

FAMILY & CONSUMER SCIENCES

Campbell County Family and Consumer Sciences

December 2011

Cooperative Extension Service
Campbell County
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Seasonal 

UPCOMING EVENTS

A Matter of Balance <i>CCES (see flyer)</i>	Jan. 9 - Feb. 29 10:00 a.m.
Zumba <i>CCES (see flyer)</i>	Jan. 25 - March 7 6:30 p.m.
What Every Spouse (and Family) Should Know <i>CCES</i>	February 21 6:30 p.m.
The Successful Person's Guide to Time Management <i>CCES</i>	February 28 6:30 p.m.
Money Talk for Women Series <i>CCES</i>	March 5, 12, 19, 26, 27 6:30 - 9:00 p.m.

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Thoughtful and Thrifty - Gift Cards

Gift cards are one of the most popular holiday gifts and many of us will receive one this holiday season. Sometimes, the "rules" associated with gift cards can be a mystery, leading to unused gift cards.

When does the card expire? Is there a processing fee? Is there an inactivity fee? Can I use the card online?



To get the best use out of your gift card, it is important to understand the new rules in the 2010 Credit Card Act, which applies to all gift cards sold after August 22, 2010. Store cards, as well as gift cards with a credit card logo, such as Visa or MasterCard, are covered under the new regulations.

The good news is your gift card will no longer expire in 3, 6, or 12 months. It will be good for at least five years from the date of purchase, so do not feel as if you need to rush out to buy something just to use the card quickly. Even if the card expires, you may still be able to spend any remaining funds, by requesting a replacement card from the issuer, which should be issued free of charge.

Read the gift card or its packaging closely. Any fees such as an inactivity fee or processing charge must be disclosed on either the card or the packaging. The new law also places limits on fees the issuer can charge. Typically, you can still be charged a dormancy fee if you have not used the card within one year.

Finally, be certain what type of card you have, as the new rules only apply to gift cards. There are other types of prepaid cards that are not included in the legislation, such as reloadable prepaid, store rebate, or promotional cards.

Source: Money Wise, December 2011, Cooperative Extension Service, University of Kentucky, College of Agriculture



Nutrition & Food

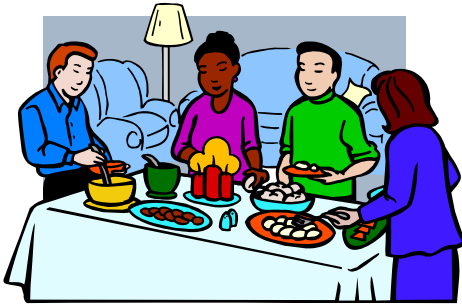
Healthy Holiday Eating

The holiday season is a time for enjoying the company of friends and family, a time for frequent parties and social gatherings and a time when high-fat, high-calorie foods are available. As a result, there are many opportunities for putting on extra pounds. Research shows that the average American gains about 1 to 2 pounds during the holidays. This may not seem like a lot, but the problem is that this weight is kept on and it can accumulate with each passing year.

Avoiding the family gathering or office party may not be an option, but some careful thought, planning and making some small changes can go a long way in keeping the weight off during the holiday season. The following suggestions should help you make healthy choices:

Eat healthy each day

- ◆ Start your day with a healthy breakfast that includes whole grains, fruit, dairy foods and protein like eggs, ham or peanut butter. Eating a healthy breakfast is a good way to avoid weight gain.
- ◆ Increase fruit and vegetable intake. Include a variety of vegetables, especially dark green and red and orange vegetables and beans and peas.



- ◆ Consume at least half of all grains as whole grains. Increase whole grain intake by replacing refined grains with whole grains.
- ◆ Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products and unsalted nuts and seeds. Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.
 - ◆ Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils.

Eat healthy at parties

- ◆ Try not to arrive at a social function hungry as this can lead to overeating. If you are hungry before a party or gathering, have a small snack. This could be as simple as whole grain crackers and cheese, raw vegetables, fruit or low-fat yogurt.
- ◆ Do not rush to eat. Spend some time socializing and try not to socialize near the food table. In this way you will avoid unconscious nibbling.
- ◆ Decide which food item you will eat, what you will sample, and what you would avoid.
- ◆ Practice portion control. Eat slower and use small plates. Place some fruit, vegetables and other healthy foods on your plate.
- ◆ Eat slowly and savor each bite.
- ◆ Drink water instead of sugar-sweetened beverages.
- ◆ Before you go back for seconds wait

10 minutes to see if you really are still hungry.

