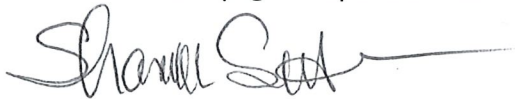


Family & Consumer Sciences Newsletter ~ October 2023

Bracken County Cooperative Extension Service
1120 Brooksville Germantown Road
Brooksville, KY 41004
(606) 735-2141
<https://extension.ca.uky.edu>

It's officially fall here at the extension office which means I'll be "cooking up" some new & familiar programs for you! My calendar is already filling up with fun & (hopefully) informative events to lead us into the winter months. Keep an eye on our Facebook page for updates as well!



Meals Made Easy

Our Meals Made Easy Series kicked off September 26th with Cooking for 1 or 2, but if you missed it don't worry! We have several more to offer and there is plenty of time left to register. Remaining Classes and dates include:

- Desserts** -Oct 24th
- Charcuterie Boards** -November 14th
- Soups** -February 13th
- Shortcuts in Meal Prep** -March 12th
- Restaurant Copy Cat Recipes** -April 16th

All classes begin at 6:00 PM and cost for each person per class is \$5

LRA Annual Meeting

The Licking River Area Annual Meeting will be held Thursday October 19th at the Mason County Extension Office. Our guest speaker will be Harriet Jackson-Groh. Tickets are \$15.00 each and registration can be taken here at the extension office. Deadline to register is October 11th!

In Memory of Patty Ann Moorhead

It is with much sadness that I share with you news of the passing of Mrs. Patty Ann Moorhead. Patty Ann's influence & dedication to extension and the homemaker organization were unmatched. She served in many leadership roles in KEHA, not only within her local Bracken County club but also within the area, state and national levels. She was a treasure whose exceptional leadership benefitted both KEHA and the Master Farm Homemaker Guild for decades. She will definitely be missed.



Fast facts about breast cancer:

- 1 in 8 women will be diagnosed with breast cancer in her lifetime — that's one person every 12 minutes in the U.S.
- The two greatest risk factors of breast cancer are being female and getting older.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.
- Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

Get screened! For those at average risk, doctors recommend getting a mammogram every year starting at age 40. If there are any signs of breast cancer, finding it early and treating it early can save your life.



SEPTEMBER 18, 2023

Bracken County Citizens

We are writing to ask: *How can Extension better serve Kentucky?*

Kentucky Cooperative Extension Service recently launched a statewide survey with hopes of reaching thousands across the Commonwealth. In fact, our last survey received more than 38,000 responses, and we want to see that number grow.

Knowing what matters to Kentucky means our services will matter to Kentucky. You might already know about our educational programs for agricultural production, youth development, nutrition, business development, and family finances... but our outreach has grown even more. Our last survey led to partnerships with nationally recognized experts and new services in areas such as:

- Addiction Intervention & Prevention
- Small-Town Tourism & Art Revitalization Programs
- Rural Mental Health & Suicide Prevention
- Natural Disaster Preparedness

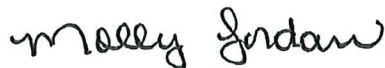
And this is only the start for what's ahead. With more direction from you and others in our community, we can continue real work that matters to real people. People like you.

We hope you'll take our ten-minute survey found at go.uky.edu/serveKY and encourage others to do the same.

We want to hear from *all* Kentucky citizens ages 18 and up. Every voice matters.

If you have any questions, or would like promotional graphics to help spread the word, I hope you will reach out.

In the meantime, please know your time is greatly appreciated.



Molly Jordan, County Extension Agent for 4-H



Shannon Smith, 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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

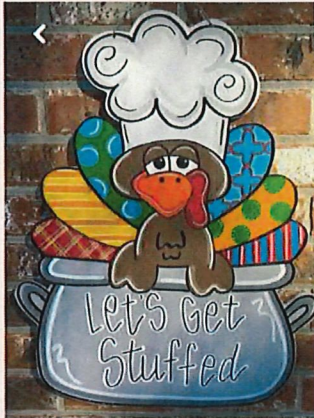
Make it Take it Try it

October 18th & 19th at 6:00 P.M.

