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FamilyConsumerSciences

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**RAISING KIDS, EATING RIGHT, SPENDING SMART, LIVING WELL**

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*Timely Tips*

**HOW TO KEEP YOUR WINTER COAT LOOKING ITS BEST**

Follow these tips to help keep your coats looking great:

- U Wear scarves to avoid soiling the collar, especially for leather and suede coats. Oily stains from hair and skin preparations can permanently stain some fabrics.
- U Make an effort to clean the coat once during the season and again before storing.
- U Follow the instructions indicated on the care label.
- U When storing, hang your coat on a padded hanger in a well-ventilated closet. Avoid hanging a coat by its neck on a coat rack.
- U Never store coats or any garment in plastic bags. Plastic bags are meant for getting your garments from the dry cleaning shop to your home. Leaving garments in plastic bags promotes light damage and mildew, and dries out leather and suede.
- U Treat stains immediately to keep them from becoming permanent.
- U Air dry wet coats at room temperature. Never expose to heat unless directed by the care label.
- U Regardless of what you do, remember that your coat is one of your most prized (and usually costly) winter garments. If you treat it right, it will last for many winters to come.



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Resource: *Clothes Care Gazette/December 1998*  
Source: *Marjorie M. Baker, Extension Associate for Clothing and Textiles, University of Kentucky, College of Agriculture*

**Perseverance is not a long race; it is many short races one after another. -- Walter Elliott**

## **Edible Fruit and Vegetable Wraps**

Can't get your kids to try any fruits and vegetables? No worries! Versatile wraps with flavor choices such as mango, strawberry, tomato-basil, or red bell pepper are right around the corner. These colorful, paper-thin sheets of edible fruit and vegetable can be used to make appetizers, entrées, desserts, and more.

The wraps are made from fruit and vegetable purées and other natural ingredients. They are 70 to 90 percent fruit or vegetables, low in calories, low in fat, and free of additives, preservatives, or artificial flavors or colors. The strong, yet pliable sheets can be cut into any size or wrapped into a cone to be filled with sliced strawberries, blueberries, and bananas, providing an alternative for fruit salad presentation.

The edible films are the master mind of Matthew de Bord, the founder of Origami Foods. Origami Foods suggests using their sweet corn wrap and filling it with chipotle cream cheese. Hopefully, there will soon be another alternative to eating your fruits and vegetables.

*Reference: USDA, ARS (2009) Yum! Flavorful Wraps and Glazes Show off Fruit and Vegetable Tastes and Textures, accessed October 7, 2009 at <http://www.ars.usda.gov/is/AR/archive/aug09/wraps0809.htm>*

*Source: Sandra Bastin, Extension Specialist for Food and Nutrition, University of Kentucky College of Agriculture*

## **WHICH ONE FOR BETTER HEALTH?**

- 100 grams plain baked potato ..... 93 calories
- 100 grams potato chips ..... 542 calories
- 100 grams fast food fries ..... 322 calories

*Source of nutrient information: USDA Nutrient Database; [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)*

## **Marriage and Money**

Many family conflicts revolve around getting, saving, and spending money.

After marriage, couples have to decide how their money will be spent together. They also have to make decisions together on debts and savings. Couples who start talking about their

debts, goals, and individual philosophies on money and savings from the start can prevent many problems down the road.

You may not always agree on everything, but the best thing you can do is discuss your differences and find a solution you can both live with. Hiding feelings from a spouse can be far more destructive than revealing how you feel.

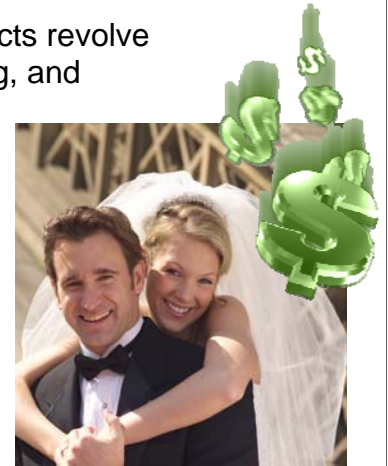
We are all different in how we think about money. If you are unable to reach an agreement and the discussion gets heated, take a break but make sure you come back to it. A compromise may be the best or even the only solution.

