

FAMILY AND CONSUMER SCIENCE NEWS

Boyd County Cooperative Extension
Service
May, 2023



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

Family and Consumer Sciences

Cooperative Extension Service

Boyd County
2420 Center Street
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(606) 739-5184
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Hello Everyone,

We had a busy (and fun!) April, and have a busy (and fun!) May planned.

We start off the month with Longaberger Basket Bingo on May 4th and are visiting Mexico on May 5th with our International Cooking Series.

I'll be in Louisville at the KEHA State Annual Meeting with the Boyd Co. Homemakers from May 8th-11th.

Then May 12th we will be having our 2nd Lunch and Learn, learning tips for managing stress-free eating.

Busy, Busy, Busy!

As always, my door is always open for discussion and ideas! Please feel free to stop by!

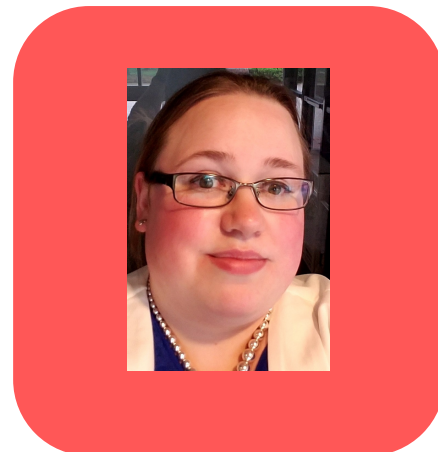
Jacqueline Doucet
County Extension Agent
for Family and Consumer Sciences

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

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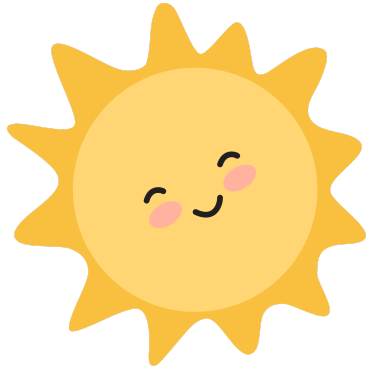
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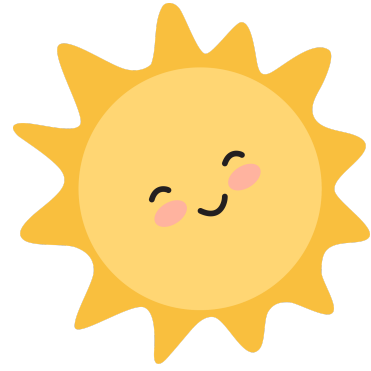
In This Issue:

Welcome.....	1
Homemaker News.....	2-3
FCS Program Info.....	4-6
May Health Bulletin.....	7
May Recipe.....	9

Message from the President



MAY



Hey There Homemakers,

We are coming up on a new month and Summer is just around the corner. Graduation, vacations, gardening, and school will be out! However, there are things to keep everyone busy!

There is still time to earn those volunteer bucks to spend at the End of the Year Banquet. Cooking thru the Calendar has been a huge success, I have only heard good things. Keep up the good work!

We still need items for the Boyd County Treasure Box and don't forget to turn in your Chairman reports and Volunteer hours.

Have fun and be safe.

Your President,

Kathy



Homemaker Upcoming Events & Announcements



MAY



- Cooking With the Calendar: Hillendale Homemaker Club, **May 4th at 10 am**, Boyd County Extension Office. **May's Recipe: Easy Tortilla Breakfast Pizza.**
- Longaberger Basket Bingo, **May 4th at 6 pm**, Boyd County Extension Office.
- KEHA State Meeting, **May 9th-11th**, *Louisville, KY.*
- Sewing/Quilting/UFOs: **Every Monday at 5 pm**, Boyd County Extension Office.
- Mats for Homeless: **Every Thursday at 10 am**, Boyd County Extension Office.



Travel the World without Leaving Your Kitchen: Mexico



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**Friday, May 5th, 6 pm-8 pm
Boyd County Extension Office
Please call 606-739-5184 to register.**

**Join us for a fun discussion on the traditional
foods & history of Mexico and enjoy some samples of
Mexican cuisine.**

This class is free to the public.

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Pathways to Wellness

Health begins
where we
live, work, learn,
and play.

 College of Agriculture,
Food and Environment
Family and Consumer
Sciences Extension

Join us!

When: May 25th, June 1st, 15th, & 29th

6pm-8pm.

Where: Boyd County Extension Office

Info: (606) 739-5184 or jndouc2@uky.edu

These action packed sessions will help you live and
interact with our community in a new and vibrant way.
Please plan to attend all four.

Call to register or stop by the Boyd County
Extension Office.



