

# NEWSLETTER



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

## ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

Robertson County Cooperative Extension  
39 E Walnut Street  
P.O. Box 283  
Mt. Olivet, KY 41064

## INSIDE THIS ISSUE

### Important Dates

- February 2 Passport Kitchen- South Africa
- February 3,8, 10, 14, 21, 24, 28 Bingocize
- February 7 Homemaker KHEA Meeting
- February 9 Cooking Through the Calendar @ Senior Citizens
- February 9 Cooking Through the C @ RCPL
- February 9 Homemaker Dinner @ China Garden
- February 10 LEAP @ RCS
- February 13 4-H Sewing Club
- February 14 Coverbuds
- February 16 God's Pantry Food Pickup
- February 27 4-H Sewing Club



**Cajun Seasoned Fish with Rice**

Ingredients: 1 lb. catfish fillets, 1/2 cup vegetable oil, 1/2 cup onion, 1/2 cup green bell pepper, 1/2 cup red bell pepper, 1/2 cup garlic powder, 1/2 cup paprika, 1/2 cup salt, 1/2 cup black pepper, 1/2 cup cayenne pepper, 1/2 cup hot sauce, 1/2 cup Worcestershire sauce, 1/2 cup lemon juice, 1/2 cup soy sauce, 1/2 cup rice, 1/2 cup water.

Directions: 1. Wash fish and season with salt and pepper. 2. Heat oil in a large skillet. 3. Cook fish until golden brown. 4. Drain fish and place on a plate. 5. Add vegetables and seasonings to the skillet. 6. Cook until vegetables are tender. 7. Add rice and water. 8. Cook until rice is done. 9. Serve fish and rice together.

**SMART TIPS**

**Fruit and vegetable peels contain many nutrients**

Eating fruits and vegetables are important for a healthy diet. But, what about the peel? Many times, we just throw it away. Turns out, you might want to rethink that.

Most of the time, eating produce with a peel intact can give you higher amounts of vitamins, minerals, and fiber. Apples and potatoes are good examples. Eating the peel of a kiwi fruit gives you 50% more fiber.

While eating fruits and vegetables with the peel does provide more

**COOKING THROUGH THE CALENDAR**

**FEBRUARY 9 11 A.M.**

Robertson County Senior Citizen's Building

**SMART TIPS**

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SEE YA  
Around Town

# Mount★ Olivet

## LEAP FOR HEALTH

UK Cooperative Extension Service launched the LEAP Program - Literacy, Eating and Activity for Preschool Youth. The program is designed to help children learn healthy behaviors at a very young age. Research studies indicate that children as young as two are eating a high-fat, low-fiber diet and that less than 20% of school children eat the recommended servings of fruits and vegetables. LEAP is targeted to improving these statistics.

LEAP FOR HEALTH

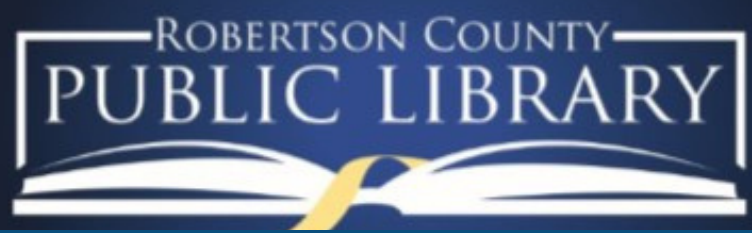
The expanded LEAP curriculum incorporates twenty-two children's books with a message about eating a variety of foods, being physically active and/or adopting safe and healthy activities. From emphasizing the importance of tooth brushing with "Clarabella's Teeth" to encouraging physical activity with "I.Q. Gets Fit" to promoting eating vegetables with "The Surprise Garden," LEAP engages youth through interactive literacy lessons.





Robertson County  
Extension Office

College of Agriculture, Food and Environment



# CRAFTS & CRUMBS

## Crafting with Mary

Britney will demonstrate a  
Cooking Through the Calendar Recipe.

February 9 Robertson County Public Library

2:00 p.m.

Call Library to Register

606-724-5746

Limited to 10 Spots

# FREE



# Cajun Fish and Rice

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
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with prior notification.

