



February 2024  
FCS Newsletter

VOL. 2024-02

## Cooperative Extension Service

Wayne County  
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Monticello, KY 42633  
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***“ If January is the month of change, February is the month of lasting change.  
January is for dreamers...February is for doers.” ~ Marc Parent***

### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.





# Nutrition Notes.....

(Alta) Gaye Hutchison,  
EFNEP Assistant

(Expanded Food and Nutrition Education Program)

Taken from  
February 2024  
Food and  
Nutrition  
Calendar

## Everything Tuna Melts



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 3 cans (5 ounces each) tuna in water, drained
- 1 stalk celery, diced
- 1/2 small onion, diced
- 3 tablespoons mayonnaise
- 5 whole-wheat mini bagels, cut in half
- 1 large or 2 small apples, cored and sliced thinly
- 1 cup shredded sharp cheddar cheese
- 2 teaspoons everything bagel seasoning

1. Preheat the oven broiler on low.
2. Wash hands with warm water and soap, scrubbing at least 20 seconds.
3. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
4. In a bowl, combine the tuna, celery, onion, and mayonnaise; mix well.
5. On a baking sheet, toast each side of the bagels under the broiler.
6. Divide and spread the tuna mixture on each of 10 bagel halves. Top with

apple slices and cheese. Sprinkle with everything bagel seasoning.

7. Return the pan under the broiler for 3 to 5 minutes or until the cheese is melted. Serve immediately.
8. Refrigerate leftovers within 2 hours.

**Note:** This recipe is very adaptable. If you do not have whole-wheat bagels, you can substitute with English muffins, hamburger buns, or whole-wheat bread. Try everything flavored bagels and skip the seasoning. Substitute canned chicken for tuna. Use tomato slices or pineapple slices instead of apples to add variety. You can usually find affordable everything bagel seasoning at dollar stores. If you cannot find everything bagel seasoning, try your favorite salt-free herb blend instead.

**Makes 5 servings**  
**Serving size: 2 bagel halves**  
**Cost per recipe: \$7.52**  
**Cost per serving: \$1.50**

**Nutrition facts per serving:**  
320 calories; 13 grams total fat; 4g saturated fat; 0g trans fat; 50mg cholesterol; 700mg sodium; 27g total carbohydrate; 1g dietary fiber; 8g total sugars; 0g added sugars; 25g protein; 15% Daily Value of vitamin D; 25% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium

**Source:**  
Brooke Jenkins,  
Extension Specialist,  
University of  
Kentucky Cooperative  
Extension Service



# Apple Crumb Dessert

Servings: 4 Serving Size: 1/4 of recipe



## Ingredients:

- Nonstick cooking spray
- 4 medium apples for baking
- 1/2 cup quick-cooking oatmeal (uncooked)
- 1/4 cup light or dark brown sugar, packed
- 2 teaspoons cinnamon
- 1/3 cup 100% apple juice

## Directions:

1. Move the oven rack to the center of the oven. Preheat the oven to 350° F.
2. Spray the bottom and sides of a 9-inch square baking dish with nonstick cooking spray.
3. Wash and peel the apples. Cut them into thin slices.
4. Spread the apple slices evenly over the bottom of the baking dish.
5. In a small bowl, use a fork to mix the oatmeal, brown sugar and cinnamon.
6. Spread the oatmeal mix evenly over the apples in the baking dish.
7. Lightly pour the apple juice over the oatmeal mixture.
8. Cover the dish and bake for 20-30 minutes until apples start to soften.
9. Uncover and bake for another 15-20 minutes until apples are soft.

**Source:** LEAP...for Health: USDA Mixing Bowl. What's Cooking? Fat-Free Apple Crumb Dessert

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fat-free-apple-crumb-dessert>.

## Tips

A baking apple holds its shape and does not breakdown into puree when heated in an oven. Braeburn, Cortland, Gala, Golden Delicious, Granny Smith, Honeycrisp, Jonagold, Jonathan, Pink Lady, Rome and Winesap are good apple varieties for baking.



