

FAMILY AND CONSUMER SCIENCE NEWS

Boyd County Cooperative Extension Service
June, 2025

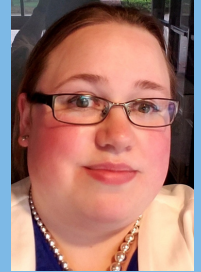


University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Family and Consumer Sciences

**Cooperative Extension
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Homemaker News

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Health Bulletin

Well, we blinked and half of 2025 is already gone! June is here (as are the cicadas), and Summer has officially begun. I hope everyone takes some time for cookouts, trips with friends and family, and just sitting on the porch or patio enjoying the weather (and the cicadas).

This month has the usual shenanigans and fun that Extension is known for. I hope to see you all here this month!

Please stop by my office if you have any questions or would like to chat!

County Extension Agent
for Family and Consumer Sciences

Jacqueline Doucet

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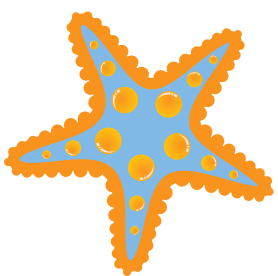
Lexington, KY 40506

Cooperative Extension Service

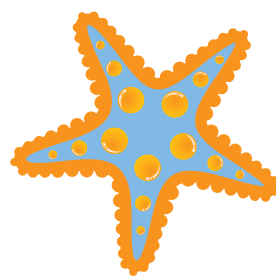
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development



Disabilities
accommodated
with prior notificati



Message from the President



Hey Homemakers,

As our Homemaker year winds down, it's time to reflect on all the wonderful things we have accomplished and fill out those reports!

Time to get our cultural arts ready for our end-of-the-year banquet/celebration. Taking that summer vacation. Visit Farmers Markets, go to some water parks, eat some popsicles, garden, kids and grandkids. It's a busy time, so take time to porch sit, or a morning or evening stroll. Take time for yourself. Do a random act of kindness. Compliment a stranger. Help a neighbor. Find your peace.

Love and prayers,

Your prez Kathy



Homemaker Upcoming Events & Announcements



- *Cooking with the Calendar: Hillendale, **June 5th at 10 a.m.**, Boyd County Extension Office. **June's Recipe: Rice and Bean Salad***
- *Homemaker Council Meeting, **June 18th at 10 a.m.**, Boyd County Extension Office.*
- *Sewing/Quilting/UFOs: **Every Monday at 5 p.m.**, Boyd County Extension Office.*
- *Mats for the Homeless: **Every Thursday at 10 a.m.**, Boyd County Extension Office.*
- *Cultural Arts Drop-Off for End-Of-The-Year- Banquet, **July 23rd, 3 p.m.-6 p.m.**, Expo Building.*
- *Boyd County Homemakers End-Of-The-Year Banquet, **July 24th at 6 p.m.**, Frank's Building.*





KEHA Upcoming Events & Announcements



- June 1 – Registration deadline for NVON Conference.
- June 7 – Registration deadline for NVON hotel.
- June 30 – KEHA year ends.
- July 1 – Due date for club reports to be submitted to the county (paper forms). This includes both the program of work reports and volunteer service logs.
- July 8-10 – NVON Conference in Springfield, IL.
- July 21-24 – ACWW USA Area Conference in Erlanger, KY.



COOKING THROUGH THE CALENDAR PROGRAM SCHEDULE 2025

JANUARY 16TH

**FCS:
SPLIT PEA
SOUP**

FEBRUARY 6TH

**CATLETTSBURG:
CAULIFLOWER
BITES**

MARCH 6TH

**HILLTOP:
CRUNCHY AIR
FRYER FISH**

APRIL 3RD

**TRACE:
LEMON
BROCCOLI
PASTA**

MAY 1ST

**HILLENDALE:
BANANA
PANCAKES**

JUNE 5TH

**HILLENDALE:
RICE AND BEAN
SALAD**

JULY 10TH

**TRACE:
CHICKEN
BURGERS**

AUGUST 7TH

**SUNSHINE:
SLOW COOKER
ASIAN PORK
TACOS**

SEPTEMBER 4TH

**HILLTOP:
GRITS, GREENS
AND EGG BOWL**

OCTOBER 2ND

**CATLETTSBURG:
CHEESY
PUMPKIN PASTA
BAKE**

NOVEMBER 6TH

**SUNSHINE:
PARMESAN
CARROT CHIPS**

DECEMBER 4TH

**FCS:
LASAGNA SOUP**

Recipes from the 2025 Food and Nutrition Recipe Calendar



June's Recipe: Rice and Bean Salad

Join us at the Boyd County Extension office for our monthly cooking demonstration and sampling. Try tasty Nutrition Education Program Calendar recipes and discover strategies to eat healthier and cook at home!

June 5th
at 10 a.m., Boyd County
Extension Office.





2025 Lunch and Learn Upcoming Dates

12 pm-1 pm

Boyd County Extension
Office

Join us for a fun lunchtime discussion.

Lunch will be provided

Please call 606-739-5184 to Register.

