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Issue 5 ♦ Volume 3



RAISING KIDS, EATING RIGHT, SPENDING SMART, LIVING WELL

- A PUBLICATION OF NORTHERN KENTUCKY FAMILY & CONSUMER SCIENCES AGENTS**
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Timely Tips

Green Shopping Bags - The Perfect Accessory for the Environmentally Friendly Consumer



Helping the environment in a big way begins with taking small, individual steps toward greener living. Opting for reusable shopping bags instead of paper or plastic is a simple, eco-friendly way to reduce harmful toxins and pollutants in the environment. Paper bags contribute to pollution in the air and in our water, while plastic bags can take years to decompose, breaking down into smaller toxins and contaminating our soil and waterways. According to the EPA, over 380 billion plastic bags, sacks, and wraps are consumed in the United States each year. One reusable shopping bag eliminates 300 to 500 plastic bags from our landfills. By making a simple, eco-conscious choice to use a reusable shopping bag you can help reduce the environmental consumption of paper and plastic bags consumed each year.

A reusable shopping bag is the perfect accessory for the eco-friendly consumer and helpful in reducing toxins created by paper and plastic. Always be sure to carry a reusable cotton tote for impromptu shopping and replace

your grocery bags with durable, environmentally friendly, reusable shopping bags. Helping the environment in an immense way begins with each and every consumer taking a small step towards eco-conscious living. With a little help from earth-friendly cotton, you can take your first step towards reducing the effects of harmful waste in our environment.

Reference: <http://www.thefabricofourlives.com/Eco-Friendly-Lifestyle/Green-Shopping-Bags/?S=fabric-smart>

Source: Marjorie M. Baker, Extension Associate for Textiles and Clothing, University of Kentucky, College of Agriculture

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“If it is to be, it is up to me” Unknown

Eating for the Earth

Many food consumers are looking for ways to practice “sustainable eating” by making decisions about food purchases with their “carbon footprint” in mind. Reusable grocery and shopping bags are a common sight. Perhaps the most popular way to improve your diet and strengthen the local economy is regularly go to your farmer’s market. Shopping seasonally for locally grown produce, meats, dairy products, eggs, and baked goods may change the way your family thinks about food and eating.

Insert Local Farmers Market Information:

At the grocery store, try looking for regionally produced foods. For example, Kentuckians might choose canned tomatoes products from Indiana rather than California. Some items, like coffee, may be labeled as “fair trade”. Choosing fair trade products can help support family farms with living wages and an opportunity to maintain a rural lifestyle. You can also purchase food products in bulk and then portion out a serving in a reusable container. Fast food outlets rely on disposable cups and paper packaging rather than reusable eating and drinking containers. When you eat out, choose a place with real plates and utensils. If we each make a few changes, the human impact of eating on this earth can be reduced.

Source: Janet Tietyen, Extension Specialist for Food and Nutrition, University of Kentucky, College of Agriculture

Save Money at the Grocery

Budgets are tighter due to increased costs of basic supplies such as food. Pay attention when to grocery shopping. Try to shop with a list to avoid impulse buying. Compare prices at more than one store if possible. You might try to comparison shop with your computer at www.mygrocerydeals.com.

Buying the store brand may be cheaper than buying a name brand of the same product. This can save anywhere from 23 to 39 percent on your grocery costs. Private label grocery brands often contain the same ingredients as the name brand.



Use coupons for items you are already buying. If you cannot find coupons in the newspaper, try finding them on the internet. Here are two sites to try: www.couponmom.com and www.smartsource.com.

Another way to save on the grocery bill is to purchase fewer convenience items, soft drinks, cookies, crackers, and other snack foods.

Reference: “Build A Better Grocery Budget,” Military Money, Fall 2008, page 28.

Source: Suzanne Badenhop, Extension Specialist for Family Resource Management, University of Kentucky, College of Agriculture



Raising Kids

Is a Child You Know Bullying Others?

Bullies learn from playgrounds and other experiences that they can get what they want by picking on other kids. Many bullies come from environments where they have been successful in bullying for personal gain or establishing a positive reputation with their peers. They also bully other children as a way to escape or cope with a bad situation. This might include their parent's divorce or the death of a loved one. Some bullies are victims of abuse themselves. They take out their anger and humiliation on other children who cannot fight back. The bullies' goal is to feel better. Bullies use bullying behaviors to gain popularity and friends.



If you suspect a child or teen is bullying others, it is important to seek help for the child as soon as possible. Without help, bullying can lead to problems in other areas of a child's life. This can include problems with grades, friends, emotions, and even legal issues. Talk to the child's doctor, teacher, principal, or school counselor. Bring everyone together to help develop a plan to stop the destructive behavior. Find out what may be troubling the child. Show the child that he is loved. Praise the child when he uses assertive behaviors instead of aggressive behaviors. Adults must teach children that the bullying behavior is not acceptable. Children need to know that there are consequences for such behavior and that they will not be allowed to torment others.

References:

Durosomini, B. (2001). University of Nevada, Reno Cooperative Extension Service, Fact Sheet 97-42. Retrieved on September 23, 2008 from <http://www.unce.unr.edu/publications/files/cy/other/fs9742.pdf>.
 Facts for Families: Bullying (No. 80; May 2008). American Academy of Child Adolescent Psychiatry. Retrieved on September 22, 2008 from http://www.aacap.org/cs/root/facts_for_families/bullying.
 Source: Kerri Ashurst, Extension Specialist, University of Kentucky, College of Agriculture

Living Well



An internet resource you can trust

- Find real answers in real time based on objective, peer-reviewed, scientific results from www.eXtension.org
- Up-to-date, 24-hour availability from any internet connection.
- Connections to the best, most innovative minds in American universities.
- Searchable knowledge base and "Ask the Experts"
- options.



Cook's Corner

Taco Salad

Ingredients

- 1 cn (15 oz.) whole kernel sweet corn, drained
- 1 cn (15 oz.) black beans, drained and rinsed
- 1 large tomato, chopped
- 1/3 c bottled ranch dressing
- 4 c tortilla chips
- 1 small head iceberg lettuce, cored and shredded (about 6 cups)
- 1 c shredded Mexican blend cheese

Instructions

In a large bowl, combine corn, black beans, tomato and ranch dressing. Line a large bowl or platter with tortilla chips; layer lettuce, vegetable mixture and cheese, in that order, on top of chips.