## Extension Homemaker Club Meetings

- Country Charmers** - February 1st @ 5:30 p.m. - Downstairs Meeting Room  
**Sunnybrook** - February 1st @ 6:30 p.m. - Small Downstairs Meeting Room  
**Odds 'N Ends** - February 8th @ 12 noon - Downstairs Meeting Room  
**Pots & Pans** - February 12th @ 6:00 p.m. - Upstairs Meeting Room  
**Charity** - February 13th @ 5:00 p.m. - New Charity Baptist Church  
**Crafter's Anonymous** - February 14th @ 1:30 p.m. - Pizza Hut  
**Happy Chippers** - February 15th @ 12:30 p.m. - Downstairs Meeting Room  
**Creative Characters** - February 20th @ 12:30 p.m. - Downstairs Meeting Room  
**Mudslingers** - February 26th - Assigned Appointments Only-Contact Seth Hart  
**Mudslingers** - February 27th @ 12:30 p.m. - Downstairs Meeting Room

**Reminder: PLEASE turn in your monthly reports!**



### Roll Call and Thought of the Day for KEHA Monthly Club Meetings February 2024



Thought for the Day: "If the winter is too cold and summer is too hot, you are not a hiker." ~ Unknown

Roll Call: Which is your favorite season and why?

### **Blood Drive!**

Tuesday, February 27, 2024

Aspire Center

Creative Characters/Happy Chippers - 1:30 p.m.-3:30 p.m.

Charity - 3:30 p.m.-5:30 p.m.





# UPCOMING EVENTS

## Wayne County Extension Homemakers! Dates to Book in Your Calendar

### FEBRUARY 2024

February 8th - Christmas Village Planning Meeting @ 5:00 p.m. - Small Upstairs Room

February 14th-16th- Wayne County Cultural Arts Contest - Upstairs Meeting Room

- February 14 - Entry Day from 9:00 a.m.-1:00 p.m.
- February 15 - Viewing Day from 8:00 a.m.-4:30 p.m.
- February 16 - Pick-up Day from 8:00 a.m.-12 noon.

February 21st - In-Stitches Class @ 10:00 a.m. - Downstairs Meeting Room

February 23rd - Bread & Jam Class @ 10:00 a.m. - Downstairs Meeting Room

### MARCH 2024

March 4th-5th - Mental Health First Aid Training @ 5:00 p.m. - Downstairs Mtg. Room

March 6th - LCA Cultural Arts Contest - Cumberland County

March 14th - Spring CEC/District Board Meeting @ 6:00 p.m. - Upstairs Mtg. Room

March 20th - In-Stitches Quilt Class @ 10:00 a.m. - Downstairs Meeting Room

March 26th - LCA Homemaker Council Meeting @ 10:30 a.m. - Adair County

### APRIL 2024

April 2nd - Homebased Microprocessor Class

April 8th - Homemaker Officers' Movie Night @ 5:30 p.m. - Downstairs Meeting Room

April 12th - Set up for Spring Yard Sale Fundraiser

April 13th - Spring Yard Sale

April 17th - In-Stitches Quilt Class @ 10:00 a.m. - Downstairs Meeting Room

April 30th - In-Stitches Class Shop Hop Event

**HOMEMAKER LEADER LESSONS @ 5:30 p.m. - Downstairs Meeting Room**

February 27th - Cultural Arts Experience

March 26th - Spring Cleaning Your Home & Finances

April 23rd - Entertaining Little Ones

May 28th - Healthy Food Choices



# Welcome

## **New Extension Staff Assistant Bethany Barrier**

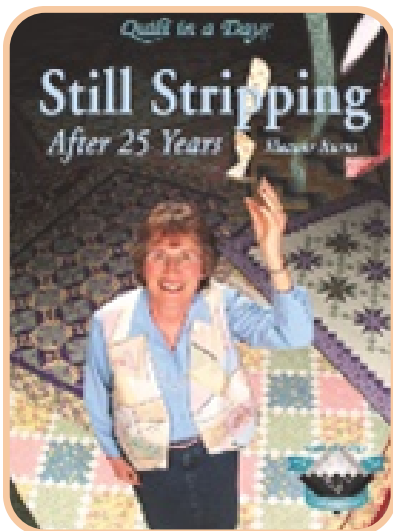
It's great to have you join us at the Wayne County Extension Office. We look forward to working with you.

