

FAMILY & CONSUMER SCIENCES

Campbell County Family and Consumer Sciences

June/July 2011

Cooperative Extension Service
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Seasonal

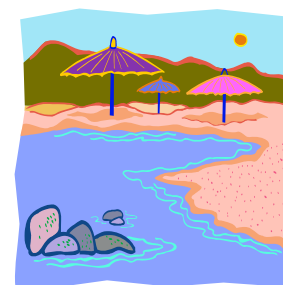
UPCOMING EVENTS	
Homemaker Council Meeting CCES	June 9 10:00 a.m.
Scrapbook Lock-In CCES	June 10-12
Homemaker Kickoff CCES	August 23 6:30 p.m.
Cultural Arts CCES	September 7 9:30 a.m.
Going Without Gluten CCES	September 15 6:30 p.m.

PROTECTING YOUR FAMILY FROM THE SUN

Now that summer is quickly approaching and days are getting hotter, it is important to protect our families from the sun. Sun exposure is important as it provides us with vitamin D, which helps build stronger bones. It does not take a lot of time in the sun to get the needed amount of vitamin D.

Unprotected sun exposure can lead to skin damage (sunburn), eye damage and skin cancer. Certain skin types tend to get sunburn easier than others. If you or someone in your family has light-colored skin, eyes or hair, it is more likely for sunburn to occur.

The sun's rays are strongest from 10 a.m. to 4 p.m. During these times, extra care should be taken to prevent sunburn. However, most sun damage comes from day-to-day exposure, not being out in the sun at the beach, pool or lake.



When choosing a sunscreen make sure to get a SPF or Sun Protection Factor of 30 or higher for children. Choose a "broad-spectrum" sunscreen that protects against UVA and UVB sun rays. Use sunscreen whenever you and your family will be out in the sun. Put the sunscreen on all uncovered skin at least 15 to 30 minutes before going out. Reapply about every 2 hours or after swimming or sweating.

Taking a break from the sun is a good way to protect the skin. Go inside for a lunch or a nap, do some indoor activities, or sit in the shade. If your family has a big umbrella or a tent that can give shade, bring it along.

Proper clothing shields the skin from the rays. Even though you may not be outside all day, wear light-colored long pants and shirts if possible. Sunglasses are important for protecting the eyes from the sun.

Source: Parent Health Bulletin, May 2011

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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.
3. It will take you to our page. Then click the "Like" button to the right of the Campbell County Family and Consumer Sciences Extension title.

TABLE OF CONTENTS

Seasonal.....	1
Nutrition & Food.....	2
Homemaker News	2
Health & Wellness	3
Recipe	3
Healthy Relationships.....	4
Life Skills	4

Pick Herbs for Health

Celebrity chefs say people eat with their eyes first. Then, they serve up a deliciously crafted work of art on a plate. It may be true, but most of us use our senses of smell and taste to satisfy hunger.

Lots of people turn to salt as a fast flavor-fix for food. Table salt is 40 percent sodium, which is an important mineral for the human body. Problems arise when salt is overused, especially as a flavor substitute in bland foods and low-fat recipes. Excessive sodium in the diet is linked to high blood pressure, which can result in heart disease, kidney failure and stroke. Even though salt serves as a major source of sodium in the diet, the recommended maximum daily intake is just 2,400 milligrams or about 1 teaspoon.

Culinary herbs also enhance the flavor of food without the associated health concerns. They come in several forms: fresh, dried or ground. Volatile oils in fresh herbs are released into food as flavor and scent when chopped or cooked. Drying fresh herbs, especially in whole leaf form, concentrates these herbs. Powdered or ground herbs initially release the highest flavor concentration but often have a shorter shelf life than dried herb. A good rule of thumb is 1 tablespoon of fresh is equal to 1 teaspoon of dried or 1/4 teaspoon of ground herb. When using dried herbs, rub the ingredient between your palms first to release volatile oils, and then add to food.

Here are a few common herbs and suggestions for cooking with them:

Basil is widely used in southern European cuisines. It pairs especially well with fish, shellfish, eggs, vegetables and tomato-based dishes. Basil is an easy to grow annual available in many varieties and flavors. Italian basil is the kind most often found in dried and ground form at grocery stores. Basil retains good flavor when dried but loses

depth when compared to fresh.