- ◆ Choose one dessert you like best. You can also share a dessert with a friend. You can still enjoy your dessert but have less of it.
- ◆ Prepare and bring a healthy dish to the party or social gathering.

Alcohol contains calories so use in moderation—up to one drink per day for women and two drinks per day for men—and only by adults of legal drinking age. It is wise to begin with a calorie-free, nonalcoholic beverage to satisfy your thirst before having an alcoholic drink.

Eat healthy and be realistic

Traditions are an important part of the holidays and many involve special meals, food and beverages. The American Dietetic Association suggests that we should be realistic around this holiday season. Their advice:

- ◆ Don't try to lose weight during the holidays—this may be a self-defeating goal.
- ◆ Strive to maintain your weight by balancing party eating with other meals.
- ◆ Eat small, lower-calorie meals during the day so you can enjoy celebration foods later without overdoing your total calorie intake.

Have fun around the holidays. Enjoy traditional holiday meals and party foods with family and friends while maintaining a healthy lifestyle, too.

Source: Ingrid Adams, Extension Specialist in Nutrition and Food Science, University of Kentucky College of Agriculture

Homemaker News

Thank you to all the people who helped with Holiday Treasures! It was a great success and over \$450 was raised for scholarships.

Kenton County Homemakers are starting a new club for the new year. On January 19th, they will start an Embroidery Machine Club in Kenton County. Bring your machine and projects to work on. Every third Thursday from 10:00-3:00 p.m. they will meet at the Durr Annex (K Mart Plaza, Edgewood). Come stay as long as you like. Work on whatever embroidery projects interest you. Also, they will share ideas with each other. Call the Kenton County Office at 356-3155 to register.

Holiday Stress

Here are some ways that you could relieve your stress this holiday seasons:

- ◆ **Volunteer**—taking the time to help out at a local church or community center is a great way to relieve stress. Helping out others is a way to really see what the holiday spirit is all about and spread feelings of kindness to others.
- ◆ **Eat right**—during the holidays there is a tendency to eat foods that we might not normally eat. We may also pick up a lot of processed foods because it is nice and easy. But we will feel better, and it is better for our bodies, if we eat simple and wholesome foods.
- ◆ **Exercise**—exercise and physical activity are great ways to keep your stress level down. Find a little bit of time, at least 10 minutes 3 times a day for 30 minutes total, and get moving! You will be amazed how much energy you feel like you have after a little physical activity.
- ◆ **Stop worrying**—there are many things that we worry about that we



have no control over. Try to let go of worries that you cannot control. Instead focus on things in which you can find a solution.

- ◆ **Get some rest**—it is easy to stay up later than normal to get everything done on our list of “to-do’s,” but it is important to get your rest. If you have been off your normal schedule you can get run down; try to get back to your normal sleeping patterns. It is recommended that adults get at least 8 hours of sleep a night.
- ◆ **Do something special for you**—if you can, take the time to get a massage or get your nails done. Treat yourself to a little something that you would not normally do for yourself.
- ◆ **Limit alcohol**—if you drink alcohol, limit how much you are consuming. It is recommended that women drink no more than 1 serving in a sitting and men should drink no more than 2 servings in a sitting..
- ◆ **Avoid packing your schedule**—if you look at your calendar and there is something to do every single night, you may feel overwhelmed.

Do things in moderation. If you have too many activities, you lose some of the simple joy that comes with the season.

- ◆ **Spend wisely**—take time to determine what you can spend without going into debt
- ◆ **Use credit wisely**— try to charge as little as possible so that you can pay it off quickly.
- ◆ **Thoughtful gifts**—the best gifts are not always the ones with the biggest price. Gifts that are handmade are often treasured for years to come.
- ◆ **Spend time**—spending time with your family and loved ones is the best gift of all! Spend time with your family talking, playing and just being together.

Behind all of the busy shopping centers, harried shoppers, endless cooking and the long list of parties, there is an opportunity to be kind to others, show love to our family and friends and reflect on all of the blessings in our lives.

