

FAMILY & CONSUMER SCIENCES

Campbell County Family and Consumer Sciences

April 2011

Cooperative Extension Service
Campbell County
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UPCOMING EVENTS

Giving Life to Old Pastimes CCES	Tuesday, April 5 1:30 p.m.
Homemakers Annual Meeting CCES (see enclosed flyer)	Saturday, April 16 10:00 a.m.
State Homemakers Meeting Bowling Green, Kentucky	Monday-Thursday May 9-12

Seasonal \$

Rising Gas Prices

As the price of gas continues to rise, many consumers are looking for ways to save at the pump. Regardless of the type of vehicle you drive, there are certain steps you can take to improve your gas mileage.

According to the United States Department of Energy:

- Aggressive driving can lower your highway gas mileage by 33%. Avoid high speeds, rapid acceleration, and hard braking.
- Think twice before adding a roof rack for recreational activities or summer travel. A loaded roof rack can reduce fuel economy by 5%.
- Follow your manufacturer's suggestions for recommended maintenance, including using the recommended motor oil. Using a different oil type can reduce your gasoline mileage by 1 to 2%.
- Proper tire inflation can improve your gas mileage by 3.3%. The correct tire pressure for your vehicle can be found either on a sticker on the driver's side door or in the owner's manual.
- Finally, consider getting a tune up. Fixing problems, such as an oxygen sensor, can make a big difference in your miles per gallon, improving MPG by possibly as much as 40%.



Source: U.S. Department of Energy, www.fueleconomy.gov

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We now have a Facebook page where you can find out about upcoming events, see photos, and view articles. Please join our page!

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1. Login into your Facebook Account.
2. In the "search" bar, type **Campbell County Family and Consumer Sciences Extension**. Highlight Campbell County Family and Consumer Sciences Extension and click enter.
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TABLE OF CONTENTS

Seasonal 1

Nutrition & Food 2

Homemaker News 2

Health & Wellness 3

Recipe 3

Life Skills 4

Healthy Relationships 4



S-P-R-I-N-G Into Some Calorie Cutting Strategies

It is easy during the winter months when the weather is frightful to treat ourselves to an extra cup of hot chocolate or several sweet treats. Those extra calories can really pack on the pounds. The number of calories we eat is directly related to our weight. If we take in 500 calories more than is needed each day, we would gain a pound of body fat in a week, that is, if we do not engage in physical activity to burn off the excess calories. If we take in 500 extra calories a day for a year, then we can gain as many as 40 pounds.



Cutting calories does not have to be difficult, but it does require some thought and careful planning. As the weather begins to warm up try some of these calorie cutting strategies to fight off pounds gained during the winter months.

- Cut back on sugar sweetened beverages such as sodas, sweet teas, and fruit and sports drinks. One 20-oz. soda contains 280 calories; a 16-oz. fruit drink contains 230 calories, and a 16-oz. sweet tea contains 200 calories. Water contains no calories and replacing these drinks with diet sodas, unsweetened teas, or water are effective calorie-cutting strategies.
- Remember that calories from alcoholic beverages also count. Choose wines, light beers, and low-calorie mixers as your alcoholic beverage and have alcohol in moderation. One 12-oz., regular beer contains 150 to 200 calories, wine coolers contain 180 to 200, and 1.5 oz. of cordial or liqueur contains 160 calories.
- Limit the amount of sugar you consume by paying attention to the amount of sweet treats you are eating. Try using a low-calorie version of some of your favorite treats.
- Reduce your fat intake. Fats provide more calories than sugar and starches and it is a concentrated form of energy. Using foods that are grilled and baked instead of fried can cut a person's fat intake considerably. Trimming excess fat from meat and poultry also reduces fat intake. Baked goods and deserts also contain high amounts of fat, so watch your intake of these foods.
- Pay attention to portion sizes. Portion sizes have gotten much bigger in recent years and cutting calories may mean learning what a standard portion size is. For example, one slice of bread, 1/2 cup of rice or pasta, 1/2 cup of cooked cereal all count as a serving.
- Share a meal with a friend when eating out. Choosing small or medium portions, or setting aside half of the food you ordered for another meal can also be ways to cut portion sizes.
- Include more fruits and vegetables with your meal and eat them as snacks. In fact, it is a good idea to begin meals with a salad.
- Eat smaller, more frequent meals throughout the day to curb your appetite and reduce cravings.
- Being involved in physical activity is important in reducing calories. Weight loss occurs when we burn more calories than we consume. In addition, regular physical activity is one of the most important things we can do for our health.

Even if you consumed extra calories during the winter months, all is not lost; keep trying these calorie cutting strategies, and do your best to make them a part of your life.

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

HOMEMAKER NEWS

The Valley Homemakers made dolls that will be taken to the Military Lounge at CVG and given to military members either coming or going on duty. The military members may give the dolls to whomever they choose.

Pictured are (left to right) Anita McCormick, Pam Fields, Violet Haynes and Juanita Mitchell



MOTOR VEHICLE SAFETY

In the United States, motor vehicle related injuries are the leading cause of death for people ages 1 to 34. Across all age groups, males have higher rates of death than females for motor vehicle accidents. It is important to know about child passenger safety, impaired driving, distracted driving, and older adult driving.

Motor vehicle crashes are the leading cause of death for children. Many of those deaths could be prevented. Placing children in the proper car and booster seats reduces serious and fatal injuries by half. All children age 12 and younger should sit in the back seat when riding in a motor vehicle.

Every day, 32 people in the United States die from a motor vehicle crash where the driver was influenced by alcohol. That is one death every 45 minutes.