Oregano also is popular in southern European cooking and is considered essential to Italian cuisine. Use it to enhance tomato sauces, soups, salad dressings and bean and vegetable dishes. Drying



brings out the best flavor and you can usually find oregano in this form. A perennial in most gardens, it is easy to grow once established. A good choice for growers is True Greek Oregano.

Parsley offers more than a garnish for the plate. This leafy herb has a distinct "green vegetable" flavor which punches up just about any dish. Parsley is especially popular in soups. Common species include flat-leaf parsley and curled-leaf parsley. Parsley becomes bland and almost flavorless when dried, so use it fresh

or freeze small quantities for cooking later. A self-seeding annual, parsley is fairly easy to grow but does best in cool weather and partial shade.

Thyme is an aromatic herb with widespread use in cooking. This woody herb contains high levels of volatile oils which means a little bit goes a long way. Thyme pairs well with poultry, seafood, beans, vegetable dishes and salad dressings. A perennial except in the coldest climates, thyme can be fussy when grown as a plant. Its many benefits for home cooks make it worth the trouble. Thyme retains good flavor when dried.

When using an herb for the first time, start with a small amount to find out if you like it. Here is a simple taste test. Combine 1/2 cup butter with 1 tablespoon minced fresh herb and let it sit for two hours to allow the flavors to mix. Spread on crackers or warm bread.

You can have fun experimenting with herbs and they can help you unload some of the high-salt, high-fat content in your diet.

Sources: Sandra Bastin, Extension Food and Nutrition Specialist; Lynn Blankenship, Family and Consumer Science, Metcalf County

Homemaker News

Congratulations to these homemakers whose items earned ribbons at the Homemaker State Meeting in Bowling Green in May.

Susan Turner (quilt, machine pieced, hand quilted) - Blue

Jean Back (recycled art, other, baby quilt) - Blue, Grand Champion

Lori Smith (spring decoration, Easter egg) - Blue



SLEEP

Sleep is something that you should be “doing” every day! You may often think of sleep as a time for rest and renewal. However, sleep is more than just a rest time. It is important to keep you healthy. Research shows that sleep is important for memory, weight control, safety, mood, heart health, and disease prevention.

How Much Sleep Do You Need?



How much sleep do you get in one night? Although each person needs a different amount of sleep, there is no doubt how important it is for everyone. The National Sleep Foundation has guidelines for sleep time based on age.

Infants

0-2 months	10.5-18 hours*
2-12 months	14-15 hours*

Toddlers/Children

12-18 months	13-15 hours*
18 months-3 years	12-14 hours*
3-5 years	11-13 hours*

5-12 years	9-11 hours
Adolescents	8.5-9.5 hours
Adults	7-9 hours

*includes naps

Not getting enough sleep can cause serious problems. It is associated with:

- Increased risk of motor vehicle accidents
- Increase in body mass index—a greater likelihood of obesity
- Increased risk of diabetes and heart problems
- Increased risk for depression and substance abuse
- Decreased ability to pay attention, react to signals, or remember new information

For better sleep, experts recommend that you and you family members follow these sleep tips:

- Establish consistent sleep and wake

schedules, even on weekends.

- Create a regular, relaxing bedtime routine such as soaking in a hot bath or listening to soothing music. Begin an hour or more before the time you expect to fall asleep.
- Create a comfortable sleep environment. Keep the room dark, quiet, comfortable, and cool.
- Be comfortable! Sleep on a comfort-



able mattress and pillows.

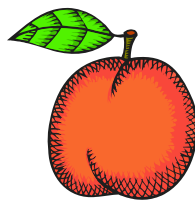
- Finish eating before bedtime, at least 2-3 hours before you plan to go to sleep.
- Exercise regularly during the day or at least a few hours before bedtime.
- Avoid caffeine and alcohol products close to bedtime and give up smoking.

