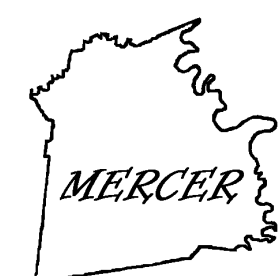


FAMILY & CONSUMER SCIENCES

FCS NEWSLETTER
NOV-DEC 2009



Dear Extension Homemaker,

It's good to be back in the office again, even though it's only part-time until January. I have much to be thankful for this holiday season. Take time to nurture yourself and your relationships during this festive season, as well as attempt to relieve holiday stress so that you can more fully enjoy this time of year. This newsletter includes a nutrition focus in light of all the wonderful foods that become available and are associated with the holidays. Being mindful of your food choices and aware of what you are consuming is a great way to begin managing your way to a healthy body. With November being National Breads month, this is a great time to try some new recipes including whole grains to share with friends and family. For more information on incorporating whole grains into your diet stop by the office and I'll share some resources with you.

Thanks so much,

Luci Hockersmith,
 County Extension Agent for Family & Consumer Sciences



DID YOU KNOW...

When you need some cooking help for that Holiday gobbler, and the Extension Office is closed for the holidays, what do you do? You can call the following hotlines and talk to a live person to find information on turkey roasting, and other holiday food preparations.

- ☎ USDA Hotline for Poultry 1.800.535.4555
- ☎ Butterball Turkey Hotline 1.800.288.8372
- ☎ Reynolds Turkey Tips Line 1.800.745.4000

HOLIDAY OPEN HOUSE

Sponsored by the Mercer County Extension Council, you are cordially invited to an Open House with spiced cider and such at the Mercer County Extension Office. The date and time will be determined at the November 24th meeting. Please call to find out the finalized date and time. We'd love to see you at this festive event.



DATES



- NOVEMBER**
- 20—Homemaker Club & Mailbox Membership Due **
 - 24—District Board Mtg, 11 am
 - 24—County Extension Council (CEC) Mtg, 12 noon
 - 26—THANKSGIVING
 - 26—Extension Office Closed
 - 27—Extension Office Closed
 - 28—4th Saturday Quilting, 9am to whenever **

- DECEMBER**
- 8—Diabetes Support Group, 12 pm
 - 8—Wilderness Trace Quilters, 7 pm
 - 10—Fiber Arts Guild, 6:30 pm **

For more info, call the Mercer County Extension Office: 859.734.4378

Extension Homemaker Club Meetings

- DEC 8
Special Interest:
 Wilderness Trace Quilt Guild, 7 pm @ Ext Office
- DEC 9
 Pioneer Burgin, 1 pm
- DEC 10
 Newcomers, 10:30am
 Ebenezer, 12pm
Special Interest:
 Fiber Arts Guild, 6:30 pm @ Ext. Office
- DEC 14
 New Fairview, 7pm
- DEC 15
 Echo, 8 pm

As announced, Kountry Kraffers

Is your club information correct? Contact the extension office at 734.4378 to have your meeting location(s) listed in the newsletter.

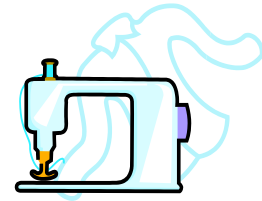


LEARN SEW MUCH...WITH MCV

When: Fall 2009
 Where: Mercer County Extension Office

The Master Clothing Volunteers are planning their spring program of classes. Call and express your interest so we can provide classes you like. From clothes to home decorating and quilting, our volunteers can help. Learn to sew or finish that project. If you want to do it, we can help. We may not have done it ourselves, but we will figure it out together.

- Classes Offered for fall:
- ✂ 4-H Sewing
 - ✂ Open Sewing Days
 - ✂ Open Sewing Nights
 - ✂ Mentored Sewing





National Bread Month – Celebrate the Good Nutrition of Grains for the Holidays

November is National Bread Month – a great time to remember the goodness of grain products. “Bread is truly the staff of life,” commented American Bakers Association (ABA) President and CEO Robb MacKie. “As we kick off the holiday season, it’s not surprising that bread and grain foods are among people’s favorites for festive meals. The good news is that when you serve grain foods, you are also serving good nutrition.” MacKie pointed to recent research showing that people who eat a high percentage of carbohydrates tend to be slimmer than those who do not. The study, published in the *Journal of the American Dietetic Association*, found that:

- Consuming a low-carbohydrate diet is associated with greater likelihood of being overweight or obese among healthy adults.
- Individuals who fell into the top quartile in terms of carbohydrate intake had lower BMIs than those whose diets were lower in carbohydrates.
- Carbohydrate intake is inversely associated with a risk of overweight and obesity.