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### **Note from House of Blessings Soup Kitchen**

The House of Blessings would like to say thank you to the Wayne County Extension Homemakers for their generous donations during 2023. Because of those donations, they were able to provide 143,364 meals in Wayne County! They also received enough donations from the Wayne County community to make 255 Christmas gift bags for senior citizens.

*Thank you!*  
for your support



### **In-Stitches Quilt Class Still Stripping - Nine Patch Party Quilt Wednesday, February 21, 2024 @ 10:00 a.m. Downstairs Meeting Room**

Over the next few months, we will be doing various quilt projects from "Still Stripping" book by Eleanor Burns, Quilt in a Day. Call the Extension Office for class prep information.



## Cultural Arts & Heritage Creative Writing Contest

State Homemakers have a creative writing contest each year. If you write memoirs, short stories, or audio of an original music competition, please submit those to the Extension Office no later than February 26, 2024. Entries are open only to members of KEHA. Pick up a copy of the guidelines from the Extension Office.



## KEHA Mini-Grants

KEHA Mini-Grants up to \$500 are awarded annually. KEHA members are eligible for the mini-grants. Recipients are announced and awards made at the KEHA Annual Meeting. For more detailed information concerning the mini-grants, please stop by the Extension Office. Applications are available at the Extension Office and are due by March 1st.



## 2024 KEHA State Meeting

This year's KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. The theme is "Blazing the Way with KEHA." Fort Harrod Area will serve as the host area. Reserve your hotel room now in the KEHA group block! The group rate is \$126/night (1-2 people; scaled pricing for more people per room). Make your reservations by April 6, 2024 to secure the conference rate.

Details are on the State Meeting webpage:

<https://keha.ca.uky.edu/content/state-meeting-information>

Lots of talent in Wayne County!! Please bring your items to the Cultural Arts Event at the Wayne County Extension Office on February 14th. Each article must be the work of an Extension Homemaker member who have paid their dues by the December 2023 deadline date and must have been completed during the past 2 years.

## 2023-2024 Cultural Arts Exhibit Categories

Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years. For 2023-2024 county, area, and state exhibits, items completed during the past 2 years will be eligible.

**Entry Day - Wednesday, February 14, 2024 - 9 a.m.-1 p.m. - Upstairs Meeting Room**

### *Categories and Subcategories*

#### **1. APPAREL**

- a. Accessory
- b. Appliqued
- c. Basic Sewing
- d. Quilted
- e. Specialty

#### **2. ART, 3-Dimensional**

- a. Carving
- b. Sculpture

#### **3. ART, NATURAL**

- a. Wood
- b. Other

#### **4. ART, RECYCLED (Include a before picture)**

- a. Clothing
- b. Household
- c. Other

#### **5. BASKETRY**

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

#### **6. BEADING**

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

#### **7. CERAMICS**

- a. Hand-formed
- b. Molded
- c. Pre-made

#### **8. COUNTED CROSS STITCH**

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

#### **9. CROCHET**

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

#### **10. DOLL/TOY MAKING**

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

#### **11. DRAWING**

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

#### **12. EMBROIDERY**

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Miscellaneous

#### **13. FELTING\***

- a. Needle Method
- b. Wet Method

#### **14. HOLIDAY DECORATIONS**

- a. Autumn
- b. Spring
- c. Summer
- d. Winter



## 2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

### 15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

### 16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

### 17. KNITTING (OTHER – machine / loom)

### 18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

### 19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

### 20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

### 21. PHOTOGRAPHY (mounted or framed) \*\*

- a. Black & White
- b. Color

### 22. QUILTS\*\*\*

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)

### 22. QUILTS\*\*\* (continued)

- e. Machine Appliqué (machine quilted)
- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