Recipe



Fresh Peach Cake

- 4 or 5 fresh, ripe peaches
- 1 cup + 1/4 cup brown sugar
- 2 cups flour
- 1 teaspoon baking soda
- 1 cup fat-free sour cream
- 1 teaspoon vanilla



flour, and soda. Mix in sour cream and vanilla. Spread batter over peaches. Bake in 350° F oven for 40 minutes, until golden. Cool slightly before cutting into twelve pieces. Serve with whipped topping, if desired.

Options: To help make half your grains whole, use 1 3/4 cup whole wheat flour instead of 2 cups white flour. Canned, drained peaches may be substituted for the fresh peaches.

12 servings

Nutrition Facts Per Serving: 220 calories, 0 g total fat, 5 mg cholesterol, 130 mg sodium, 51 g carbohydrate, 2 g fiber, 4 g protein

Grease a 9x11 inch baking dish. Peel and slice peaches; arrange to cover bottom of baking dish. Sprinkle 1/4 cup brown sugar over the peaches. Whisk together 1 cup brown sugar,



CAMPING

Summer is a great time of year to take the kids outside and try something new. Try making it a family activity. Camping can be a great way to get the family outside for some fresh air.

Setting up the tent, preparing the campsite, and making the campfire are just a few of the things that need to be done to set up a campsite. Take the time to talk with your child about how to make a campfire or how to set up the tent. Once everything is set up, try going for a walk or a hike. If you are at a state park, they will have maps of the hiking trails. If you are camping in the backyard, take a walk around the neighborhood together. Take the time to notice the different types of trees and animals that are around your campsite.



Some of the state parks have nature centers. Here your family can learn more about the nearby area. If there is a pond or lake near your campsite, you may want to try taking everyone fishing.

There are certain items that you will want to make sure you bring with you when you go camping. You will need a tent or some sort of cover and sleeping materials. If you are sleeping in a tent, remember you will basically be sleeping on the ground—extra padding may be wanted! You will also want to make sure you have extra clothes for everyone. It may get chilly once the sun goes down. You will also want to bring some sunscreen and insect repellent to protect the skin while you are camping. It is also a good idea to bring along a first aid kit. You will want a flashlight and a few extra batteries.

Other items that you might want to bring with you include a radio, camera, camp chairs, something to read, playing cards or games and some binoculars.

It is important to be safe when you are camping. Follow these tips:

- ◆ Practice fire safety—fire can be very dangerous. If you are at a campsite, make sure to create your campfire in the designated spot. It is also helpful to have a bucket of water near the fire in case of emergencies.
- ◆ Avoid wild animals—Make sure to follow the campground rules about wild animals. Avoid feeding wild animals.
- ◆ Avoid bug bites—Make sure to wear insect repellent when the family is outside so that everyone does not get bites from mosquitoes, ticks or other insects.
- ◆ Practice water safety—If you are near water, or go swimming, make sure that everyone has a buddy and that everyone follows the rules of the swimming area.

Source: *Parent Health Bulletin, June 2011, Cooperative Extension Service, University of Kentucky*

SUMMER SAVINGS

Learning simple ways to stretch your dollar will help your family enjoy the decadence of summertime without breaking the bank. If it is time for a new air conditioner, shop for an energy-efficient model. You can compare models by looking for the Energy Star logo and Energy Guide labels.

As you are planning your summer activities, look in other areas of your life for ways to save money. If you can save a couple of dollars every week by taking your lunch to work or checking books out from the library as opposed to buying them, then that money can be spent on a fun summer outing.

America Saves provides the following information to help you find money to save.

- Save 50 cents a day in loose change. Monthly savings of \$15; yearly savings of \$180.
- Cut soda/pop consumption by one liter a week. Monthly savings of \$6; yearly savings of \$72.
- Pay credit card bill on time to avoid late fee. Monthly savings of \$25; yearly savings of \$300.
- Pay off \$1000 of credit card debt, reducing interest. Monthly savings of \$15; yearly savings of \$180.
- Comparison shop for gas (saving an estimated 25 cents/gallon). Monthly savings of \$4; yearly savings of \$48.
- Eat out two fewer times a month. Monthly savings of \$30; yearly savings of \$360.
- Bring lunch to work (saving an estimated \$3/day). Monthly savings of \$60; yearly savings of \$720.



Source: *America Saves*,
<http://www.americasaves.org/enroll/findingmoney.asp>

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