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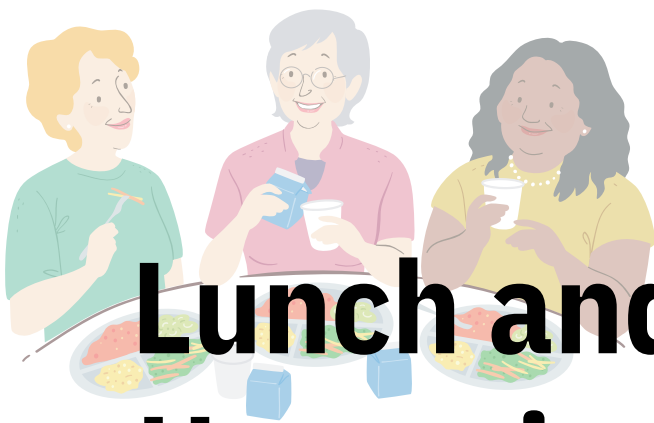
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Lunch and Learn Upcoming Dates

12 pm-1 pm

Boyd County Extension Office

**Join us for a fun lunchtime discussion.
Lunch will be provided or you can bring your own!**

**Please call 606-739-5184 to Register.
This program is FREE**

April 21st

Topic: Making the Most of Meals While
Traveling

May 12th

Topic: Tips for Managing Stress Eating

June 23rd

Topic: How to Get Out of a Mealtime
Rut

July 7th

Topic: Sensational Salads

August 18th

Topic: Meal Kits

September 22nd

Topic: Gluten-Free Choice

October 20th

Topic: Picking Out Produce

November 17th

Topic: Nutritious Nuts & Seeds

December 18th

Topic: Gifts in a Jar

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ADULT HEALTH BULLETIN



MAY 2023

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: GARDENING SAFELY



The warm spring weather has many people excited to get outside and begin seasonal yard and garden work. Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly.

According to the Consumer Product Safety Commission (CPSC), more than 400,000 people visit emergency rooms each year for injuries related to outdoor

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Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil.

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garden tools. It is important to stay safe when working with outdoor tools. The American Society of Surgeons of the Hand (ASSH) recommends taking the following precautions when gardening:

- **Wear gardening gloves:** Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil. Hands and fingers are prone to small cuts and scrapes that can become easily infected when exposed to dirt and germs. Leather gloves protect against thorns, poisonous plants, insect and animal bites, and other skin irritants in the garden. Gloves also prevent sun damage.
- **Avoid strenuous repetitive motions:** Unless you are used to the activity, repetitive motions such as digging, raking, trimming hedges, pruning bushes, or planting bulbs may cause muscle or skin damage. Rotate gardening activities every 15 minutes with a brief rest in between so the same muscles are not overused.
- **Be aware of your grip:** Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Studies have shown that people lose up to 25% of their grip strength when their wrist is bent. Only use hand tools with the appropriate hand, for example, do not grip a right-handed tool with your left hand. Try to square up your shoulders in front of where you are working instead of reaching across your body.
- **Use proper equipment and tools:** Use a hand shovel or rake rather than your hands for digging. Sharp objects and debris buried in the soil may cut you. If possible, remove clear sharp objects like broken glass, old labelling stakes, and unused tools from the work area before beginning the task to avoid causing damage. Additionally, avoid accidents by using tools for their intended purposes only.

Other important tool tips:

- When purchasing pruners, loppers, or shears, look for pairs that feature a safety lock.



- Avoid products with form-fitting handles. These tools only fit one size of hand perfectly. If your hand is too large or too small, it will put more stress on your hand.
- Always follow the manufacturer's instructions for the tool.
- Keep sharp tools away from children at all times.
- Always unplug electrical tools and power off gas-powered motors when not in use.

If you do end up with an injury, keep the following guidelines in mind to know when to seek emergency medical care. Seek medical attention immediately if:

- Continuous pressure does not stop the bleeding after 15 minutes.
- You notice persistent numbness or tingling in the fingertip or have trouble moving the finger.
- You are unsure of your tetanus immunization status.
- You are unable to thoroughly clean the wound by rinsing with a mild soap and plenty of clean water.

REFERENCE:

<https://www.assh.org/handcare/safety/gardening>

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

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Easy Tortilla Breakfast Pizza



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

- Nonstick cooking spray
- 1 (8 inch) whole-wheat tortilla
- 1 cup spinach
- 3 medium eggs
- 1/2 medium tomato, diced
- Dash of salt and pepper
- 1/4 cup shredded part-skim mozzarella cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spray a 10-inch skillet with nonstick spray and place tortilla inside.
3. Place spinach over the tortilla and make three slight wells with spinach. Crack an egg into each well so that it can be cut into three triangles once done.

4. Sprinkle tomatoes, salt, pepper, and mozzarella over the eggs.
5. Cover with lid and cook on medium-low heat for 12 minutes, or until egg yolk is cooked through.
6. Remove from heat and slice into three wedges with one egg each to serve.
7. Store leftovers in the refrigerator within 2 hours.

Makes 3 servings
Serving size: 1/3 of pizza
Cost per recipe: \$3.25
Cost per serving: \$1.08

Nutrition facts per serving:

140 calories; 7g total fat; 3g saturated fat; 0g trans fat; 170mg cholesterol; 300mg sodium; 10g total carbohydrate; 1g dietary fiber; 1g total sugars; 0g added sugars; 10g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source:

Jean Najor, Program Coordinator II;
and Jen Robinson,
NEP Area Agent,
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