### 23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking\*\*\*\*

### 24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle
- d. Woven

### 25. WALL or DOOR HANGING

- a. Fabric
- b. Other

### 26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

### 27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

\* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

\*\* Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

\*\*\*Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

\*\*\*\* Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

More information can be found on the KEHA website:  
<https://keha.ca.uky.edu>

Handbook 41  
June 2023

**BREAD & JAM CLASS**  
**FRIDAY, FEBRUARY 23, 2024 @ 10:00 A.M.**  
**WAYNE COUNTY EXTENSION OFFICE ~ DOWNSTAIRS MEETING ROOM**

**COME AND JOIN US!**

**REGISTRATION FEE: \$5.00**

**REGISTRATION DEADLINE:**

**FEBRUARY 21, 2024**

**PHONE: 606-348-8453**

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We will be exploring the Bread Machine and its many uses. We will also be exploring the Jam/Jelly Maker! These two small kitchen appliances can be a lot of tasty fun! We will be making and sampling delicious breads and jams/jellies along with creamy butter.

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**County & Club Officers' Event**  
**Movie Night ~ Fried Green Tomatoes**  
**Monday, April 8, 2024 @ 5:30 p.m.**

**Downstairs Meeting Room**  
**Snacks, Movie, Fun, & Fellowship**  
**Please register so we can be prepared for you.**



*Spring*  
**YARD SALE**

April 13, 2024  
8:00 am - 2:00 pm

Wayne County  
Extension Office  
255 Rolling Hills Blvd.  
Monticello, KY 42653

A graphic illustration for a Spring YARD SALE. It features a large arched sign with the text 'Spring YARD SALE'. Below the sign, there are two clothing racks filled with various items of clothing, including shirts, pants, and jackets. A shopping basket is on the floor. The background is a light beige color.



# Homebased Microprocessing Workshop



Tuesday, April 2, 2024  
9:30 a.m. - 2:30 p.m. ET  
Wayne County Extension Office  
255 Rolling Hills Blvd., Monticello, KY  
Downstairs Meeting Room



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Join our workshop!  
Homebased  
microprocessors are  
farmers who grow and  
harvest produce to use in  
their value-added products.  
Homebased  
microprocessors are  
required to grow a  
predominant ingredient in  
the products they make.  
The first step to becoming  
certified as a homebased  
microprocessor is to attend  
a Homebased  
Microprocessor (HBM)  
workshop presented by the  
University of Kentucky.

The cost of the workshop is  
\$50.00.

For more information & to register:  
[ukfcs.net/HBM](http://ukfcs.net/HBM)

or call (606) 348-8453

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Agriculture and Natural Resources  
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4-H Youth Development  
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LEXINGTON, KY 40546



Adair County Homemakers  
invite you to attend the...

*LAKE CUMBERLAND  
AREA ANNUAL MEETING*

SAVE THE DATE  
MAY | 16 | 2024

Adair County Extension Office  
409 Fairground Street  
Columbia, KY 42728



# MENTAL HEALTH FIRST AID

## LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

### AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

Join the more than

**2.6** MILLION

*First Aiders who have chosen to be the difference in their community.*

## REGISTER TODAY!

### Delivery Format:

In-person instruction delivered in two parts over the course of two evenings.

### Date and Time:

March 4th & 5th , 2024 - 5:00PM - 8:30PM

### Location:

Wayne County Extension - 255 Rolling Hills Blvd. Monticello, KY

### Where to Register:

Use the QR code to the right, or call: (606) 348-8453

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.