Porch Leaners \$40

Bracken County Extension Office

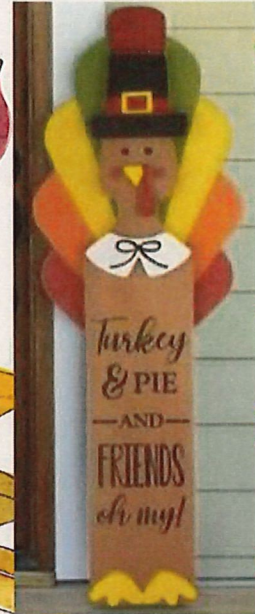
Door Hanger or Yard Stake \$30



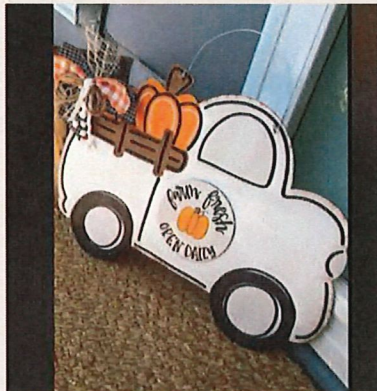
#1 Turkey Soup \$30



#2 Hello Pumpkin \$30



#7 Turkey Pilgrim \$40



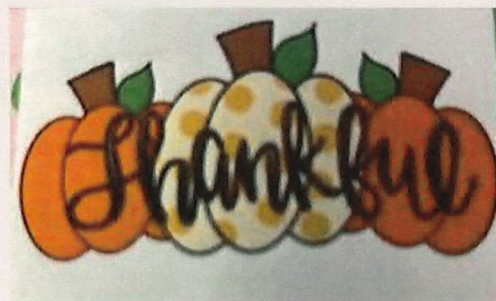
#3 Pumpkin Truck \$30



#4 BBN Truck \$30



#5 Cheetah Print \$30



#6 Thankful \$30

**Registration deadline is October 11th,
spots will only be held with payment
not over the phone or via Facebook.
Checks payable to Glenda Logan**



