



Reply to:

Cooperative Extension Service
 Gallatin County
 395 U.S. 42 West
 Warsaw, KY 41095
 (859) 567-5481
www.ca.uky.edu/gallatin

RAISING KIDS, EATING RIGHT, SPENDING SMART, LIVING WELL

A PUBLICATION OF NORTHERN KENTUCKY FAMILY & CONSUMER SCIENCES AGENTS

**COOPERATIVE
 EXTENSION
 OFFICES**

Boone
 859/586-6101

Campbell
 859/572-2600

Carroll
 502/732-7030

Gallatin
 859/567-5481

Grant
 859/824-3355

Kenton
 859/356-3155

Owen
 502/484-5703

Pendleton
 859/654-3395

Timely Tips

GREEN TRAVELING TIPS

Summer time signals the start of the vacation season. Whether you are planning a day trip, a weekend getaway or a weeklong vacation, you can travel “green” by following some simple environmentally-friendly traveling tips.

1. Before you go, unplug unnecessary appliances such as TVs, DVD players, coffee pots and microwaves. These items use energy even when they are turned off. Adjust your thermostat and water heater setting to conserve energy.
2. While you are traveling, look for hotels that have environmentally-friendly certification or membership in a green industry association such as Green Seal or Green Leaf. Before you make reservations, ask about the hotel's participation in recycling and water conservation programs.
3. Turn off the lights when you leave your hotel room.
4. Take only the maps and brochures that you plan to use. If you are traveling in a large group, share brochures.
5. When possible, walk or use public transportation to reduce vehicle emissions.
6. Pack a canvas bag for shopping to avoid using disposable bags.
7. When eating in restaurants, take only the condiments, napkins and utensils you need.



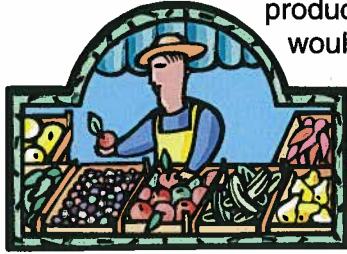
TABLE OF CONTENTS

Timely Tips..... 1
Eating Right..... 2
Spending Smart..... 2
Raising Kids 3
Living Well..... 3
Cook's Corner..... 3
County Information 4

Source: Ashley Osborne, Extension Association for Environmental Issues

FARMERS MARKETS AND CSAs: SUPPORT FOR THE LOCAL AGRICULTURAL ECONOMY

Suddenly, it seems like everyone is enrolling in community-supported agriculture (CSA) and shopping the local farmer's market. Both are great ways to support farmers in your area while getting the best, freshest, local and environmentally-sound products. Many of the offerings would not be available in



traditional grocery stores because they are more perishable than grocery store varieties, have short seasons, require more intensive farming practices with uncertain financial rewards, or appeal only to a specific segment of shoppers.

Because participation in farmers markets is on the upswing, there is an increased variety of vendor products. This greater scope allows farmers markets to appeal to a broader clientele. In some market locations, sheep and goat cheeses, soaps, seafood, and fresh flowers join the stalwarts of honey, meat, eggs, produce and fruit. Check your local market to see which new vendors have been added to your market and what goods they sell.

In community-supported agriculture, farmers offer products at a pre-determined price (paid in advance or by installment) before the season begins. The recipient gets a weekly CSA box that contains varying amounts of produce, reflecting the true seasonality and unpredictability of farming.

A CSA is a great way to broaden your horizons by boldly signing up for this weekly surprise. It increases spontaneity and creativity in the kitchen, since the box will vary according to what your farmer has available that day.

Each will appeal to different people and families. Shopping at a farmers market allows the flexibility to pick and choose items; a CSA provides a set amount of the farmer's best. Both options are excellent means to support the health of your family, community, and local economy.

Source: Bob Perry, Project Manager, Sustainable Agriculture and Food Systems Working Group

ENJOYING THE SUMMER ON A BUDGET

As the temperature starts to rise outside, many families start looking forward to spending more time with friends and family, vacationing, and other summer activities. Often, people are tempted to do and spend more money during the summer months.

It is important to realize that with proper planning, you can still enjoy all of the fun that summer has to offer without spending more than your budget will allow.

Clothing is one of the largest spending temptations. This year, as you go through your closets to review last year's wardrobe, you will likely be tempted by retailers' shopping deals. The start of the new season is a good time to clean out your closet, but instead of buying new, consider selling your unwanted items, as well as dressing up your wardrobe, at a consignment shop.

As the school year winds down, you may also be planning activities for your children this summer. Spending time together as a family is important. However, if your budget does not allow a big vacation this summer, *America Saves* offers the following tips to answer the question, "What can we do for fun this summer?"

- Look for free festivals or outdoor concerts in your area. Check newspapers, bulletin boards, your local library and search engines (type "free events" and the name of your city).
- Don't spend your savings to see the summer blockbusters. Consider hitting cheaper matinees or borrowing recent flicks for free or minimal cost from the library.
- Network shows are on vacation for the summer, so take a break from the TV! Cancel cable for the summer and add the savings to your bank account.
- Be a tourist in your own city. Check out local museums and art galleries. For further savings, attend on discounted days or during free admission hours.



Source: *America Saves, Avoiding the Summer Spending Temptations*



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

FAMILY HEALTH HISTORY

A family has many of the same characteristics, due to their similar genes, behaviors, lifestyle, and environment. These can influence health, both now and in the future. A family health history is a graphic record of the diseases and health conditions seen in your family. Discovering your family's health history and sharing it with your healthcare provider can be a useful tool.



It is suggested that a family health history go back three generations. Talk to other family members about their health and the health of the relatives they know. Write down the information you learn, and update any information you already know.

Although you cannot change your genes, you can change your behavior. If you know your family has a history of heart disease, you can take steps to prevent or delay the disease. If you know the diseases that run in your family, you have a head start on prevention and can have the most impact. You can participate in health screenings at an appropriate time determined by your family health history.

If you do not have a family history of a certain disease, does that mean you are not at risk? No, although you may have a smaller chance of developing a certain disease, there are other factors that may affect your health such as environment and lifestyle.

Environmental factors can determine if a disease will develop. Living in a polluted environment or eating healthy foods can help or hinder development of disease. Just because no one in your family has had lung cancer or heart disease does not mean you will never get those diseases. You cannot smoke every day or eat fast food every day and not see some effect on your health.

Take the time to research your family's health history. Once you have done the work, share it with other family members and share it with your healthcare provider. It can be a very useful tool.

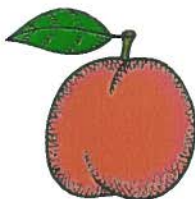
Reference: *Centers for Disease Control and Prevention*, March 2010. *Family Health History*. <http://cdc.gov>

Cook's Corner



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



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

Nutrition Facts per serving: 220 calories, 0 g total fat, 5 mg cholesterol, 2 g fiber, 4 g protein