

FAMILY & CONSUMER SCIENCES

August 2011

Cooperative Extension Service
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Campbell County Family and Consumer Sciences

UPCOMING EVENTS	
Homemaker Kickoff <i>CCES (see flyer)</i>	August 23 6:30 p.m.
Homemaker Cultural Arts <i>CCES</i>	September 7 9:30 a.m.
Going Without Gluten <i>CCES (see flyer)</i>	September 15 6:30 p.m.
Zumba <i>CCES (see flyer)</i>	Oct. 5—Nov. 9 Wed., 6:30 p.m.
Freezer Meals <i>CCES</i>	October 13 1:30 p.m.
Foods, Customs & Cultures <i>CCES (see flyer)</i>	November 3 6:30 p.m.

Seasonal

Health and Wealth Challenge 2011

6 Habits - 6 Weeks! That is the challenge the Northern Kentucky Cooperative Extension Family and Consumer Sciences Agents are giving to everyone in



**Small Steps to
Health and
Wealth™**

the eight-county northern Kentucky area. Health & Wealth Challenge 2011 runs from August 29 to October 9, 2011. Those who complete and log 6 health and wealth habits during the challenge, and submit their completed tracker form will be eligible for a number of nice prizes includ-

ing an overnight stay at General Butler State Resort Park with breakfast for two, iTunes gift cards, gas cards and Living Well books.

Health & Wealth Challenge 2011 is designed to motivate people to be intentionally active, eat breakfast, save pocket change, be mindful about your eating habits by not eating or drinking anything except water while in a moving vehicle, follow the My Plate guidelines at least once a day, and track your money spent by writing it down.



You can use the inserted tracking log. An entry form is online at www.ca.uky.edu/boone/FamilyConsumerSciences.

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Give Infants and Toddlers a Good Start

Recent findings indicate that even infants and toddlers are now at risk for becoming obese. Current national figures for infants and toddlers show that one in 10 is overweight, and more than 20 percent of children between the ages of 2 and 5 are already overweight or obese.

Early obesity can lead to adult overweight or obesity and the chronic diseases that stem from weight management issues. Reversing this alarming trend is critical for parents or care-givers to ensure health for children as they grow up. Recommendations include the following:

- Be a role model by eating and



- enjoying healthful foods.
- Offer nutrient-dense foods.
- Limit or avoid sugary drinks, including soda and juice.
- Reduce fast food meals; choose healthy options instead.
 - Provide milk and water with meals and/or in between.
 - Eat home-cooked meals so that calories and ingredients are better controlled.
 - Serve healthful snacks such as fruits, raw vegetables and nuts.
 - Allow occasional treats.
- Serve small portions; learn the serving size of different foods.
- Follow a schedule for meals.

Active play, at any age, along with diet, is important to well-being and overall health.

Even infants need time for free floor play with appropriate supervision to stimulate their movements, develop coordination and strengthen muscles. Every day, caregivers should encourage toddlers to be active so they develop good habits of playing and exercising that will carry over as they grow older. Children also must get enough sleep; lack of sleep is a risk factor for obesity. Caregivers and parents should limit screen time and instead encourage activity.

And caregivers should remember that diets are not the answer, particularly for children. Instead, help children establish healthy eating habits and an active lifestyle from the start.

Source: Ingrid Adams, UK Extension Specialist for Nutrition and Weight Management

HOMEMAKER NEWS

Holiday Treasures SHOUT OUT!!!

Holiday Treasures is on Thursday, November 17th. Holiday Treasures will be used as a Homemaker fundraiser again this year. We are asking each club to submit at least **one craft and the directions** by **September 26, 2011**. The directions need to be written in your own words to avoid copyright violations. **Individual homemakers and mailbox members** are encouraged to submit additional crafts!

We will also be collecting recipes for the Holiday Treasures book. If you are interested in submitting a recipe or being on the food committee, please contact Kate Vaught at the Extension Office, 859-572-2600. We will be collecting recipes, and then the food committee will determine which ones they wish to make. Please submit your recipes by **September 26, 2011**.



IMMUNIZATIONS

If you think immunizations are just for children, you may want to think again! Immunizations not only help you to stay healthy, they can also help protect your loved ones.

Immunizations, also called vaccinations, are often given as shots. These shots are used to protect you from diseases. Many times the vaccine contains a very small amount of a weakened or dead form of the cause of the disease that is being prevented. The amount in the vaccine is just enough to help your body fight off the disease should you get exposed in the future.

There are times when the vaccination does not totally prevent the disease. In these occasions the sickness may be less severe than it would be had you not received the vaccination.

Why you should get vaccines

- Immunizations help protect you and your family.
- Immunizations reduce the spread of disease.
- The vaccine cost is less than the cost of medical care if you should get the disease.

- Immunizations have very few side effects. The risks are outweighed by the benefits of being protected.

If you are pregnant or planning to get pregnant, you should talk to your doctor about immunizations you have had and if there are any that you will need. Immunizations may be needed to protect you and your baby. It is also important for members of a new mother's family be vaccinated.

As you age, you may need a booster to help maintain your protection. You may also need to get a vaccination for protection against diseases such as shingles that do not usually affect children.

Are you around children or grandchildren? Do you get together with friends often? It is important to protect family and friends by making sure you are vaccinated against diseases that may make you and them sick.