#8 Fall \$40



#9 Welcome \$40

ADULT

HEALTH BULLETIN

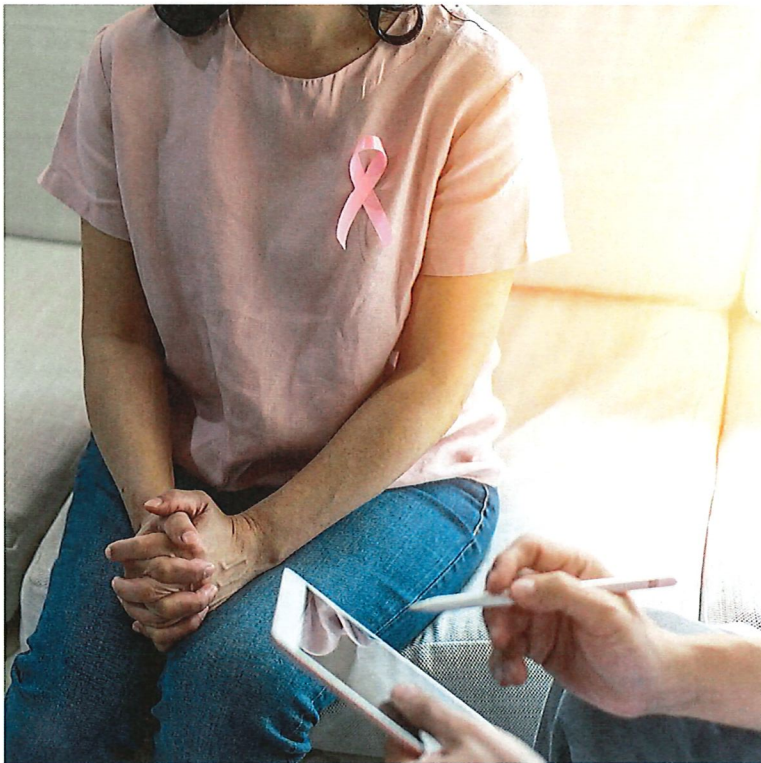


OCTOBER 2023

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

Shannon Smith
FCS Agent
Bracken Co. Extension
606-735-2141

THIS MONTH'S TOPIC: BREAST CANCER AWARENESS



October is Breast Cancer Awareness Month, a time dedicated to increasing public awareness about the signs and symptoms of breast cancer. The month brings awareness to screening, treatment, and research resources as well.

Every year in the United States, about 264,000 women get breast cancer and tragically, 42,000 women die from the disease annually. Early detection and treatment are the best ways to ensure that a person diagnosed with breast cancer is able to beat the disease.

Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find

Continued on the next page →



Mammograms are the best way to find breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms.



→ **Continued from the previous page**

breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms. Ask your doctor when you should get a mammogram to check for signs of breast cancer.

Men also get breast cancer, but it is not as common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

Symptoms

It is important for everyone to be aware of signs and symptoms of breast cancer. Though in early stages, some people have no symptoms at all. Symptoms can include:

- Change in the size or the shape of the breast
- Pain in any area of the breast tissue
- Nipple discharge other than breast milk (including blood)
- A new lump in the breast tissue or underarm

If you have any signs that worry you, see your doctor right away.

Prevention

There are also things that you can do to lower your risks of developing breast cancer. Some of those things include:

- Keep a healthy weight and exercise regularly.
- Do not drink alcohol, or drink alcohol in moderation.
- Breastfeed your children, if possible.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.

REFERENCE:

<https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness>


**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
123RF.com, Adobe Stock



SEPTEMBER / OCTOBER 2023

HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative
Extension Service



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



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

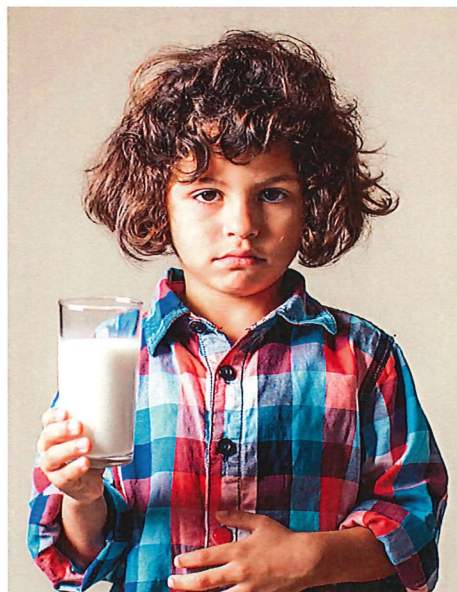
Reducing the risk of food allergies

The number of food allergies has been rising, and it's normal to wonder about how food allergies could harm your child. Studies show that one in 13 children have food allergies; that is about two children in each classroom.

There are no mild or harsh food allergies — only mild to harsh reactions. Food that caused a mild result in the past may lead to a harsh result in the future, and vice versa. How a child reacts to food can be bad. That's why it's good to know the facts and what you can do to help cut your child's risk.

What is a food allergy?

A food allergy result happens when the immune system attacks a food protein and mistakes it as a threat to the body. Watch for itching or swelling of the mouth, throat, face, or skin. You may also have trouble breathing or stomach pain. Loose



stools, or an upset belly are also signs. A bad food allergy can threaten life.

A doctor should decide whether you have a food allergy. You should not label yourself or your child with a food allergy. The only way to stop a

food allergy is to fully skip the food and any product that may have it.