Source: Adult Health Bulletin, December 2011, University of Kentucky, College of Agriculture

Recipe



Tenderloin, Cranberry and Pear Salad with Honey Mustard Dressing

- 4 beef tenderloin steaks, cut 3/4 inch thick (4 ounces each)
- 1/2 teaspoon coarse grind black pepper
- 1 package (5 ounces) mixed baby salad greens
- 1 medium red or green pear, cored, cut into 16 wedges
- 1/4 cup dried cranberries
- Salt
- 1/4 cup coarsely chopped pecans, toasted
- 1/4 cup crumbled goat cheese (optional)

Honey Mustard Dressing:

- 1/2 cup prepared honey mustard
- 2 to 3 tablespoons water
- 1 1/2 teaspoons olive oil
- 1/4 teaspoon coarse grind black pepper
- 1 teaspoon white wine vinegar
- 1/8 teaspoon salt

1. Season beef steaks with 1/2 teaspoon pepper. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 7 to 9 minutes for medium rare to medium doneness, turning occasionally.
2. Meanwhile whisk Honey Mustard Dressing ingredients in small bowl until well blended. Set aside. Divide greens evenly among 4 plates. Top evenly with pear wedges and dried cranberries.
3. Carve steaks into thin slices; season with salt as desired. Divide steak slices evenly over salads. Top each salad evenly with dressing, pecans and goat cheese, if desired.

Makes 4 servings

Nutritional information per serving: 321 calories; 14 g fat; 67 mg cholesterol; 434 mg sodium; 21 g carbohydrate; 3.3 g fiber; 26 g protein



Cooking With Your Kids

Cooking with your child can be a lot of fun and a great experience for both of you. It is a chance for kids to take part in preparing something for the whole family to enjoy and can be a great confidence booster. On the learning side, cooking involves reading (choosing a recipe), math skills (measuring ingredients) and even a little science (what happens when heat is applied to the recipe, such as when dough rises).

For many people, the kitchen is the center of the home. It is the area where everyone comes together. All ages can help out in the kitchen.

Plan a time when you and your child can set aside a few hours (depending on the recipe). Make sure you have all the ingredients on hand. Taking your child along to the store just for a few ingredients can be another learning opportunity.

Washing hands is always important for anyone handling food. Use soap and warm water. Scrub your hands and rinse well.

If your child is younger, you may have to make some changes in the kitchen work area. Perhaps you will need to bring a stool in for the child to stand on. Do not forget to remove any sharp objects from their reach.

Before you start, set clear rules about such things as using the stove and hot pots and pans. You want to make sure that your child does not get burned by the hot oven or stove and that they know if they can use the kitchen knives.

If you need to practice reading skills, have your child read all of the directions out loud. For math, practice using the fractions (if there are any) and counting skills for younger children.

There is no reason you should do all of the set up and clean up. Preparing to cook and cleaning up afterward are part of what it takes to be a cook. If your child wants to cook, that is part of the experience.

Have a great time with your child. It may be messier than you would normally like, but it can be a great chance to have fun and bond with your child.

When everything is cleaned up, be sure to compliment your child on their hard work and thank them for helping you in the kitchen. Who knows, you may get a little help more often!

Source: Parent Health Bulletin, December 2011, Cooperative Extension Service, University of Kentucky, College of Agriculture



Keeping Food Safe to Eat



Did you ever have a 24-hour "bug?" Flu-like symptoms that last only a day or less are often from food-borne illness. Signs and symptoms are nausea, diarrhea, vomiting and stomach cramps.

Harmful bacteria (germs) can be found in food. Proper food handling can keep food safe. Knowing how to refrigerate, prepare, cook, and store foods can help you keep your family healthy.

Hot Foods:

- ◆ Cook foods all the way through
- ◆ Use a meat thermometer, if possible
- ◆ Meat and poultry should be cooked until their juices run clear

Cold Foods:

- ◆ Thaw frozen foods in the refrigerator
- ◆ Refrigerator leftovers within two hours after cooking or serving
- ◆ Put warm leftovers in small, shallow, covered dishes for quick cooling
- ◆ Throw away any food that is left out too long

At the grocery store, check to make sure cold foods are cold, frozen foods are firm and free of ice crystals; wrappers are not torn; eggs are clean, not cracked; cans are not bulging, rusting, or dented on the edges or seams.

At home, be sure to put foods away as soon as you return from the store. Refrigerate fresh foods. Keep fresh meats on the bottom shelf of the refrigerator. Put frozen foods in the freezer.

Always wash hands with soap and hot water before and after handling food. Keep raw meat and poultry and their juices away from other food and preparation surfaces. Sanitize all surfaces with a solution of two capfuls household bleach in 1 gallon water. Rinse dishcloth in this solution often.

Source: Kathy Daly-Kozziel, EFNEP Coordinator, Cooperative Extension Service, University of Kentucky, College of Agriculture

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