



Summer Food Preservation Series

Class	Date/Time/Location
Dehydration & Water Bath Food Preservation	Wednesday, July 26 th 9:00 AM, Mason County Extension
Pressure Canning & Freezing Foods	Thursday, August 10 th 9:00 AM, Bracken Extension Office

Join us for this highly requested Summer Food Preservation Series! This series is perfect for beginners or those who just want to brush up on their skills. This will be a hands-on all day class. The cost for each class will be \$15 per day and we ask that you register and pay at least one week prior to each class. Lunch will be provided. Check our facebook page for up to date information and deadline reminders. Call 735-2141 for more information!

Bracken County Extension Service

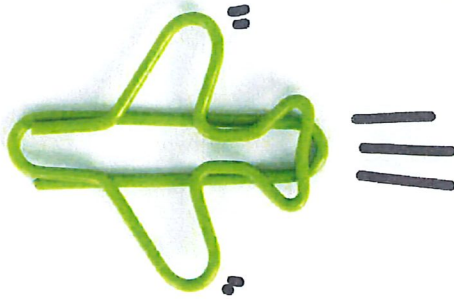




University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

LICKING RIVER AREA

Leadership Training



Tuesday, August 8th
Beginning at 10:00am

Montgomery County Extension Education Center
104 E Locust Street
Mt. Sterling, KY 40353

Please RSVP to your county by August 4th

Join us in Montgomery 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.

Lessons include:
Carbon Monoxide
Healthy Eating Around the World
Planning Thrifty Holiday Meals



MAY / JUNE 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.

Take a hike!

Does your family enjoy the great outdoors? June is National Camping month, a time when many Americans will be venturing outside for adventures. Before heading out, think about your nutritional needs. There are a lot of choices besides just grabbing energy bars and water. Take time to map out a safe and wholesome food plan.

Your food and water intake needs may be higher during times of greater physical activity. How long is the trip? What food and drinks will you need? Do you need to carry a cooler?

Before heading out on a hike, you may want to drink water before you go. A good rule of thumb is to plan to drink 2 cups of water for each hour you hike. Choose foods that will not weigh your backpack down but will pack a nutritional punch like trail mix, nuts and seeds, fresh fruit, granola, or energy bars.

If the trip involves many days, choosing food can be a challenge. You will



be able to eat out of your cooler on the first day, but after that, you may need lots of shelf-stable choices. You might want to choose nut butters, cereal, squeeze pouches of fruit, tuna pouches, or whole-grain tortilla shells.

Being outside can put your food at a higher risk of germs if not kept cold. Do not forget that food should not be out of the cooler for more than one

hour if the temperature is above 90 degrees. Pack food safety essentials such as hand sanitizer, throwaway wipes, bowls, plates, can opener, cooking pot and/or pan, knives and forks, ice packs, trash bags, thermometers for the cooler and cooked meat.

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Cooperative Extension Service
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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

SMART TIPS

Ways to keep kids active during the summer



Don't let your child spend their summer sitting on the couch. Help your child stay moving this summer.

Check out these ideas:

- Sign your child up for local sports camp or swimming lessons.
 - Make going for a walk, run, or bike ride together a scheduled event.
 - Go hiking and have the kids tell you 10 points of natural interest to enjoy.
 - Start a new hobby together, such as inline skating, tennis, or hiking.
 - Run through the sprinkler when it's hot outside.
 - When it's raining, stay inside, turn on some music and have a dance party.
- Set up neighborhood contests such as jump rope, hula hoop, or hopscotch.
 - Start community kickball, soccer, or softball games or relay races.
 - Host a bicycle wash on your street.

Being active also helps lower the risk of life-long health problems later in life. Support your kids and take part in at least 60 minutes of physical activity daily. Teaching the value of staying active while your kids are young will help them keep up the habit when they're older. Don't forget to lead by example by also staying active.

Adapted from <https://www.eatright.org/fitness/exercise/family-activities/family-exercise-ideas-for-every-season>

PARENT CORNER

Make fun food for picnics

- Cut triangle-shaped wedges of cucumber and add a stick in the rind end for a fruit popsicle.
- Make sandwich kabobs with small pieces of bread, cheese, grape tomatoes, sandwich meat, and olives.
- Enjoy some "fruit caterpillars." Place purple and red grapes alternately on skewers.
- Try filling ice cream cones with melon balls for a refreshing treat.
- Enjoy some crunchy veggie flowers. Make four v-shaped cuts on the outside of cucumbers. Slice cucumbers into slices to form flower petals.
- Try some "banana sushi." Spread a whole-grain tortilla with peanut butter or other spread. Next, place a banana inside and roll. Cut into slices.
- For a kid-favorite dessert, try making a "dirt dessert" with low-fat, calcium-rich chocolate pudding sprinkled with chocolate cookie crumbs and a couple of gummy worms.