Food intolerance does not affect the immune system. It is not the same as a food allergy. A child who is lactose intolerant (lacking the enzyme to break down a natural sugar in milk), may be able to eat or drink small amounts of dairy.

Common allergens

About 8% of children in the U.S. have a food allergy. The most common food allergies in children are milk, eggs, soy, wheat, peanuts, and tree nuts. These foods, along with fish, crustacean shellfish, and sesame are most of all food allergy reactions. While your child may outgrow milk, egg, soy, or wheat allergies, food allergies to peanuts, tree nuts, fish, and shellfish tend to be for life.

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CONTINUED FROM PAGE 1

Tips for reducing a child's risk of developing food allergies

Take special care with feeding habits during your child's first years. If a parent or brother or sister has an allergy, take steps to find out more about your child's risk. Certain feeding tips cannot promise a child will not get a food allergy but may help cut the risk.

The American Academy of Pediatrics says total nursing for the first three to four months lowers how often babies have itchy redness of the skin. If a mother breastfeeds beyond that time, even if it is not all the time, it may help against wheezing and lower the risk of asthma. Using soy-based baby formula does not appear to play a role in stopping allergies.

Waiting to start foods beyond 4 to 6 months of age does not appear to keep children from getting food allergies. In fact, research suggests slowing the start of likely allergy foods may even raise the risk of a food allergy.

Research suggests starting foods that have peanuts in forms safe for infants as early as 4 to 6 months of age. This could help stop a peanut allergy. For infants with harsh skin rashes or an egg allergy, testing may be needed before starting foods that have any form of peanuts. Be sure to talk with your child's doctor to see what is best for you and your baby. Call your baby's doctor right away if your baby reacts badly to food. Results could be quickly getting a skin condition, wheezing, vomiting, or diarrhea. Call the doctor if you have any reason to suspect a food allergy.

At this time, there is no proof to suggest avoiding certain foods (like fish, eggs, or peanuts) by mothers during pregnancy or while nursing will protect against food allergies.

For more information on food allergies, visit Food Allergy Research & Education at foodallergy.org.

Adapted from eatright.org

Contributors: Dayle Hayes, MS, RD; Diane de Jesús, RD; and Sarah Klemm, RDN, CD, LDN

Published May 4, 2022

FOOD FACTS

Stretch your food dollar with soups

A pot of homemade soup is healthy and a money saver. In winter, a steaming bowl of soup is comfort food in the purest sense. It is a great meal for helping to stay healthy. With veggies, whole grains, and lean proteins, homemade soup is a balanced one-pot meal.

By making and freezing batches of soups, you can save time and have a healthy dish when you want. Soups can be money savers because they don't call for pricey foods. Plus, you can load soups with veggies, giving your family the healthy meal, they need. Use canned, frozen, or fresh veggies, add some broth and turn on your slow cooker for a super soup dinner.

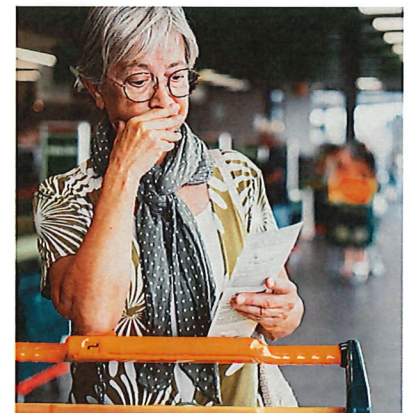
Making homemade soups can help you control what's in your food, such as less sodium.

Adapted from: Michigan State University Extension

BASIC BUDGET BITES

Are you overspending at the store?