**Must attend both sessions to receive certificate.  
Dinner will be provided.**

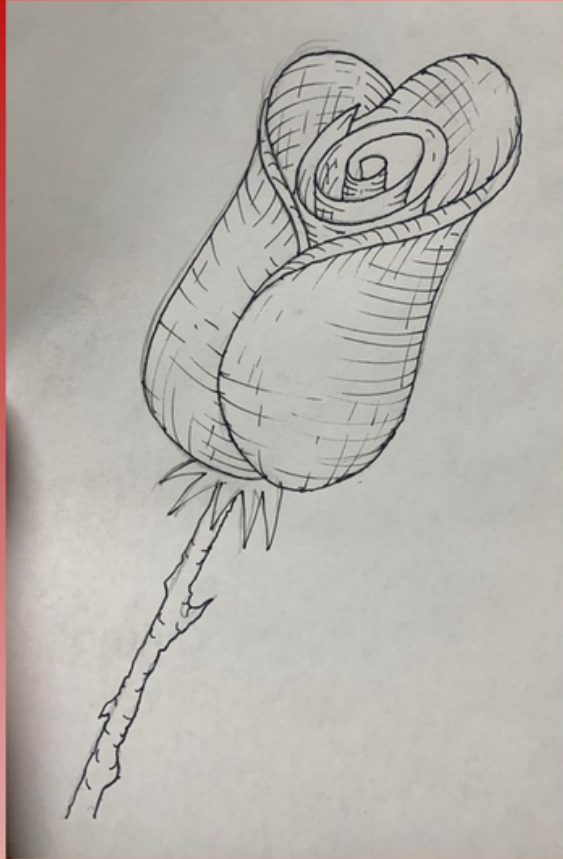




# Seth Hart

Program Assistant  
for Community Arts

# Rose Drawing



IF COMPLETED BY 4-H STUDENTS

~ 4-H ARTS ~

## DRAWING

PEN & INK

SKETCH ANIMALS OR OTHER OBJECTS USING PEN AND INK. NO MARKERS

Provided by

Seth Hart  
Extension Program Assistant for Fine Arts  
Wayne County Cooperative Extension Office  
255 Rolling Hills Blvd.  
Monticello, KY 42633  
606-348-8453  
seth.hart@uky.edu

## KENTUCKY KENTUCKY STATE UNIVERSITY COOPERATIVE EXTENSION

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

## MATERIALS & RESOURCES

### PENCIL

### PAPER OPTIONS

CARDSTOCK

ACRYLIC PAPER

WATERCOLOR PAPER

### GEL INK PEN

"PILOT" PRECISE V-5

### TERMS

PEN & INK DRAWING

BLACK AND WHITE DRAWING

LINE

FORM

TEXTURE

INSTRUCTIONS ON BACK.....

### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Lexington, KY 40506



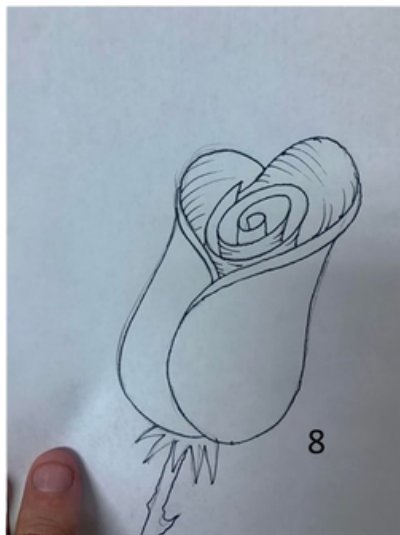
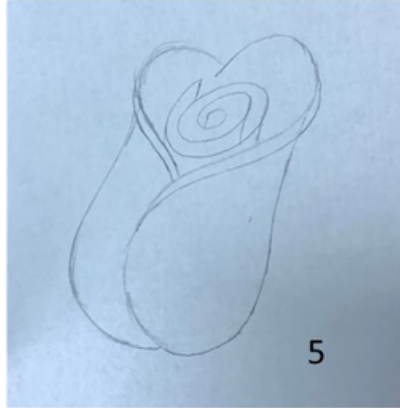
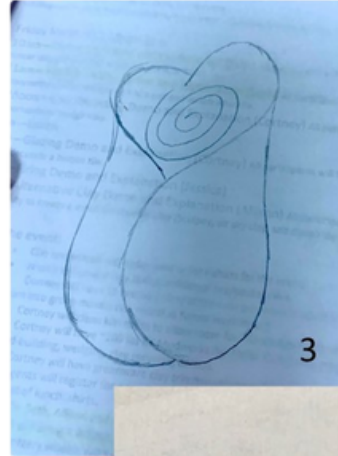
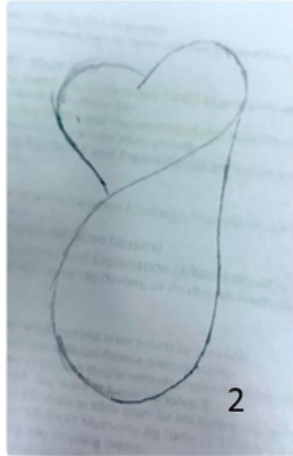
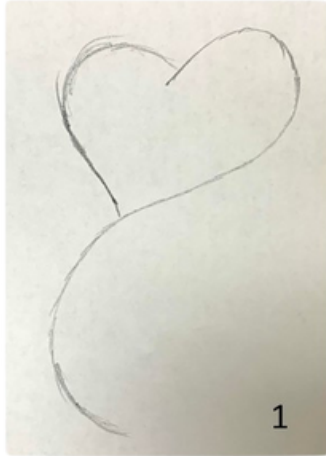
Disabilities  
accommodated  
with prior notification.



