

Family and Consumer Science

Cooperative Extension Service
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Nan Montgomery
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Agent for Family & Consumer Sciences

Big Blue Book Club Announces the First Book of 2023

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, *Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition*. This book removes the moral stigma from food and breaks down the science to provide easy, accessible evidence-based advice on how to live your healthiest and happiest life. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science.

Led by Dr. Heather Norman-Burgdorf, Extension Specialist for Food and Nutrition, this series will be held on Thursdays March 2, 9, 16, and 23 at 10:00 am ET/9:00 am CT. The first 200 registered participants will receive a free copy of the book. The registration deadline is January 27, 2023.

Please click the link to register: <https://ukfcs.net/BBBC23Book1>
Building strong families. Building Kentucky. It starts with us.
#UKFCSExt #BigBlueBookClub



**The 2023 Nutrition Education
Calendars are here and ready
for pick up!**

Follow us online!

Classes are listed on our Facebook page and website!

Following us online is an easy way to keep up with Ohio County FCS Extension.

Family and Consumer Sciences Facebook Page
<https://www.facebook.com/UKFCSExt>

University of Kentucky Family and Consumer Sciences Podcast
Extension Podcast: <https://ukfcsxt.podbean.com/>
Check out our county website for information on all program areas.
<http://ohio.ca.uky.edu/>



Homemaker Happenings

Thought for the Month: "I like the dreams of the future better than the history of the past." -Josephine Dodge Daskam Bacon

Roll Call: January rings in the New year. Share one goal you gave.

Dates to Remember:

2nd Office closed

17th Homemaker Lesson in Daviess County

19th Mental Health First Aid Training Class

27th Technology Basics Class

Upcoming Classes

Mental Health First Aid Training class January 19th @ 8:00 am. This class will be FREE. The class will help participants identify, understand, and respond to mental health and substance use crises. Food and refreshments will be provided. You must sign up for the class. Enclosed is a flyer with more information. Food and refreshments will be provided. You must sign up for the class. Enclosed is a flyer with more information

Technology Basics January 27th @ 10:00 Ohio County Library- This class will help you create an email account and learn how to text and work Facebook. The course will be question & answer style. Call 270-298-7441 to sign up

Napkin Basket Class- March 13th & 14th. Space is limited more information coming in the February newsletter



Pasta Primavera

INGREDIENTS:

- 3 tablespoons olive oil
- 4 cups assorted vegetables (use any combination of fresh or frozen you have on hand)
- 1 tablespoon garlic powder
- 1 tablespoon Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 5-ounce can skim evaporated milk
- 3 tablespoons parmesan cheese
- 4 cups whole grain pasta, cooked

DIRECTIONS:

1. In a large skillet, heat the olive oil over medium-high heat.
2. Add vegetables, garlic powder and Italian seasoning; sauté for 7-10 minutes or until vegetables are crisp-tender.
3. Add salt, black pepper, evaporated milk and parmesan cheese; cook 2 minutes.
4. Gently toss in pasta.
5. Serve immediately.

NOTE: For sampling purposes, mushrooms, broccoli and onions were used for vegetables.



Nutrition Facts	
4 servings per container	
Serving size 2 cups (243g)	
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	2%
Sodium 400mg	17%
Total Carbohydrate 42g	15%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 1mcg	6%
Calcium 177mg	15%
Iron 2mg	10%
Potassium 448mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

MENU IDEA

- Pasta Primavera
- Fruit salad
- Milk

COST

- \$5.47 per recipe
- \$1.37 per serving

Source: Brooke Jenkins-Howard, Nutrition Education Program Curriculum Coordinator University of Kentucky Cooperative Extension Service (Photo: 123rf.com)





Winter Blues

For many people, the holidays and winter months can bring on feelings of stress, anxiety, and depression. Sometimes, the stress or mental health challenges can worsen because of seasonal changes. Seasonal changes are a normal part of life, but worsening symptoms of stress and mental health challenges are not. If your symptoms of stress, anxiety, depression, or other mental health challenges are worsening, then it's important to seek support and professional help.

If your symptoms or experiences are worsening within the last couple of weeks or more and include the following, then seek support and professional help.

- Problems sleeping or falling asleep
- Increased sadness or thoughts of suicide
- Difficulty getting out of bed
- Prolonging or procrastinating certain tasks
- Trouble focusing or making decisions
- Loss of interest in normally enjoyable activities
- Problems completing daily activities

Some examples of seeking professional help can include contacting your primary care provider, your counselor, or therapist, especially before you begin feeling overwhelmed.

If you feel like you are in a crisis, then you can seek help immediately by texting, chatting, or calling 988 or <https://988lifeline.org/>, which is the Suicide & Crisis Lifeline.

Reference

National Institute of Mental Health (2021). "Caring for Your Mental Health." 2022, from <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>.

Source: Paul Norrod, DrPH RN, Extension specialist for rural health and farm safety

BIG BLUE BOOK CLUB

Register for our upcoming book club as we read

IS BUTTER A CARB?

by Rosie Saunt & Helen West

The first 200 registered participants will receive a free book.



SCAN ME

College of Agriculture, Food and Environment
Family and Consumer Sciences Extension



Hope for the Holidays!

This holiday season, RiverValley Behavioral Health will host Mental Health First Aid (MHFA) training throughout our service counties. MHFA is a course that teaches participants how to identify, understand and respond to signs of mental health and substance-use crises.

All trainings are FREE & will take place from 8 a.m. to 4:30 p.m.

Food & Refreshments provided + a Gift Card raffle at each training!

RVBH will offer free MHFA training in the following counties:



Henderson County

Tuesday, Dec. 13
The Port

455 Klutey Park Plaza Dr.
Henderson Ky 42420

**For adults aiding adults*

Union County

Tuesday, Dec. 20
Union County
Extension Office

1938 US Highway 60 West
Morganfield, KY 42437

**For adults aiding adults*

Webster County

Thursday, Jan. 5
Webster County
Extension Office

1118 US Hwy 41-A
South Dixon, KY 42409

**For adults aiding youth*

Ohio County

Thursday, Jan. 19
Ohio County
Extension Office

1337 Clay Street
Hartford, KY 42347

**For adults aiding youth*

Daviess County

Friday, Jan. 27
First Christian Church

700 J R Miller Blvd
Owensboro, KY 42303

**For adults aiding adults*



**SCAN ME
TO REGISTER!**

For questions, please contact irizarry-karyleen@rvbh.com or (270)570-2268

rvbh rivervalley
behavioral health

 **Mental Health FIRST AID**
THE NATIONAL COUNCIL FOR MENTAL WELLBEING