Do you and your family know how much to budget monthly for groceries? A new tool is free on the UK Plan Eat Move website. It can help you find the cost for your family to eat healthy without breaking the bank. The Grocery Budget Calculator will show you how to enter your family's data. It will show you how much to budget for your household. Compare these findings to what you now spend on food. There are helpful ideas to make changes to your spending plan. Find the tool at <https://www.planeatmove.com/budget-calculator>. While looking at the website, don't forget to check out healthy, low-cost ways to help with meal planning.



Written by: Amy Singleton, MS, RDN; Source: Planeatmove.com

COOKING WITH KIDS

Chicken and Dumpling Soup

- 2 tablespoons olive oil
- 1 medium yellow onion, chopped
- 2 stalks celery, chopped (including some leaves)
- 4 medium carrots, peeled and chopped
- 2 quarts fat-free, low-sodium chicken broth
- 2 cups chicken breast, cooked and shredded
- 1/2 teaspoon whole black peppercorns
- 2 teaspoons dried thyme leaves
- 2 bay leaves
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 3/4 cup low-fat milk
- 1 egg
- 2 cups coarsely chopped fresh kale leaves (any greens can be used.)

1. In a large soup pot, sauté onions, celery, and carrots in olive oil over medium-low heat about 5 minutes or until tender.
2. Add broth, chicken, peppercorns, thyme, and bay leaves. Reduce heat to low. Simmer partially covered for 20 minutes.
3. Meanwhile, in a small bowl, mix flour, baking powder, milk, and egg until well blended. Roll out with a rolling pin and make strips or simply drop small spoonful of dough into simmering soup.
4. Cover soup and allow dumplings to cook about 20 minutes. They will rise to the top of the soup as they cook.

5. Stir in kale, cover soup and simmer 5 additional minutes. Remove bay leaves and peppercorns before serving soup. Tip: If you'd rather not make dumplings, add egg noodles 8 minutes before serving.

Makes 10 servings
Serving size: 2 cups

Nutrition facts per serving 200 calories, 4.5g total fat, 1g saturated fat, 0g trans fat, 40mg cholesterol, 390mg sodium, 25g carbohydrate, 2g dietary fiber, 4g total sugar, 0g added sugar, 13g protein, 0% Daily Value of vitamin D, 15% Daily Value of calcium, 10% Daily Value of iron, 6% Daily Value of potassium.

Source: University of Kentucky's Nutrition Education Program, Cook Together, Eat Together



SMART TIPS

Walking for wellness

Adults should get at least 150 minutes of moderate-aerobic activity each week. Children should be active for at least 60 minutes each day. Being active can add to total health and cut the risk of long-term health issues such as heart disease, cancer, or high blood sugar.

Walking is a great way to stay active and in good health. Walking does not call for any special skills. You do not need to go to a gym or use high-priced gear. A single bout of mid-to-brisk walking can help with sleep and memory. Go on a walk today and ask your family to join you.

RECIPE

Autumn Sweet Potato Chili

- 1 can (15 ounces) sweet potatoes (do not drain)
- 1 tablespoon chili powder
- 1 jar (16 ounces) salsa
- 2 cans (15 ounces) black beans (do not drain)
- Water to achieve desired consistency
- 1/2 cup reduced-fat sour cream
- Sharp cheddar cheese, shredded
- Fresh cilantro, chopped

1. Combine sweet potatoes, chili powder, and salsa in a large saucepan.
2. Bring to a boil, reduce heat to simmer, and cook until heated through, stirring as needed.
3. Add beans with liquid and cook another 3 minutes to blend flavors.

4. Thin with water if needed. Heat through.
5. Serve with sour cream, cheese, and cilantro on the side.

Option: To reduce sodium, use vegetables canned without added salt.

Makes 8 servings
Serving size: 1 cup

Nutrition facts per serving: 160 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 790mg sodium; 32g carbohydrate; 9g fiber; 12g total sugar; 0g added sugars; 7g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium.

Source: Jeffrey Hines, former Graphic Artist for Nutrition Education Program, University of Kentucky Cooperative Extension Service