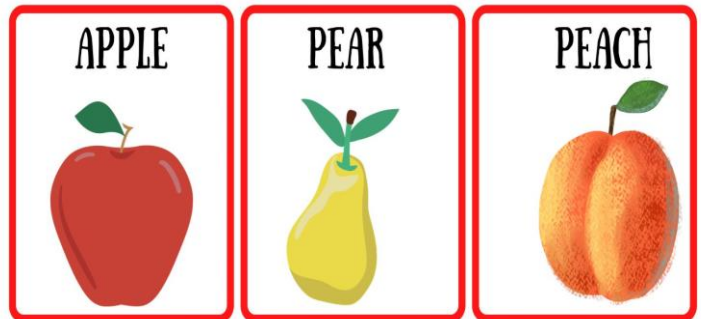
Makes 4 fruit pies

Serving size: 1 prepared fruit pie, ¼ of recipe

Nutrition facts per serving: 190 calories; 6 g total fat; 1.5 g saturated fat; 0 g trans fat; 25 mg cholesterol; 90 mg sodium; 24 g total carbohydrate; 2 g dietary fiber; 4 g total sugars; 0 g added sugars; 10 g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

***Note:** Nutrition analysis does not include cheese.

Source: *Healthy Choices Newsletter January*



Did you know? One cup serving of raw spinach has 10 calories. Packed with vitamins that promote health, it is a major source of vitamins A and C - it is also a good source of calcium.

Source: www.fruitsandveggiesmatter.gov



The 2024 Food + Nutrition Recipe Calendars are now available in the Extension Office. Stop by and pick one up.

Rowan County Extension Office
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RETURN SERVICE REQUESTED

What's COOKING?





Chicken and Brussels Sprouts One Pan Meal

<p>2 skinless, boneless chicken breasts (about 1 pound) 1 tablespoon olive oil Salt and pepper to taste</p>	<p>12-14 Brussels sprouts, trimmed and quartered 1 cup sliced fresh mushrooms 1 red bell pepper, diced, about 1 cup</p>	<p>1 medium yellow onion, diced, about 1 cup 2 cloves garlic, minced ½ cup half-and-half ¼ teaspoon nutmeg ¾ cup Parmesan cheese</p>
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Preheat oven to 425 degrees F. **Cut** chicken into bite-sized pieces. **Heat** oil in a heavy, oven-safe skillet or pan over medium heat. **Add** chicken and sauté 3-4 minutes. Lightly **season** with salt and pepper. **Add** vegetables and **stir** gently to combine. **Cook** 3-5 minutes until vegetables are tender. **Remove** from heat. If skillet or pan is not oven-safe, transfer mixture to a baking dish. In a small bowl, **combine** half-and-half, nutmeg and salt and

pepper to taste. **Pour** mixture over chicken and vegetables. **Sprinkle** with Parmesan cheese. **Bake** 25-30 minutes until lightly golden on top. **Serve** hot.

Yield: 6, 1 cup servings

Nutritional Analysis:
220 calories, 9 g fat, 3.5 g saturated fat, 0 g trans fat, 70 mg cholesterol, 340 mg sodium, 11 g carbohydrate, 3 a fiber. 4 a suaaars. 23 a protein.

Source: www.fruitsandveggiesmatter.gov

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