In 2008, 1.4 million drivers were arrested while driving under the influence of either alcohol or drugs. Deaths and injuries from driving under the influence can be prevented by strictly enforcing current laws, using sobriety checkpoints,



and promptly taking away driving privileges of those who drive under the influence only once. Impaired driving is not acceptable; make sure your family knows the consequences.

There are three main types of distraction:

- Visual - taking your eyes off the road
- Manual - taking your hands off the wheel
- Mental - not focusing on driving and letting your mind wander

Distracted driving includes cell phone use, texting, eating, drinking, talking with other passengers, and navigation systems. Younger, inexperienced drivers are more at risk. Many states have laws to prevent distracted driving.

Make sure to talk to all members of your family about distracted driving and how to prevent it.

It is important for older adults to feel they have the ability go when and where they would like. Driving allows them to do that. However, statistics show that over 500 older adults are hurt in a car crash every day. There are things that older drivers

can do to decrease their chances of car crashes:

- Regular Exercise - increases in strength and flexibility allows for greater range of motion and the ability to see all around when driving.
- Review Prescriptions - make sure to talk with a pharmacist or healthcare provider and understand the side effects of medications taken by the older driver. Make sure side effects will not interfere with driving.
- Have eyes checked at least once a year. Wear glasses as required.
- Drive during good weather. When the weather is bad there is a greater chance for car crashes.

It is important that we are safe on the roads and that the people we love are safe on the roads, too!



Recipe



Carrot Cookies

- 1/2 cup soft margarine
- 1 cup honey
- 1 cup grated raw carrots
- 2 egg whites, beaten until frothy
- 2 cups all purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 2 cups quick cooking oats
- 1 cup raisins



1. In a large bowl, cream together margarine and honey.
2. Stir in carrots and egg whites.
3. Stir together flour, baking powder, baking soda, salt, cinnamon, oats and raisins.
4. Gradually stir flour-oat mixture in creamed mixture, just until all flour is mixed. Do not over mix.
5. Drop from teaspoon onto greased baking sheet. Flatten slightly.
6. Bake at 350° F for 10 minutes, or until lightly browned.

Makes 30 servings, 2 cookies per serving

Option: Instead of honey, you can use 1 1/4 cups sugar mixed with 1/4 cup water

Nutrition Facts per Serving: 130 calories; 4 g total fat, 100 mg sodium, 24 g carbohydrate, 1 g fiber, 2 g protein

Living on a Reduced Income

Many families are facing economic hardship from being laid off, suffering a job loss, shortened hours per week, and other reductions driven by a weak economy. With a high level of debt and low level of savings, families can find themselves in difficult financial situations.

These tips will help you and your family survive a reduced economic situation:

- Communicate with family and loved ones. Sit down with your family to both explain what has happened and to listen to their ideas and points of view. A family council will help everyone understand the gravity of the new situation, and listening to your spouse and children may generate new ideas on how to proceed. They may have ideas you have not yet thought of.
- Apply for unemployment. Collect the necessary information and go to your local unemployment office without delay. Apply immediately so you start receiving benefits as soon as possible.
- Assess your income level and outgoing money flow. Use a two-week chart if you don't currently track expenses. This exercise helps determine essentials from non-essentials. This is critical since you will have to make adjustments to your standard of living.
- Reduce living expenses and cut unnecessary spending. Eliminate non-essentials, such as eating out, buying new clothes, and even using cable TV, from your budget. The two-week tracking exercise will help you determine other unnecessary expenditures.
- Write a plan for how you will pay creditors. Be frank with them about your situation. Creditors may be able to work with you either by reducing monthly payments, allowing you to enter hardship programs, or by reducing interest levels for a period of time.
- Find ways to create additional income. Explore part-time jobs, working from home, and other means at your disposal to create income.
- Turn to social agencies. Contact your local office for the Kentucky Cabinet for Health and Family Services, which offers programs such as Supplemental Nutrition Assistance Program (SNAP) and Medicaid to help families in need.

Above all, don't blame yourself and don't ignore your bills. By communicating with lenders, banks, and family, you will have a more positive outlook and a more realistic idea of what you need to do each month to survive.

Source: La Dawn Hale, Calloway County Extension Agent for Family & Consumer Sciences

Operation: Military Kids Family Camps for Summer 2011

Do you know a military family that would like to have lots of fun at a free camp this summer? The Kentucky Operation: Military Kids grant is once again offering free camps for military families! The camps are open to Kentucky families



from any branch of the military. First priority will be given to families that have a member who has been deployed.

The first camp is **May 28-29** at the Louisville Science Center. Families will work as a team to investigate and solve a mystery, learning the basics of forensics and biology. Families will also have time to explore the exhibits and be the star guests at an exclusive IMAX film presentation. Later that night families will go on an overnight adventure to explore the unknown and trek through exhibits on a flashlight safari.

The second camp is **July 8-9** at Mammoth Cave. Families will have a chance to choose between two different cave tours. They will also kayak along the Green River.

The third camp is **August 5-6** at the Newport Aquarium. Families will get a behind the scene tour and see what it takes to run an aquarium of this size, will participate in animal encounters and a scavenger hunt. In the morning they will have a once-in-a-lifetime experience as they eat Breakfast with the Penguins. Later families will learn about the historic waterfronts aboard the amphibious DUCK vehicles.

For more information go to
<http://www.ca.uky.edu/hes/index.php?p=590>

Source: Stephanie Moses, Extension Associate for Family and Consumer Sciences and Kerri Ashurst, Senior Extension Specialist for Family and Consumer Sciences, University of Kentucky, College of Agriculture

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