“This reflects what other research has found, as well as the advice of nutrition experts, including the US Department of Agriculture’s Dietary Guidelines for Americans,” noted MacKie. The Dietary Guidelines recommend that Americans eat six servings of grain foods daily – at least three servings of whole grains (such as whole wheat, barley, oatmeal, brown rice or wild rice) and the remaining servings from enriched grains (such as white bread, pasta, crackers, pretzels, cereal). “There is a lot of confusion among consumers about enriched grains,” observed ABA Senior Vice President Government Relations and Public Affairs Lee Sanders. “The bottom line is that enriched grains are a healthy, convenient, affordable way to obtain essential nutrients that fuel our body’s needs and may prevent serious health conditions such as heart disease, diabetes and some cancers.” She added that enriched grains are particularly important for women of childbearing age since they contribute twice as much folic acid as whole grains. “Since 1998 when the Food and Drug Administration mandated that enriched grains be fortified with folic acid, there has been a 25-35 percent decrease in neural tube birth defects in the U.S. This is a wonderful success story,” she stressed. Bakers are also working hard to encourage demand for whole grain products by expanding the number and variety

of innovative, nutritional, affordable and good tasting products available to American consumers on supermarket shelves. One such success story, said Sanders, is the whole-grain white bread introduced in 2005 in response to the 2005 Dietary Guidelines recommendation to increase consumption of whole grains. “When talking about the benefits of bread and grain foods, there is another component that shouldn’t be overlooked,” said MacKie, “and that is taste. Grain foods not only are smart nutritional choices, they are also just plain delicious. During National Bread Month and throughout the holiday season, consumers can look forward to enjoying their favorite breads and baked goods as part of a balanced diet and healthy, active lifestyle.”

For more information about nutrition and grain foods, including recipes, consumers are invited to visit the website of the Grain Foods Foundation (GFF), at www.gowiththegrain.org. GFF is a joint venture of members of the milling, baking and allied industries, dedicated to advancing the public understands of the beneficial role grain-based foods play in the human diet.

The American Bakers Association (ABA) is the Washington D.C.-based voice of the wholesale baking industry. Since 1897, ABA has represented the interests of bakers before the U.S. Congress, federal agencies, state legislatures & international regulatory authorities. ABA advocates on behalf of over 200 companies – both baking companies and their suppliers. ABA members produce bread, rolls, crackers, bagels, sweet goods, tortillas and many other wholesome, nutritious, baked products for America’s families. The baking industry generates more than \$70 billion in economic activity annually and employs close to half a million highly skilled people.

Healthful Eating... Food Labels Help!

Source: Nibbles for Health, USDA, Food & Nutrition Service

Grocery stores sell thousands of foods. How do you choose healthy food for your family? Sometimes it seems like too much! The food label can help you. It’s easy to use, even when your shopping trip is hectic.

Nutrition Facts on food labels tell you the calories (or food energy) and nutrients in one serving of food inside the package.

- Be in control – and buy the best foods for your family.
- See how calories (food energy) and nutrients change with bigger or smaller servings.
- Compare the % Daily Values in similar foods.

Food Facts: Tips on choosing healthy foods

Source: Adapted from Colorado State University Cooperative Extension, Department of Food Sciences & Human Nutrition.

The Dietary Guidelines for Americans

What Are They?

The Dietary Guidelines for Americans are published jointly every five years by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). They are designed to help people make good food choices. The 2010 Dietary Guidelines are due to be released in early 2010.

What should you eat and drink to stay healthy? The Dietary Guidelines for Americans help answer this question and provide science-based advice for choosing a healthy diet, keeping a healthy weight, getting enough exercise, and “keeping foods safe” to avoid food-borne illness.

The guidelines are not designed to provide exact information for any one disease. The advice is based on growing data to reduce the risk of chronic disease and promote health. For more information, look at this web site: <http://www.healthierus.gov/dietaryguidelines>

Try these tips:

- Make smart choices from every food group.
- Mix up your choices within each food group.
- Focus on fruits.
- Vary your veggies.
- Get your calcium-rich foods.
- Make half your grains whole.
- Go lean with protein.
- Find your balance between food and fitness.
- Get the most nutrition out of your calories.
- **Nutrition:** know the facts — read the label.
- **Alcohol:** if you choose to drink, do so in moderation.
- Play it safe with food (keep food safe to eat).



Homemaker Club and Mailbox Memberships Due

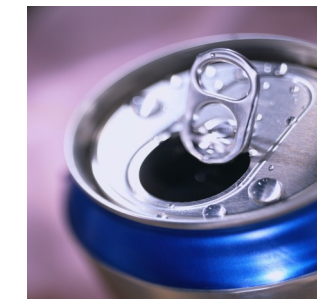


When: Due by Friday, November 20, 2009

Where: Mercer County Extension Office, c/o Kathy Clark

Aluminum Tab Collection: September-October Donations

Mercer County Library
Peggy Blacketer
Sara Bottom
Jean Riley
Edna Knight



bold - indicates two or more donations

THANKS SO MUCH FOR THE DONATION!

Save the Date

2010 KEHA State Meeting

DATE: May 10-13, 2010
LOCATION: Hyatt, Lexington, Kentucky

RESERVATION INFORMATION:

BY PHONE: 859.253-1234 or
800.233.1234

Request the Kentucky Extension Homemakers Association (KEHA) group rate
Rate: \$109 + tax single to quad.

Reservations must be made by April 9, 2010 to receive this special rate

Other coming events...

- ♦ **Jabez Quilt Seminar**—January 19-23 at the Lake Cumberland Educational Center (formerly known as the KY Leadership Center). For registration and photos of projects, call 606.256.2403, or visit: www.ca.uky.edu/klc OR www.ca.uky.edu/rockcastle
- ♦ **Fort Harrod Area Craft Camp**—June 4-6 at the Lake Cumberland Educational Center (formerly known as the KY Leadership Center).