

# Family & Consumer Sciences Newsletter

## JUNE 2024

Happy June,

Summertime is here and FCS programming is busy.

As a reminder, KEHA year ends June 30.

July 1 is the due date for club reports to be submitted to the county (paper forms). This includes both program of work reports and volunteer service logs.

The Homemaker Annual Meeting is scheduled for June 27th at 6:00pm. More details can be found on the flyer on page 2.

Super Star Chef is scheduled for July 9 & 10 and July 23 & 24. If anyone would like Extension Hours for their reports, please let me know. We would love to have extra hands in helping these youth groups learn cooking skills.

Cooking Through the Calendar has been cancelled for this month but will resume in July.

Food Preservation Workshop has been rescheduled until early August. Date is TBD.

## What's Inside

Flyers 2  
Intern/POP Club 3  
Health Bulletin 4-5  
Recipe 6  
MoneyWi\$e 7-8



Sarah Congleton

*Sarah Congleton*

CEA for  
Family &  
Consumer Sciences Education  
106 E Locust Street  
Mt. Sterling, KY 40353  
859-498-8742  
Sarah.Congleton@uky.edu

## 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.

Montgomery County  
Homemaker Annual Meeting



*You're Invited*



Thursday, June 27

6:00 pm

Montgomery County Extension  
Education Center  
*Pot luck style dinner*

*please rsvp by June 17 by calling the Extension Office  
at 859-498-8741 - Choose option 6.*

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race,  
color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State  
University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

A colorful poster for a Summer Picnic. The background is white with various colorful flowers and leaves scattered around. The text is arranged as follows:

**YOU ARE INVITED TO A FAMILY**

**SUMMER PICNIC**

**RELAX AND ENJOY THE OUTDOORS!**

**June 15/ 10am - 2pm**

Hotdogs or Hamburger meal and drink \$8.00 per plate  
Games, Activities and Vendors  
Live Music

**Jeffersonville KY Park**

Sponsored by the  
Camargo Homemakers

Welcome New KEHA Officers –

Welcome to the five newly elected KEHA state officers and chairs whose terms begin July 1, 2024.

- President-Elect: Henrietta Sheffel, Breathitt County
- 2nd Vice President: Martha Colley, Christian County
- Cultural Arts & Heritage Chair: Cindy Moore, Henry County
- Family & Individual Development Chair: Amelia Godfrey, Johnson County
- International Chair: Tammy Alford, Butler County

State Meeting Recap – Thank you to everyone for a successful state meeting!

It takes every area across the state fulfilling their assignments to make this meeting happen. Here are a few highlights from our week:

- Total attendance was 450. There were 61 first-time attendees.
- There were no bylaws changes in the state business meeting this year. The voting delegate packet is available on the [state meeting webpage](#).
- Cultural arts judging results are available on the [state meeting webpage](#).
- More than \$7,000 was raised to support designated projects through the basket raffle, silent auction, and quilt square auction. Additional details are included in a [feature story](#) on the KEHA website.

**Save the Date for 2025 State Meeting –  
Next year's KEHA State Meeting will  
take place May 6-8, 2025, at the Hyatt  
Regency in Lexington, Ky. Watch for  
details coming soon!**

# FCS Summer Intern!

## Welcome

Hello my name is Abigail McDonald! I'm originally from Frankfort KY but have lived in Mt. Sterling that past 5 years with my fiance and our two dogs! I recently graduated from the

University of Kentucky with a bachelor's degree in Family Sciences with a minor in Community & Leadership Development. My dream job is becoming a Family and Consumer Sciences Extension Agent. I am so excited to work with Montgomery County this summer!



Farmers  
Market  
opens  
June 22nd!

Join the

## POP CLUB!

FREE activities, tastings, and prizes for kids at the farmers market!



The Power of Produce (POP) Club provides a fun opportunity for children to engage in the local food system through conversations directly with farmers, educational games and demonstrations, and exposure to new fruits and vegetables. In addition to participating in educational activities, POP Club kids receive vouchers to spend at the market, allowing them to make their own shopping decisions at the market.