# COOKING THROUGH THE CALENDAR

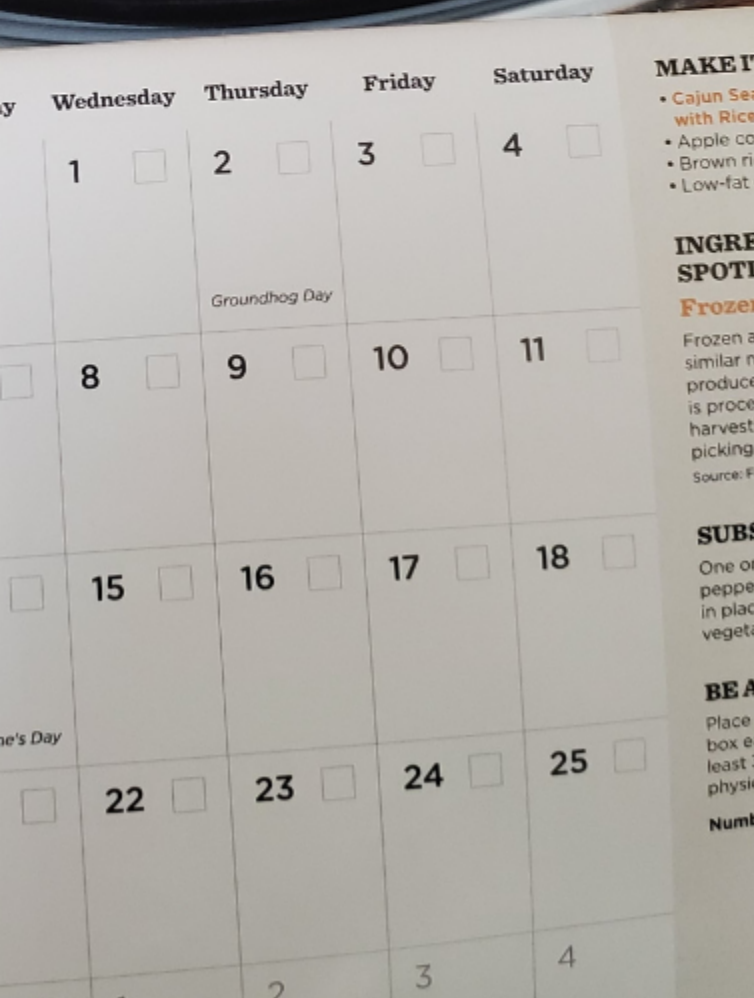
## FEBRUARY 9

## 11 A.M.

Robertson County  
Senior Citizen's  
Building

Each attendee will receive a free 12 month recipe calendar and will be able to taste-test each dish.

Participants must be 60 years of age to participate.



JANUARY / FEBRUARY 2023

# HEALTHY CHOICES FOR HEALTHY FAMILIES



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



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This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

## Start off the new year the MyPlate way

### Step 1: Reflect and act

What are your eating goals? What stops you from eating healthy? Do you eat from all food groups?

### Step 2: Start simple

Take it one day at a time. Focus on small changes you can make now. Slowly build on those to meet your long-term goals.

### Step 3: Plan to eat more meals at home when possible

Look for ways to eat at home more often. Involve family members to help decide the weekly menu. Have theme nights such as Meatball Monday, Taco Tuesday, Slow Cooker Wednesday, Leftovers Thursday, and so on.

### Step 4: Make a plan for grocery shopping

Shop wisely by using grocery store ads, store discount cards, online digital coupons, weekend and special sales. Fresh fruits and vegetables cost less when they are in-season.

### Step 5: Celebrate success

Have a special meal or family outing to celebrate the family's success. Be sure everyone shares positive changes.



Source: Adapted from USDA, FNS Pub No. 924, December 2021

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## COOKING WITH KIDS

# Wally Wildcat Superhero Muffins

- 2 cups blueberries
- 1 cup sugar, divided
- 1 1/2 cups all-purpose flour
- 1 cup whole-wheat flour
- 2 1/2 teaspoons baking powder
- 1 teaspoon salt
- 2 eggs
- 1/2 cup vegetable oil
- 1 cup 1% milk
- 1 1/2 teaspoons vanilla extract
- Cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat the oven to 350 degrees F. Spray an 18-cup muffin tin with cooking spray or insert paper liners in muffin cups.
3. Place 1 cup of the blueberries and 1 tablespoon sugar in a small saucepan and simmer over

medium heat, mashing berries and stirring often, for about 6 minutes until mixture is thickened and reduced to about a 1/4 cup. Cool.

4. In a large mixing bowl, stir together the remaining sugar, all-purpose flour, whole-wheat flour, baking powder, and salt.
5. Make a well in the center of the dry ingredients. Add eggs, oil, milk, and vanilla. Whisk together the liquid ingredients. Use a rubber spatula to fold together the liquid and dry ingredients, just until moistened. Fold in the remaining blueberries.
6. Divide batter equally among the muffin cups, filling about two-thirds full.
7. Spoon approximately 1/2 teaspoon of cooked berry mixture onto each cup of batter. Use a skewer

or dinner knife to gently swirl the berry topping into the batter.

8. Bake 17 to 19 minutes until muffin tops are golden. Cool for several minutes before transferring to a cooling rack.
9. Store muffins in an airtight container for up to four days or freeze up to three months.

