

FAMILY & CONSUMER SCIENCES

# Clinton County Family & Consumer Sciences Extension Newsletter

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## A no-cost gift of love

Parents, teach your young child to give a year-round gift of love that costs nothing. Suggest that she give the gift of herself. She can make a gift card that promises what she will do to be kind to a special person. First, think together about a friend or family member who will receive the gift card. Ask your child what the person likes to do for fun. Could your child make a visit? What about a backrub or something good to eat? Would the person like a walk in the park, playing a game, singing a song, or drawing a picture? Rather than offering something fun, perhaps your child could do a chore, such as walking the dog, folding clothes, dusting furniture, or weeding the garden.

After deciding what gift to give, have your child draw a picture of the gift activity on a card made from plain paper or construction paper. You may want to help by writing the name of the gift on the card. Help your child sign the card. If possible, go with your child to deliver the card to the loved one. Be sure that your child does what the gift card promises, and help arrange the activity within a week or two after giving the gift card. Doing so helps your child see the value of the gift. Finally, be sure to talk about why the gift card is such a good idea: Sharing time or work helps the special person feel loved, but costs no money. Such a no-cost gift can be given again and again at any time of the year.

**Reference:** Thrive By Five, a joint program of the Credit Union National Association and Cooperative Extension. Available at <http://www.creditunion.coop/thriveby5/index.html>.

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

## Christy's Comments

Happy April! Let's hope that Spring truly arrives this month!

We have 53 youth and adults participating in our Spring Big Blue Shape Up! Be sure you take time to get active as well. If you haven't checked out the new Wellness Center, I strongly encourage you to do so. What a great facility for our community!

Again, be sure you have May 19th on your calendar. Clinton County will be hosting the Lake Cumberland Area Homemakers Annual Meeting!

Best wishes,



Christy Nuetzman  
Clinton County Extension Agent for Family and Consumer Sciences

### Questions???

Email me at [christy.nuetzman@uky.edu](mailto:christy.nuetzman@uky.edu)  
or check us out online at  
<http://ces2.ca.uky.edu/clinton/>

April

**Roll Call:**

Name a Helpful Landscape Tip.



**Thought for the Month:**  
April Showers Bring May  
Flowers.

**ATTENTION HOMEMAKER MEMBERS!**

We need your help this month! All Homemakers are asked to donate money or a food item in support of our monthly Nursing Home program.

Also, please bring any table decoration or centerpiece that you are willing to loan for the Area Homemakers Meeting to the Extension Office by April 15th. More details are in the Council Meeting Highlights.

Thank you!!!!

**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 calories 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 ounce soda contains 280 calories, a 16 ounce fruit drink contains 230 calories, and a 16 ounce 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 ounce, regular beer contains 150 to 200 calories, wine coolers contains 180 to 200, and 1.5 ounces 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 desserts 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, ½ cup of rice or pasta, ½ 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.

# Yee Haw!!

## Celebrating Homemakers Southern Style

**What: Lake Cumberland Area Extension Homemakers Annual Meeting**



**When: Thursday, May 19th**

**Where: Clinton County Fairgrounds**



**Time: Registration (4:30-5:00 pm CST; 5:30-6:00 pm EDT)  
Program begins 5:00 pm CST/6:00 pm EDT**

**Registration Fee: \$15.00 per person if received by April 29th  
\$18.00 (April 30-May 12th); No registrations will be accepted after May 12th**

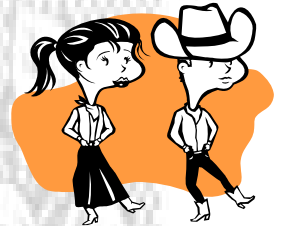
**Come in your favorite comfortable Southern attire-denim, dresses, hats, overalls-It's up to you!**



Wayne County  
Homemakers  
will be providing  
some great  
southern  
entertainment!

Counties will be responsible for:

Nametags  
An Envelope with Names of all  
Members Attending  
A \$20 Door Prize  
One check to cover registration



Name \_\_\_\_\_

Address \_\_\_\_\_

County \_\_\_\_\_

Email and/or Phone \_\_\_\_\_

## Broccoli and Beef Stir-Fry



1 pound lean beef steak, sliced diagonally across the grain into thin strips  
1 tablespoon plus ½ cup stir-fry sauce  
1 clove minced garlic  
4 tablespoons canola oil, divided  
1 medium red onion, cut into ½ inch dice  
1 sweet red pepper, cut into ½ inch dice  
1 medium yellow squash, cut into ¼ inch slices

2 cups fresh broccoli florets  
1 cup cauliflower florets  
½ teaspoon crushed red pepper flakes



**Directions:** Combine 1 tablespoon stir-fry sauce and minced garlic in a bowl. Add the beef strips. Let stand 15 minutes. Heat 1 tablespoon canola oil in a large skillet or wok. Add beef and stir fry for one minute. Remove beef from skillet.

Heat the remaining 3 tablespoons canola oil in the skillet or wok. Add vegetables. Stir-fry for four minutes or until vegetables are crisp-tender. Return beef to skillet. Add the remaining ½ cup stir-fry sauce and red pepper flakes. Cook and stir 1 to 2 minutes longer, until heated through.

**Yield:** 8, 1 cup servings.

**Nutrition Analysis:** 180 calories; 10 g fat; 1.5 g saturated fat; 0 g trans fat; 25 mg cholesterol; 630 mg sodium; 9 g carbohydrate; 2 g fiber; 3 g sugar; 15 g protein.

90% recommended allowance for vitamin C.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

For more delicious recipes and information using “Kentucky Proud” fruits and vegetables, contact the Cooperative Extension Service at 387-5404 or visit: [www.kentuckyproud.com](http://www.kentuckyproud.com).

