



# Family and Consumer Science



Cooperative Extension Service

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## Sweet and Savory Cucumber Salad

- |   |                                 |                                       |
|---|---------------------------------|---------------------------------------|
| <b>2</b> medium cucumbers               | <b>1 teaspoon</b> minced garlic | <b>1 teaspoon</b> white wine vinegar  |
| <b>2 tablespoons</b> coarse kosher salt | <b>20</b> seedless grapes       | Sodium-free seasoning blend, to taste |
| <b>¼ cup</b> slivered, blanched almonds | <b>1 cup</b> fresh blueberries  |                                       |
|   | <b>2 tablespoons</b> olive oil  |                                       |

**Preheat** oven to 400 degrees F. **Wash** cucumbers. **Cut** the ends off the cucumbers; remove peel if it is tough or bitter. **Slice** the cucumbers lengthwise; use a spoon to **remove** any large seeds; **cut** into ¼ inch slices. **Place** the sliced cucumbers in a colander; **sprinkle** with kosher salt and stir. Let stand for 25 minutes. **Spread** the slivered almonds on a baking sheet and **bake** with the rack in the top position, at 400 degrees F until lightly browned — about 5 minutes (use a timer to prevent overbrowning); **remove** from oven and **cool**. **Slice** grapes in half lengthwise and place in a large bowl.

**Add** blueberries. **Rinse** the salt from the cucumber slices and turn out onto several paper towels. **Place** a paper towel over the top and **press dry**. **Add** cucumbers to the bowl with the other fresh ingredients. **Drizzle** the olive oil and vinegar over the salad; **add** the garlic and sodium-free seasoning to taste; **toss**. **Sprinkle** the toasted almonds over the top and serve.

**Yield:** 4, 1 cup servings

**Nutritional Analysis:** 170 calories, 11 g fat, 1 g saturated fat, 0 mg cholesterol, 580 mg sodium, 16 g carbohydrate, 4 g fiber, 11 g sugars, 4 g protein.



## 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://ukfcsext.podbean.com/>

Check out our county website for information on all program areas.

<http://ohio.ca.uky.edu/>





# Homemaker Happenings

**Thought of the Day** "Dads are most ordinary men turned by love into heroes, adventures, story tellers and singers of song." – Pam Brown

**Roll Call:** In June we celebrate Fathers. Share a favorite Father's Day memory.

## Dates to Remember:

**June 7<sup>th</sup>** Homemaker Council

**June 8<sup>th</sup>** Cupcake Decorating Class #2

**June 18<sup>th</sup>** Happy Father's Day

**June 19<sup>th</sup>** Closed for Juneteenth Holiday

Congratulations to Marsha Young on her blue ribbon at the KEHA State Meeting last month!



## Grilling Safety and Nutrition Reminders

Source: Annhall Norris, extension specialist

The scent of charcoal and delicious meats and marinades cooking on the grill are sure signs of summertime. As we spend more time cooking outdoors, it is important that we also remember food safety and nutrition.

Food safety ensures that food is prepared and cooked in a way that kills harmful bacteria that cause foodborne illness. Many grilling food safety practices are the same as with indoor food preparation.

Wash your hands for at least 20 seconds with soap and warm water before and after handling all food. Do not cross-contaminate raw and cooked foods. Wash cutting boards, utensils and dishes before preparing each new item and always use a clean platter when removing foods from the grill.

Safely defrost frozen foods in the refrigerator, microwave or in cold water. Never thaw food at room temperature. If your recipe requires you to marinate your food, do so in the refrigerator. Make enough marinade to divide between raw meats and the sauce. Do not reuse marinade that was placed on raw meats as a sauce on cooked foods. Juices from raw meats can contaminate cooked food.

When grilling, use a meat thermometer to make sure the meat is cooked to a high enough temperature to kill any bacteria. Cook ground meats, including beef, pork, lamb and veal, to an internal temperature of 160 degrees F. Other cuts of these meats, including steaks, roasts and chops, need to reach 145 degrees F after a 3-minute rest period. Grill all chicken and poultry to an internal temperature of 165 degrees F. Without using a meat thermometer, you may be tricked into thinking a meat is cooked before it actually reaches a safe temperature, because the outside of meat browns quickly on the grill. All grilled meats need to maintain a temperature of 140 degrees F before serving. Accomplish this by keeping meat on the side of the grill away from direct heat or placing it in an oven warmed to 200 degrees F.