Work together on a budget for your household income and expenses. Put this plan into action and revisit it regularly.

Talk together about ways that you can control costs and save money. When it is appropriate, include other family members in the conversation. That way you can work to achieve those goals and celebrate your successes together.

*Reference: Turner, J., Torres, N., Mitchell, V.L., & Gutter, M.S. (2009). Money and marriage: Making financial plans together. University of Florida IFAS Extension, Publication #FCS7010. Available at: <http://edis.ifas.ufl.edu/HE154>; Hudson, N.W. (1998). Talking about money: Home and away series. The Ohio State University Extension Fact Sheet HYG-5186-98. Available at: <http://ohioline.osu.edu/hyg-fact/5000/5186.html>*

*Source: Kerri Ashurst, Extension Specialist, University of Kentucky, College of Agriculture*





## Teaching Tolerance

There is a lot of hate and anger in the world today. Children have the ability to pick up on and imitate these upsetting and often difficult emotions from a young age. There is a great advantage to teaching tolerance, acceptance, and the appreciation of others' differences to children, often, and especially early in their lives.

Parents can help teach and encourage tolerance in children in a variety of ways. It is important to expose children to diverse groups of people and situations. It is even better if children can grow up spending the majority of their lives in a diverse environment. Simply exposing children to a broad range of people can build a foundation for tolerance. Spending time in diverse settings is also powerful because it opens up the opportunity for discussion about differences that children may have noticed.

Allow children the opportunity to point out, talk about, and ask questions regarding the differences in people and places. Young children



especially are naturally curious. They will probably feel more comfortable calling attention to variations than an older child. Children of all ages need the help of trusted adults to carefully and respectfully answer their questions. Adults should speak honestly and without bias when addressing dissimilarities between individuals and cultures. Finally, adults should be careful to only share information that is age appropriate and helpful in building the child's knowledge and acceptance of others.

*Reference: Bettmann, E. H., Stern-LaRosa, C. (2000). Hate Hurts; How children learn and unlearn prejudice. New York, NY: Scholastic Books*

*Source: Carole Gnatuk, Extension Specialist for Child Development, University of Kentucky College of Agriculture; Lauren Michalak, Graduate Assistant*

## Save Green, Go Green – At Home

- U Buy often used items in bulk.
- U Use baking soda and vinegar to make your own nontoxic cleaners.
- U Install an ENERGY STAR qualified programmable thermostat.
- U Repair broken items instead of throwing them in the trash.
- U Lower the thermostat on your water heater to 120°F.
- U Plant a garden with your favorite vegetables.
- U Have a yard sale or donate items to a local charity instead of throwing them in the trash.
- U Prepare meals at home to reduce packaging waste and save money.



*Source: Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues, University of Kentucky, College of Agriculture*

## Cook's Corner

### Caribbean Casserole

Serves 10

- 1 medium onion, chopped
  - 1/2 green pepper, diced
  - 1 tablespoon canola oil
  - 1 (14.5 oz.) can stewed tomatoes
  - 1 (16 oz.) can black beans (or beans of your choice)
  - 1 teaspoon oregano leaves
  - 1/2 teaspoon garlic powder
  - 1½ cups uncooked instant brown rice
1. Sauté onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
  2. Add tomatoes, beans (include liquid from both), oregano, and garlic powder. Bring to a boil. Stir in rice and cover. Reduce heat to simmer for 5 minutes. Remove from heat and let stand for 5 minutes. Fluff rice with a fork before serving.

*Nutrition per 1 cup serving: 185 calories; 1g total fat; 0g saturated fat; 0mg cholesterol; 297mg sodium; 7g total fiber; 7g protein; 37g carbohydrates; 292mg potassium*

*Source: Heart Healthy Home Cooking African American Style, National Institutes of Health, National Heart, Lung and Blood Institute, Publication No. 08-3792, May 2008*