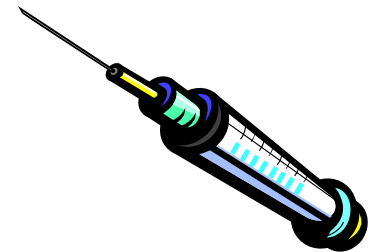
If you have a specific medical condition, talk to your healthcare provider about protection against illnesses such as the flu and pneumonia. Your healthcare provider should be able to let you know what vaccinations will be most helpful.

If you travel outside the United States, you should contact your healthcare provider and talk about where you are going and if you need any additional vaccinations.

It is important to know what you have been vaccinated against. If you are not sure about your previous immunizations, many healthcare providers can do a test to find out.

You should talk to your healthcare provider about vaccines you may need. Some of the vaccines that adults need are chickenpox; flu; Hepatitis A and/or B; Human papillomavirus; measles, mumps and rubella; pneumococcal disease; polio; shingles; tetanus, diphtheria and pertussis.

Vaccination is an important way to stay healthy and help those around us to stay healthy as well!



Recipe



Scalloped Okra and Corn



- 4 cups sliced fresh or frozen okra
- 4 tablespoons olive oil
- 1 1/2 cups cooked corn kernels, drained
- 2 tablespoons whole wheat flour
- 1 cup skin milk
- 8 ounces shredded 2% cheddar cheese
- 1 cup Italian style dry bread crumbs

1. Stir fry okra in 2 tablespoons olive oil for 10 minutes. Place in baking dish alternating layers with drained corn.

2. Prepare white sauce by heating remaining 2 tablespoons olive oil in saucepan over low heat and blending in whole wheat flour. Cook oil and flour mixture 1 to 2 minutes.
3. Add skim milk all at once, cooking quickly and stirring constantly until mixture thickens.
4. Stir in cheese until blended.
5. Pour mixture over vegetables. Sprinkle bread crumbs over casserole. Bake at 350° F for approximately 45 minutes, until casserole is heated through and the crumbs have browned.

Yield: 8, 1 cup servings

Nutrition Analysis: 200 calories, 9 g total fat, 5 mg cholesterol, 340 mg sodium, 24 g total carbohydrate, 4 g dietary fiber

Joining a Youth Development Organization: A Great Opportunity for Your Child This Fall

As summer winds down, you may want to encourage your child to join an afterschool community group for kids. Positive youth development organizations provide chances for learning and recreation beyond those that schools can offer. In fact, research shows that such programs help students achieve more academic success than children not involved. Other potential benefits include a higher sense of well-being, a better outlook on school and the future, and healthier attitudes toward drug use compared to uninvolved children. Examples of community-based youth development programs are 4-H, Girls Scouts, Boy Scouts, Boys and Girls Clubs, YMCA, Teen Outreach Program as well as many faith-based programs.

What factors in community youth programs create these great results? Adult staff members help children control their behavior so they interact better with others. Staff members often become mentors as they work closely with participants. Youth form goals and make their own choices about activities. They develop friendships more easily. They often have hands-on projects to work on outdoors and with other community agencies. They have time for creative thinking and problem solving while having fun. Thus, they have learning opportunities that would not be possible in the more structured school day. Often their families are invited to join in. There is the potential for growing a closer family bond through shared activities.



Positive youth development programs are necessary in a healthy community. They are actively partnering with parents and schools to educate children and youth. They work to prepare your child, and all children, for college, work, and life.

Source: Carole A. Gnatuk, Senior Extension Specialist for Child Development, University of Kentucky College of Agriculture

Adding Value to Your Home

Be sure to choose home improvement projects carefully, especially if your goal is to increase the value of your home to make it more appealing to prospective buyers. First, finish all basic maintenance before you put money into an extra project. Then, consider which projects will have the best return-on-investment (ROI). ROI is a percentage that rates the cost of the improvements against how much the improvements increase the value of your home in the eyes of buyers.



costs.

The average kitchen remodel with minor repairs such as painting and repairing fixtures and appliances is around \$8,655. The return-on-investment, as a percentage, is 88%. This is a low cost way to improve your home and get back most of your

A typical bathroom remodel costs around \$9,135, and the ROI is approximately 81%, another low cost improvement that adds to home value.

As a rule, improvements that increase the functional space of a home hold value longer than ones that just make a house look better. They also are significantly cheaper than adding an addition. For example, converting an attic into a bedroom usually costs about \$35,960 and returns about 80% of its cost. A bathroom addition averages \$13,918, with ROI of 81%. The average family room addition averages \$30,960, with an ROI of 75%. A deck averages out at \$8,022, with an ROI of 51%.

It's commonly agreed that a swimming pool has no resale value. The main reason pools repel potential buyers is that they require expensive upkeep. Fear of liability runs a close second in limiting value.

One thing to keep in mind: Don't make over-the-top home improvement projects just to keep up with the neighbors. Be certain when choosing home improvement projects that you are doing what's best for the home's value, as well as for you.

Source: Debbie Temple, Ballard County Extension Agent for Family & Consumer Sciences

Ronda Rex

Ronda Rex

Kate Vaught

Campbell County Extension Agents for
Family and Consumer Sciences