Adapted from NDSU Extension

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Follow food safety rules to keep from getting sick. Wash your hands often and always before and after eating. If you cannot wash your hands, use hand sanitizer with 60% alcohol to reduce germs. Keep raw meats and ready-to-eat foods apart. Cook food to proper temperatures. While on a hike, refrigerate foods to below 40 degrees F within two hours, but without a refrigerator, pack foods that can spoil into a cooler with ice or ice packs and make sure the temperature stays below 40 degrees F. Keeping the cooler in the shade will help. And if possible, keep the cooler closed as much as you can.

Now you are ready to take a hike!

Adapted from <https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/food-tips-for-camping-and-hiking>



FOOD FACTS

Blueberries

- **Season:** Mid-June through July
- **Nutrition facts:** One half cup of blueberries has 40 calories and adds 22% of the Daily Value of fiber. Blueberries are rich in vitamin C and do not have any fat or sodium.
- **Selection:** Blueberries should be plump and firm and have a deep blue-black skin. They should also have a silvery sheen, which is called a bloom.
- **Storage:** Cover and keep blueberries chilled for up to 14 days. Wash them just before using.
- **Preserving:** To freeze, place blueberries, unwashed and fully dry, in a single layer on a cookie sheet in the freezer. Once the berries are frozen, move them to plastic freezer bags or freezer containers.
- **Preparation:** Serve blueberries fresh or in a cooked dish. Cooking blueberries in batter may cause their color to turn greenish-blue, but change in color does not affect flavor.

Adapted from <https://fcs-hes.ca.uky.edu/commodity/blueberry>

COOKING WITH KIDS

Strawberry Smores

No campfire needed for these fruity graham cracker snacks.

- 2 strawberries
- 1 graham cracker (broken in half)
- 1/8 cup yogurt, low-fat vanilla

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse the strawberries in water.
3. Slice the strawberries.
4. Add the yogurt and strawberries to half of the graham cracker.
5. Top with the other half of the graham cracker.
6. Enjoy at once.

Notes: Substitute any desired low-fat yogurt flavor. Try other fruits like blueberries, bananas, etc.

Nutritional facts per serving:
100 calories; 2g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 80mg sodium; 19g carbohydrate; 1g fiber; 10g total sugar; 6g added sugar; 3g protein; 0% daily value of vitamin D; 6% daily value of calcium; 6% daily value of iron; 2% daily value of potassium.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/strawberry-smores>



RECIPE

Barbecue Chicken Salad

- 1 head romaine lettuce
- 2 cups cooked shredded chicken
- 2 cups apples, diced
- 1/2 cup thinly sliced red onion
- 1 cup sharp cheddar cheese, shredded
- 1/3 cup reduced-fat ranch dressing
- 1/4 cup barbecue sauce

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a large bowl, tear lettuce into pieces and place in bottom; layer lettuce, chicken, apples, red onion, and cheddar cheese.
3. In a separate small bowl, whisk together ranch dressing and barbecue sauce. If dressing is too thick, thin with a little water.

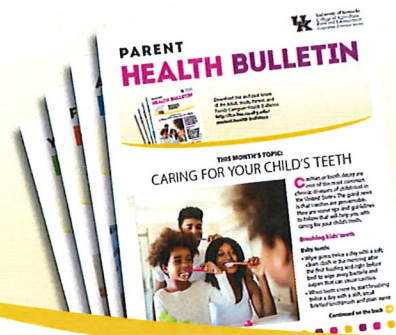
4. Drizzle salad dressing over salad mixture and toss. Or serve dressing on the side.
5. Serve at once.

Servings: 6
Serving size: 2 cups

Nutritional facts per serving:
360 calories; 12g total fat; 1g saturated fat; 0g trans fat; 90mg cholesterol; 630mg sodium; 27g carbohydrate; 5g fiber; 16g total sugar; 0g added sugar; 30g protein; 0% daily value of vitamin D; 20% daily value of calcium; 15% daily value of iron; 15% daily value of potassium.

Source: Healthy Choices for Every Body Curriculum: Brooke Jenkins-Howard, Nutrition Education Program Curriculum Coordinator, University of Kentucky Cooperative Extension Service

PARENT HEALTH BULLETIN



JULY 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>

Bracken County
Extension
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Brooksville, Ky 41004
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THIS MONTH'S TOPIC:

PREVENT SUNBURNS THIS SUMMER



Spending time outside is good for kids and adults alike! There are many fun outdoor activities to do in the summer and many of these activities promote exercise and spending quality time together.