While meats are the first foods that often come to mind when we talk about grilling, they are not the only foods that are tasty when cooked on the grill. You can grill a lot of fruits and vegetables. Peaches, pears, pineapples, bananas, apples and melons grill well. Select firm fruit that is not too ripe. Over-ripe fruit can end up too soft when grilled. You can enhance their flavor by applying olive oil or lemon juice before placing them on the grill. Place firm vegetables like corn on the cob, asparagus and eggplant directly on your grill's cooking grid. Brush with olive oil and season with fresh herbs. Frequently turn vegetables to keep them from burning. Wrap smaller or chopped vegetables, along with a little oil and seasoning, in aluminum foil before grilling.

Cooked food should not set outside for more than two hours. If it is warmer than 90 degrees F, then food should not set out for more than one hour. More information about nutrition and food safety is available at the Ohio County Extension Office





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2023

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## THIS MONTH'S TOPIC: SAVING MONEY ON MEDICAL EXPENSES

When you need to see a doctor or refill a medication, worries about money can cause people to put off getting the care they need. Whether an expensive medication or a doctor's appointment, it can be hard to budget for health-care costs. Learning ways to lower medical expenses can help you stay healthy physically and financially.

### LOWERING PRESCRIPTION COSTS

One way to lower medication costs is by shopping around at different pharmacies for the best price. While it can be convenient to go to the same pharmacy every time you need to fill a prescription, try using multiple pharmacies if it can lower your costs. You also can ask your pharmacist about any savings plans your pharmacy offers and if your medications qualify for discounts. You may save money by ordering through the mail or buying in bulk. For example, a 90-day supply of your medicine may have a cheaper price than the standard 30-day supply.

Another way to save money on prescriptions is to ask your doctor about using generic brands. Some doctors might only tell you about the name brand, but there may be cheaper versions that are just as good. The Food and Drug Administration regulates



both generic and name-brand prescriptions, ensuring they have the same active ingredients that treat the same conditions. If there is not a generic form of your prescription, ask your doctor if there are more affordable alternatives that can treat the condition.

### STAYING IN-NETWORK

To save money at the doctor's office, review your health insurance policy to identify which doctors are in your network. Going to an out-of-network doctor can greatly increase your copayments. Your insurance company negotiates prices with approved providers, which basically allows you to pay a discounted rate on their services. Being aware of the physicians in your network will save money over out-of-network providers.





## A KEY TO KEEPING MEDICAL EXPENSES DOWN IS TO SCHEDULE ANNUAL CHECKUPS WITH YOUR DOCTOR



### CONSIDER AN HSA

Check to see if you can set up a Health Savings Account (HSA) with your health-care plan. You can add to an HSA with pre-tax dollars through your employer or through a high deductible health plan that meets Internal Revenue Service requirements. The money you put in an HSA can earn interest, and when you take money out for medical expenses, insurance premiums, or deductibles, it is tax-exempt.

### HEALTH IS AN ASSET

Finally, a key to keeping medical expenses down is to schedule annual checkups with your doctor. Having regular physical examinations, or well-visits, allows your doctor to watch a condition at its earliest stages. Keeping an eye on things like blood pressure and blood glucose levels can help you take steps to lower your risk of developing conditions in the future like heart disease or diabetes.

View your health as an asset. Forming healthy habits with diet and exercise can help in lowering the

likelihood of developing certain medical conditions that may be costly to you physically and financially. Additionally, if you have a medical condition, it is important to follow the guidelines that your doctor gives you about managing your lifestyle and medication. Preventing a bigger issue will be much cheaper than paying for it afterward.

Don't let the costs of health care keep you from getting the medical services you need. Be proactive in finding ways to save money on medical expenses.

### REFERENCES:

NH Health Cost. *What kind of accounts can I use to set aside money for medical cost?* <https://nhhealthcost.nh.gov/guide/question/what-kind-accounts-can-i-use-set-aside-money-medical-cost>

National Library of Medicine. *Eight ways to cut your health care costs.* <https://medlineplus.gov/ency/patientinstructions/000870.htm>

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