Makes: 18 servings  
Serving size: 1 muffin

Nutrition facts per serving: 180 calories; 7g total fat; 1g saturated fat; 0g trans fat; 120mg cholesterol; 220mg sodium; 27g total carbohydrate; 1g dietary fiber; 14g total sugars; 11g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source: Eat Smart to Play Hard: Brooke Jenkins, Extension specialist, University of Kentucky Cooperative Extension Service



## RECIPE

# Eggroll in a Bowl

- 1 tablespoon oil
- 1 pound ground turkey or pork
- 2 teaspoons garlic powder
- 1 teaspoon ground ginger
- 1/4 cup low-sodium soy sauce
- 1 bag coleslaw mix (with carrots)
- 1 whole egg

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat oil in a large skillet over medium heat.
3. Add the ground meat to the skillet and break it up until it is

cooked through and has reached an internal temperature of 165 degrees F on a food thermometer. Drain any fat from the meat.

4. Add garlic, ginger, and soy sauce to the meat, and stir to combine.
5. Add coleslaw mix to the cooked meat. Cook until vegetables are tender.
6. Push mixture to the edge of the skillet to make a hole in the middle. Crack the egg in the open area and scramble it until it is cooked through.
7. Stir all ingredients together and serve.

8. Store leftovers in the refrigerator within 2 hours.

Makes 6 servings  
Serving size: 1 cup

Nutrition facts per serving: 220 calories; 12g total fat; 3g saturated fat; 0g trans fat; 105mg cholesterol; 480mg sodium; 6g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 23g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium

Source: 2022 KYNEP Food and Nutrition Calendar: Michele Moore, Butler County SNAP-Ed Program assistant senior

## BASIC BUDGET BITES

### Unit pricing

**W**hat is unit pricing? The price tag on the shelf includes a lot of helpful information. Learn what the numbers mean.

- **Retail price:** This is the price you pay for each item.
- **Unit price:** This tells you how much an item costs per pound, ounce, quart, etc. It can be very useful when comparing two items.

This image shows two price tags on a shelf. Based on the unit price, you can see that the large container is a better buy because you get more for your money.



**How is the unit price found?**  
Total Price ÷ Size = Unit Price

Source: Adapted from <https://www.myplate.gov/eat-healthy/healthy-eating-budget/shop-smart>

## SMART TIPS

### Fruit and vegetable peels contain many nutrients

**E**ating fruits and vegetables are important for a healthy diet. But, what about the peel? Many times, we just throw it away. Turns out, you might want to rethink that.

Most of the time, eating produce with a peel intact can give you higher amounts of vitamins, minerals, and fiber. Apples and potatoes are good examples. Eating the peel of a kiwi fruit gives you 50% more fiber.

While eating fruits and vegetables with the peel does provide more nutrients, it is always important to think about food safety. Make sure you wash any fruit or vegetable really well to get rid of any dirt or germs.



Source: Heather Norman-Burgdolf, University of Kentucky Extension specialist in food and nutrition, September 2021

## PARENT CORNER

### Winter is a great time for families

**T**he 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 inside your home you can create meaningful family experiences and lots of wonderful memories.

Family time promotes positive emotional health in children. Experts say it leads to a greater likelihood that they will avoid risky behaviors such as drug use. They will also have a lower risk for depression.

Here are some ideas to think about doing with your children:

- **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 the creation of a silly story.
- **Kitchen time:** Spend family time cooking in the kitchen. Whip up something sweet to share for an after-meal treat. Have your children help you prepare food items. You will 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. Let each have a turn selecting a song. Keep music at the right age level for young children.
- **Scavenger hunt:** Give children a list of objects to find and bring back to you. It can be as long or short as you wish. Start by making a list of items found around your home. Then add items that may require finding a "buried treasure."

Source: David Weisenhorn, University of Kentucky Extension FCS senior specialist for parenting and child development education, December 2021



LEARN. LEAD. SERVE.

## Licking River Area

### Leadership Training Day

Join us in Mason County for the Leadership Lesson Training Day. This day is for ANY and ALL Homemakers. It is a fun (FREE) day of learning for the lessons for the year, leadership training, and fellowshiping with other Homemakers. Call your local Extension Office if you plan on attending. At least one member from each club is encouraged to attend.

A brief Licking River Area Council Meeting will follow.

Tuesday, February 7th  
Beginning at 10:00am  
Mason County  
Cooperative Extension Office  
800 US HWY 68  
Maysville, KY 41056

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#### Lesson Include:

1. Making the Most of Meals while Traveling
2. Tips for Managing Stress Eating
3. Entertaining Little Ones.

Register by calling your local Extension Office.



# WORKFORCE SOLUTIONS

CUSTOMIZED EMPLOYEE TRAINING

## Save The Date... Farm & Family Night Coming March 7th



**Tickets After Feb. 3rd.**  
**Questions....Call 606.759.7141 ext. 66120**

Maysville Community & Technical College Workforce Solutions  
1755 US Hwy 68, Maysville, KY 41056  
606.759.7141 ext. 66120