# Seth Hart

Program Assistant  
for Community Arts

## Rose Drawing



CHANNEL: WAYNE COUNTY COOPERATIVE EXTENSION SERVICE

PLAYLIST: FINE ARTS

VIDEO/TUTORIAL: PEN AND INK DRAWING - ROSE

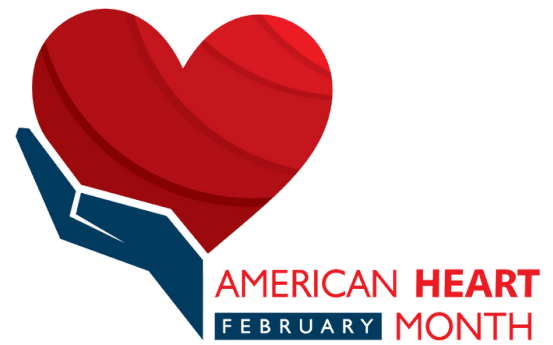
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**Joy McGinnis**

**FCS Program Assistant**



## **February is Heart Health Month!**

February is American Heart Month, a time when all people—especially women—are encouraged to focus on their cardiovascular health. Nearly 45% of women ages 20+ are living with some form of cardiovascular disease.

### **Eight Tips to Reduce Your Risk**

**1. Know your risk factors.** Nine out of 10 women have at least one risk factor for heart disease. Risk factors include:

- high blood pressure
- high cholesterol
- diabetes
- smoking
- a family history of premature heart disease

Obesity also increases the risk of developing high blood pressure, high cholesterol, and pre-diabetes, which increases the risk of heart disease. With the exception of family history, you can modify the other risk factors to reduce your risk of heart disease.

**2. Manage current health conditions, including diabetes, high blood pressure, and high cholesterol.** Talk to your health care provider to confirm the best treatment plan.

**3. Recognize symptoms of a heart attack in women, and call 9-1-1 if needed.**

Know that symptoms in women can be the same or different as those in men.

Symptoms can include:

- an ache or feeling of tightness in the chest, arm(s), neck, jaw, back, or abdomen
- shortness of breath
- nausea/vomiting
- lightheadedness
- extreme fatigue
- breaking out in a cold sweat

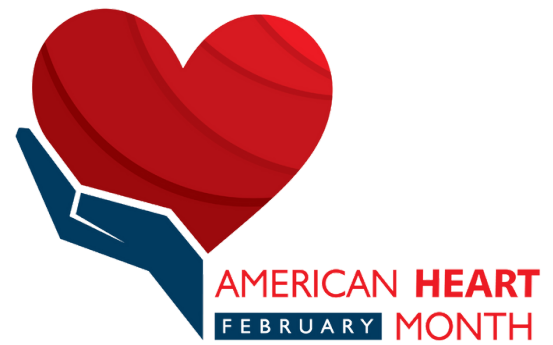
As with men, the most common symptom of a heart attack in women is chest discomfort. But you can have a heart attack without chest pain or pressure. And women are more likely than men to have other symptoms, such as back pain, jaw pain, shortness of breath, indigestion, and nausea/vomiting. If you have these symptoms and suspect you're having a heart attack, call 9-1-1. Call even if you're not sure, it could save your life.