### Environmental Pollutants and Nutrition Eating Right for a Healthier You: Nuts and Seeds



Healthy eating includes nuts and seeds. Nuts and seeds contain plant protein and phytonutrients. Phytonutrients have disease fighting properties. This program will explain environmental pollutants, discuss how nutrition helps with health effects of environmental pollutants, and explain how nuts and seeds are protective against chronic diseases. Join us on April 20th at 12:00 noon as Jody Paver, Wayne County FCS Agent, leads us in this lesson.

### Ovarian Cancer Awareness Tea (O-CAT) Party

Since none of our members could attend the lesson in Pulaski County on March 28th, we have included the lesson for Ovarian Cancer Awareness for all members. Please take time to read the information since clubs have not been meeting regularly and leader lesson trainings are not well attended. Education is a key component of a successful Homemaker program!

The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability, or national origin.

To file a complaint of discrimination, contact Rosemary Veach, UK College of Agriculture, Lexington, KY 40546, or Terry Allen, Associate Vice President of Institutional Equity, Lexington, KY 40546, or the Secretary of Agriculture, USDA Director, Office of Civil Rights, Room 326-W Whitten Bldg., 14th and Independence Ave. SW, Washington, D.C. 20250.

## Physical Activity While On-the-Job



The winter weather is finally breaking and we may be outside preparing for the summer. Make sure to still fit in a little time for physical activity. By taking a few moments to do a little physical activity at work and squeeze in a few extra-calorie burning activities, you will not only fight off the urge for an afternoon nap, you will be getting some health benefits too!

- **Keep it Simple** - Physical activity does not need costly equipment, nor does it have to be difficult. Start walking 10, 15, or even 20 minutes during lunch or around 3 p.m. when you start to feel sleepy. If you can, wear a pedometer and push yourself to take 500 more steps a week. If you have children and they are in school, you have the added benefit of not having to worry about childcare during your workout.
- **Keep it Short** - Adults can get health benefits from physical activity for as little as 30 minutes a day, 5 days a week. If you do not have 30 minutes, you can get the same benefits by breaking up the 30 minutes into three 10 minute sessions. Take a 10 minute walk during the morning break, 10 minutes during lunch, and another 10 minutes in the afternoon and you will be all done for the day!
- **Keep it Fun** - Ask others in your office to walk with you. Having a group of people walking together will help motivate you to keep walking and offer some social time as well. You can chat about last night's TV shows or celebrity gossip. Whatever you talk about, just keep moving and the time will fly by!

**Reference:** American Council on Exercise. *Fit Facts: Time-saving tips for on-the-job fitness*, 2009.

**Source:** Nicole Peritore, Extension Get Moving Kentucky Coordinator, University of Kentucky, College of Agriculture

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## Clinton County Homemakers Council Meeting Highlights March 15, 2011

The Clinton County Homemakers Council met on March 15, 2011 with 4 members present. Pam Shultz noted that the lap quilts were a huge success at the nursing home. The Homemakers will continue to go to the nursing home each month for programming, but it is beginning to impact the budget now that more residents are participating. Those present decided to ask all Homemaker members to either donate money or a food item for the nursing home during the month of April. In new business, the Council discussed Project Graduation. Jenny Wilson moved that the Council donate \$100 to Project Graduation and that the print we receive be used as the county's door prize at the upcoming Area Homemakers Annual Meeting. Kathleen Fuller seconded and the motion carried.

The rest of the meeting focused on the Area Homemakers Meeting which our county will host at the Fairgrounds on May 19<sup>th</sup>. Members of the Homemakers Council will be responsible for decorating and Eli's on the Square will cater the meal. Members are asked to bring centerpieces or table decorations suitable for the theme "Yee Haw! Celebrating Homemakers Southern Style" to the Extension Office by April 15<sup>th</sup>. These will just be "loaned" for the meeting and returned after the event. The Council will review what has been loaned and make purchasing decisions at its next meeting on April 19<sup>th</sup>. Identified Council members are also making contact with local businesses for goody bag items. Exact times for set up will be discussed at the next meeting.

Next meeting-April 19<sup>th</sup> at 4:30 p.m. The meeting was adjourned at 5:50 p.m.



# Clinton County Family & Consumer Sciences Extension & Homemaker Events April 2011

| Sun                 | Mon  | Tue   | Wed                                     | Thu  | Fri   | Sat |
|---------------------|--|---|---|--|---|-----|
|                     | Maupin-127 members will receive an email/phone call regarding April meeting date   |   |   | Don't forget your Nursing Home contribution! | 1   | 2   |
| 3                   | 4<br>Big Blue Shape Up<br>4:30-6:00 p.m.   | 5<br>4-H Reality Town at Fairgrounds<br>7:30 a.m.   | 6                                       | 7  | 8<br>Quilt Guild<br>8:30 a.m.<br>Nursing Home<br>11:00 a.m. | 9   |
| 10                  | 11 Area Homemakers Council 9:30 a.m. Russell County; Big Blue Shape 4:30-6:00 p.m. | 12  | 13                                      | 14<br>Brown Baggers<br>11:00 a.m.<br>@ Eli's | 15<br>Table Decorations due for Area Annual Meeting         | 16  |
| 17                  | 18<br>Big Blue Shape Up<br>4:30-6:00 p.m.  | 19 Health Coalition 9:00 a.m.; Lee's Chapel 1:00 p.m. @ Eli's; Homemakers Council 4:30 p.m. | 20<br>Nuts & Seeds Lesson<br>12:00 noon | 21   | 22  | 23  |
| 24<br>Happy Easter! | 25<br>Big Blue Shape Up<br>4:30-6:00 p.m.  | 26  | 27                                      | 28   | 29  | 30  |