This program is FREE

Limited to 20 participants

~~January 17th:~~

~~Fitting Nutrition into Your Busy
Lifestyle.~~

~~April 18th:~~

~~Gardening Options for Everyone~~

~~February 14th:~~

~~Indoor Air Quality~~

~~May 16th:~~

~~Planning Space for Outdoor Living~~

~~March 21st:~~

~~Adapting Recipes~~

~~June 13th:~~

~~Steps Toward Hiring a Dependable
Contractor~~





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Lunch will be provided

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This program is FREE

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July 18th

Saving Water At Home

October 17th

Reducing the Risk of Identity Theft

August 8th

Scam Red Flags & Avoiding Fraud

November 14th

Talking Turkey

September 19th

What's That Date Mean?

December 19th

Sweet Enough Without All That
Sugar

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Lexington, KY 40506



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Rice and Bean Salad



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Prep time: 10-15 minutes

Cook time: 20 minutes

Dressing

- 1/4 cup red wine vinegar
- 1 1/2 teaspoons Dijon mustard (or any type)
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup canola or vegetable oil

Salad

- 1 can (15 ounces) no-salt-added black beans, rinsed and drained
- 1 can (15 ounces) low-sodium chickpeas, rinsed and drained
- 1 1/2 cups fresh, canned, or frozen corn
- 2 cups cooked brown rice
- 1/2 small red onion, diced
- 1/2 bunch cilantro or parsley, chopped
- 3 cups spinach, chopped
- 1/2 jalapeno, seeded and diced (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse cilantro and jalapeno under cool running water and pat to dry.
3. In the bottom of a large bowl, whisk red wine vinegar, mustard, Italian seasoning, garlic powder, salt, and black pepper. Slowly add the vegetable oil while whisking vigorously until evenly combined.
4. Add black beans, chickpeas, corn, rice, red onion, cilantro, spinach, and jalapeno (if using). Gently toss until dressing evenly coats salad.
5. You can eat the salad immediately. For the best flavor, though, allow it to sit in the fridge for at least one hour.
6. Store leftovers in the refrigerator within two hours.

Makes 7 servings

Serving size: 1 1/2 cup

Cost per recipe: \$14.01

Cost per serving: \$2.00

Nutrition facts

per serving:

350 calories; 18g total fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 370mg sodium; 39g total carbohydrate; 7g dietary fiber; 4g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 18% Daily Value of potassium

Source:

Jeannie Noble, RD,
Extension Specialist for
Nutrition, University of
Kentucky Cooperative
Extension Service



ADULT HEALTH BULLETIN



JUNE 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

THIS MONTH'S TOPIC

WATER SAFETY IS FOR EVERYONE



Lots of summertime activities involve water. From swimming at the pool to visiting a lake or river, many people enjoy the water's views and cooling effects, whether for a family gathering or an afternoon of solitude.

It is important to remember that staying vigilant around any body of water is essential to keep everyone safe. Drowning is a leading cause of childhood death. It can occur at even relatively shallow depths. It can happen quickly and is often silent. Adults, even those who are familiar with water and can swim, can drown in certain circumstances.

Water activities are a great way to exercise and enjoy the great summer weather and environment. However, it is important to think about everyone's safety when deciding when, where, and

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If you get caught in a rip current,
do not try to fight against it.

Swim parallel to the shore
until you're out of the current,
then swim back to shore.

→ Continued from the previous page

how to make a splash. Keep the following tips in mind when planning your summer fun:

- **Adult supervision:** Constant and close supervision is crucial for children and non-swimmers, even when lifeguards are present. Avoid distractions like phones while watching the water. Do not assume someone else is watching children swim. Ask aloud and get confirmation before leaving your child under someone else's care while in the water, even briefly.
- **Learn to swim:** Swimming lessons are a great way to improve water safety skills and confidence. It is never too late to learn! Swimming lessons are great for children but are also offered for adults. Contact your local recreation department or aquatic center.
- **Life jackets:** Adults and children should wear properly fitted, U.S. Coast Guard-approved life jackets while boating or swimming in natural waters like rivers, lakes, and oceans. Never dive or swim when you cannot see under the water. Rocks, trees, or other natural objects can cause you to become trapped underwater.
- **Obey posted signs:** Pay attention to all hazard signs and warnings. Only swim in designated areas. Be mindful that heavy rainfall can affect the safety of swimming in lakes and rivers. Pay attention to local news coverage after flooding events.

- **Hidden hazards:** In natural environments, be aware of potential hazards like drop-offs into deep water, hidden debris, and slippery rocks. Wear water shoes with hard bottoms to protect your feet and toes.
- **Ocean currents:** If swimming in the ocean, learn about rip currents and how to escape them. If you get caught in a rip current, do not try to fight against it. Swim parallel to the shore until you're out of the current, then swim back to shore.
- **Backyard pools:** Ensure your backyard pool is fenced correctly on all sides. Empty small inflatable pools and other water toys after each use. Even buckets of water, koi ponds, and animal watering troughs can be tempting for young children and lead to disaster. Be aware of any standing water that young children can access and always supervise them.

REFERENCES:

<https://www.cdc.gov/drowning/prevention/summer-swim-safety.html> <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety>

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Stock images: Adobe Stock