**Joy McGinnis**

---

**FCS Program Assistant**



### **February is Heart Health Month! (Continued)**

**4. Do regular physical activity and maintain a healthy weight.** You don't need to complete all activity at one set time, and it's okay if you're not a fan of the gym. Walking may be one easy way to start. Talk to your health care provider about how much activity is right for you.

**5. Make heart-healthy food choices.** For example, you can eat fruits and vegetables with each meal; limit saturated fat and added sugars; and eat more whole grains. Choose the leanest cuts of meat available and prepare them in healthy ways. The updated Nutrition Facts Label can tell you key information about the packaged foods you eat. It includes details about serving sizes and sodium, saturated fat, and added sugar. You can check with your health care provider to confirm the food choices best for you.

**6. Know daily use of aspirin is not right for everyone.** Talk with a health care provider before you use aspirin to prevent heart attacks.

**7. If you smoke, try to quit.** Check out How Smoking Affects Heart Health and learn more about medicines to help you quit.

**8. Talk to a health care provider about whether you can participate in a clinical trial for a heart medication or procedure.** A clinical trial is a research study that involves human volunteers. Visit the FDA's Women in Clinical Trials page to learn more.

**Source: FDA.gov and heart.org**

### **Preventing Dry Skin in the Winter**

- Use creams instead of lotion, particularly on skin that is commonly exposed to outdoor elements such your face or hands. Creams are thicker and provide a better barrier between skin and harsh weather conditions.
- Avoid skin and hair products with fragrance. Many products that include synthetic fragrances can irritate and make itching worse when the skin is already raw or inflamed.
- Avoid long, hot showers. As tempting as a steamy shower can be to remedy cold weather blues, extreme heat can additionally dry your skin, compounding the problem.
- Seek professional help for persistent problems. If over-the-counter attempts to resolve itching and irritated skin are not working, see a dermatologist. Sometimes winter weather can trigger underlying skin conditions that need professional care and prescription treatment. Cold temperatures, gusting wind, and limited exposure to sunlight can be the perfect storm for producing dry skin and itching in the winter months. If you are prone to dry, itchy skin, there are some things you can do to prevent its onset.





## February is Love Your Heart Month! Try some of these delicious recipes!

### Cajun Seasoned Fish with Rice



**Servings:** 6 **Serving Size:** 1 fish fillet and 1/2 cup rice

**Recipe Cost:** \$11.41 **Cost per Serving:** \$1.91

**Nutrition Facts:** 260 calories; 5g total fat; 2g saturated fat; 0g trans fat; 60mg cholesterol; 460mg sodium; 28g total carbohydrate; 3g dietary fiber; 2g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

#### Ingredients:

- 1 tablespoon paprika
- 1 tablespoon dried oregano
- 1 tablespoon garlic powder
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 tablespoon butter
- 1 package (10 ounces) frozen vegetable blend with onions, celery, peppers, and parsley
- 3 cups cooked brown rice
- Nonstick cooking spray
- 1-1/2 pounds thawed fish fillets, any type
- 1 lime (optional)

#### Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Combine paprika, oregano, garlic powder, pepper, and salt in a small bowl. Set aside.
3. Melt butter in a medium saucepan.
4. Add frozen vegetable blend.
5. Cook and stir over medium heat for 5 to 8 minutes or until vegetables are tender.
6. Add cooked rice and 1 teaspoon of prepared seasoning mix. Cook and stir until rice is heated through, about 3 to 5 minutes.
7. Reduce heat to very low. Cover rice mixture and keep warm while preparing fish.