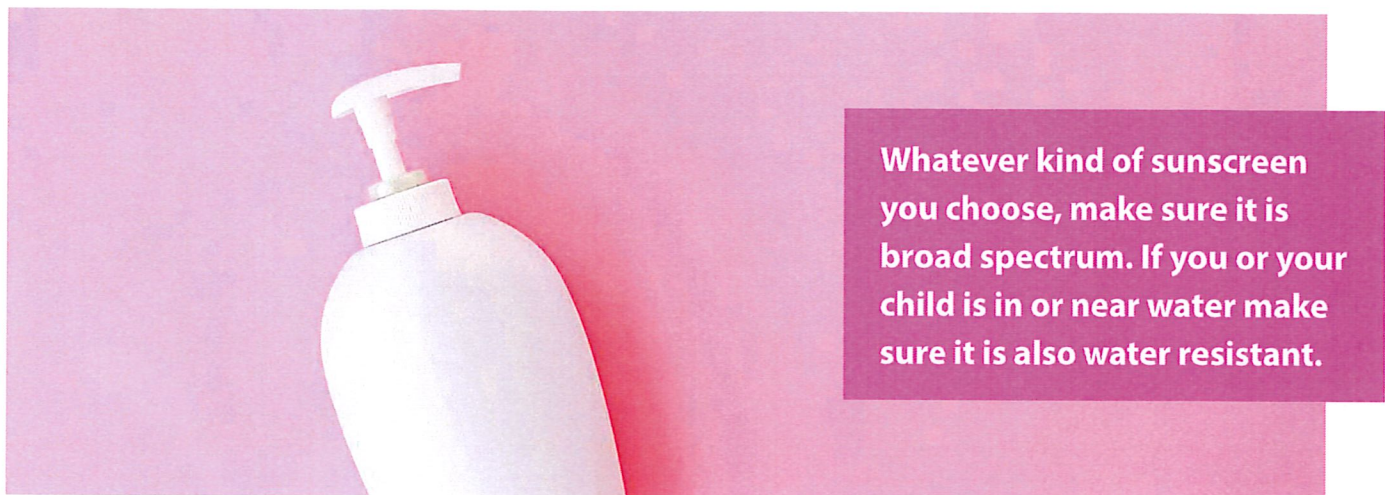
When planning summer fun outdoors, it is important to remember to include sun protection, to prevent overexposure to the sun and sunburns. Over time, too much exposure to the sun's ultraviolet rays (UV rays) can lead to skin cancer, skin damage and aging, and eye injury.

Sunburns occur when UV rays react with a chemical called melanin (MEL-eh-nun) in the skin. The lighter a person's natural skin color, the less melanin it has to absorb UV rays and protect itself. People with darker skin generally have

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Experts recommend that everyone, no matter their skin tone, wear sunscreen with a sun protective factor (SPF) of 30 or higher.



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more melanin. Regardless of skin tone though, everyone needs protection from UV rays because they cause damage over time to all skin types.

A sunburn happens when the amount of UV exposure is greater than the protection of the skin's melanin. The longer someone stays in the sun and the stronger the sunlight is, the greater the risk of damage. A tan is itself a sign of skin damage and does not help protect the skin.

Experts recommend that everyone, no matter their skin tone, wear sunscreen with a sun protective factor (SPF) of 30 or higher. Whatever kind of sunscreen you choose, make sure it is broad spectrum. If you or your child is in or near water make sure it is also water resistant. Apply a generous amount and reapply often.

One of the best ways to protect skin is to cover it up. Some clothes have an ultraviolet protection factor (UPF) against the sun, so check the labels on swimwear and rash guards. To see if shirts and cover-ups offer enough protection, put your hand inside the clothes to make sure you cannot see it through them.

Babies' skin burns more easily, so keep them out of the sun whenever possible. If your baby must be in the sun, dress them in lightweight clothing that covers the body, including hats with wide brims to shade the face.

Try to stay in the shade when the sun is at its strongest, usually from 11 a.m. to 3 p.m. in the northern hemisphere. If kids are in the sun during this time, apply and reapply sunscreen — even if they are just playing in the backyard. Most sun damage happens during day-to-day activities because it is easy to overlook using sunscreen then. Encourage kids to rest in the shade when taking breaks from summer fun.

The sun's rays can damage your eyes too. Sun exposure over time can cause cataracts (clouding of the eye, which leads to blurred vision) later in life. The best way to protect eyes is to wear sunglasses that provide 100% UV protection. Let kids pick their own pair. There are many fun options with colored frames, shapes, and characters.

Do not avoid outside fun this summer because of the sun. Plan ahead to protect your and your family's skin and enjoy being active and making memories outdoors together!

REFERENCE:

<https://kidshealth.org/en/parents/sun-safety.html>

**ADULT
HEALTH BULLETIN**

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COOPERATIVE EXTENSION



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RETURN SERVICE REQUESTED

~A Note from Shannon~

Well I don't know about you all, but I cannot believe how quickly this year is flying by! Here we are almost through the end of June!

After a JAM-PACKED spring season for me here at extension, I am really looking forward to taking a bit of a breather! I am ready to relax, enjoy some sunshine, take a couple trips and focus on spending time with friends and family, I hope you are able to do the same!

You'll see in my newsletter I do still have a couple programs planned to finish out our summer. My programs will start picking up again in the fall. I will be looking forward to sharing new ideas, programs and recipes with you all then!

Shannon Smith