## Cajun Seasoned Fish with Rice (Continued)

8. Spray fish fillets on all sides with cooking spray and coat with seasoning mix. Remember to wash your hands after handling raw fish.
9. Place a large cast iron skillet or other heavy, nonstick skillet on the stovetop over medium high heat. Let the pan preheat until it's very hot but not smoking.
10. Place fish fillets in a single layer in the pan. The pan will smoke a little.
11. Cook fish over medium-high heat for 3 minutes. Use a spatula to carefully turn the fish over. The seasoning mixture will make a dark brown crust on the fish.
12. Cook the fish on the other side for 3 more minutes, or until it is solid white and flakes easily with a fork, or registers at least 145 degrees F when tested in the thickest part.
13. Divide fish into six portions and serve each piece over 1/2 cup of cooked rice.
14. Optional: Sprinkle fish with juice from one lime.
15. Refrigerate leftovers within 2 hours.

Variations: Add 1/4 teaspoon cayenne pepper or chili powder for a spicier mix.

**Source: Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension Service**

## Crunchy Munch Snack Mix

**Servings:** 10 **Serving Size:** 1/2 cup **Recipe Cost:** \$2.89 **Cost per Serving:** \$0.29 **Nutrition Facts:** 160 Calories; 7g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 45mg sodium; 45mg sodium; 24g total carbohydrate; 2g fiber; 9g sugar; 0g added sugar; 4g protein; 0% Daily Value vitamin d; 4% Daily Value calcium; 6% Daily Value iron; 4% Daily Value potassium.



### Ingredients:

- 2 cups mini shredded wheat squares cereal
- 1 cup dried fruit (such as raisins, cranberries, blueberries, apricots)
- Nuts or seeds (such as almonds, peanuts, pumpkin seeds, sunflower seeds)
- 1 cup mini pretzels

### Directions:

1. In an airtight container, combine cereal, dried fruit, nuts/seeds and pretzels.
2. Keep sealed to store.

### Make it a Meal

Have this mix with carrot sticks and milk for a nutrient dense snack!





## Citrus Kale Salad

**Servings:** Makes 4 servings **Serving size:** 1 ½ cups

**Cost per recipe:** \$2.96 **Cost per serving:** \$0.74

**Nutrition facts per serving:** 240 calories; 16g total fat; 2g saturated fat; 0g trans fat; 0mg cholesterol; 180mg sodium; 19g carbohydrate; 6g fiber; 10g sugar; 1g added sugar; 7g protein; 0% Daily Value of vitamin D; 20% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

### Ingredients:

- 1 bunch of kale, washed and dried
- ¼ cup orange juice
- 2 tablespoons olive oil
- ½ teaspoon sugar
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon plain Greek yogurt
- 2 oranges, peeled and seeded, cut into chunks
- 1 small red onion, sliced
- ½ cup sunflower or pumpkin seeds

### Directions:

1. Tear leaves off kale stalk and chop. Set aside in a large bowl.
2. Combine orange juice, olive oil, sugar, garlic powder, salt and pepper in a small jar. Shake until combined. Add yogurt and shake again until creamy.
3. Pour dressing over kale and toss.
4. Add orange pieces, onion and seeds. Toss until combined.

## Egg-cellent Salad

- 3 hard-boiled eggs
- 1/4 cup plain Greek yogurt
- 1/2 celery stalk, finely chopped
- 1/2 carrot, shredded • 1 tablespoon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

1. In a medium-sized bowl, mash the hard-boiled eggs using a fork. 2. Add yogurt, celery, carrot, mustard, salt, and pepper. 3. Stir until well combined. 4. Refrigerate until cool and serve. (Try serving on whole wheat bread or tomato slices. You can spread some on bell pepper slices for an extra dose of veggies!)

**Servings:** 3 **Serving Size:** 1/2 cup **Nutrition Facts Per Serving (egg salad only):** 100

calories; 6g total fat; 2.5g saturated fat; 0g trans fat; 185mg cholesterol; 330mg sodium; 4g carbohydrate; 1g fiber; 2g sugar; 8g protein

**Egg-cellent Salad Source:** University of Kentucky Cooperative Extension Service: Nutrition Education Program: Eat Smart to Play Hard. Submitted by Joy McGinnis



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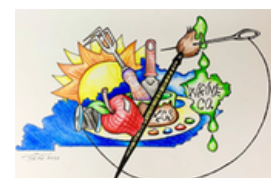
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