**ADULT**

# HEALTH BULLETIN

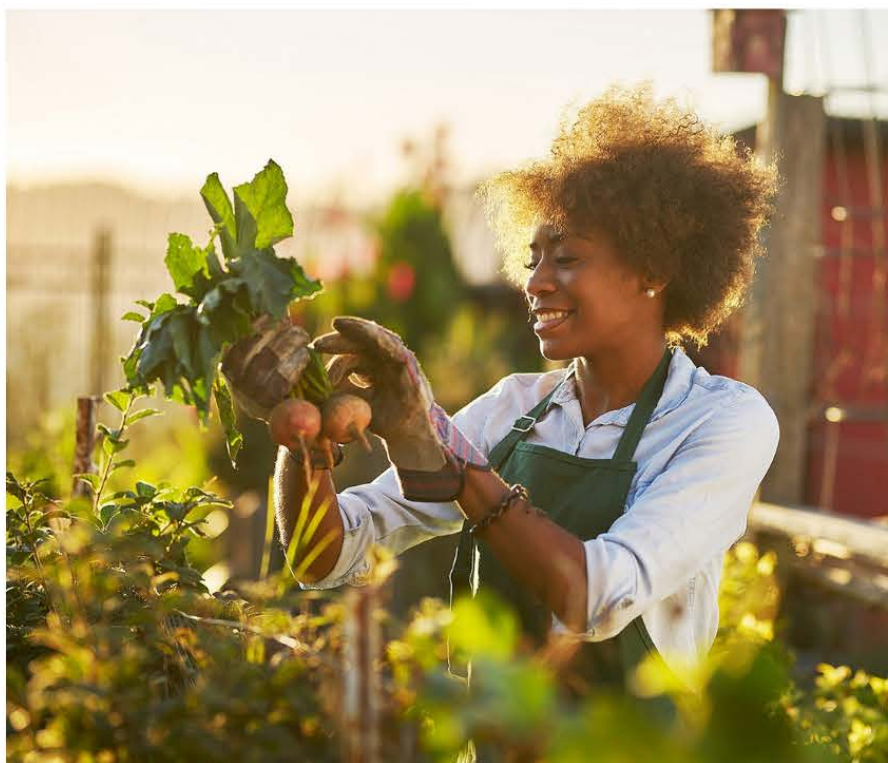


**JUNE 2024**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

**THIS MONTH'S TOPIC**

## STEP INTO NATURE, SUMMER EDITION



**A**s the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

**Continued on the next page** ➔



**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



***When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.***

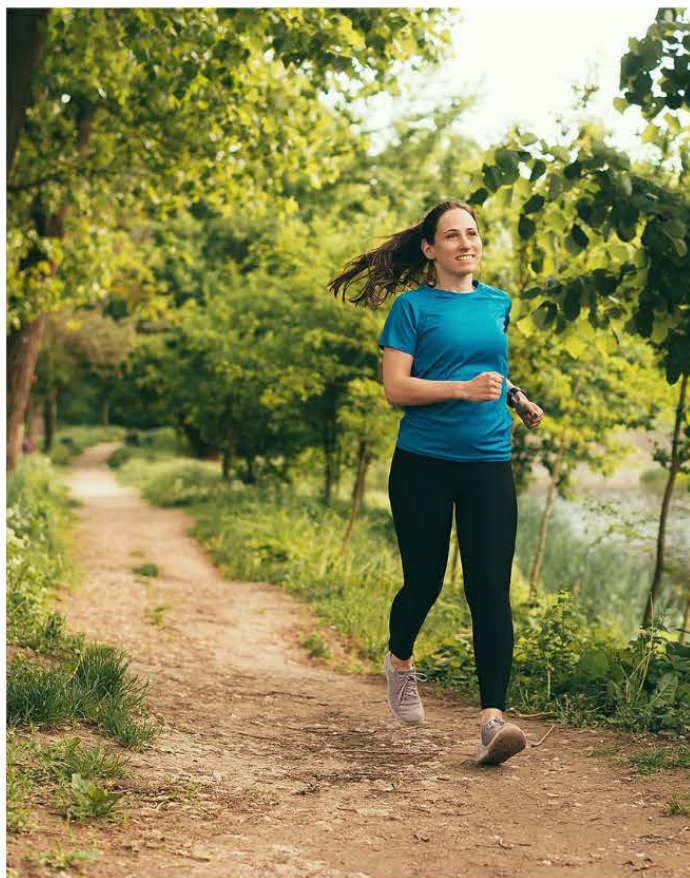
**➔ Continued from the previous page**

There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

**REFERENCE:**

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

---

**ADULT  
HEALTH BULLETIN**

**Written by:**

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock





## Fruited Coleslaw

**Cooking Through the Calendar**

JUNE is cancelled. Sorry for any inconvenience.

Next date is Wednesday, July 17 at 12pm.



Putting Healthy Food Within Reach

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

- 2 tablespoons mayonnaise
- 1/2 teaspoon apple cider vinegar (or any type of vinegar)
- 2 teaspoons sugar
- 3 tablespoons crushed pineapple canned in 100% juice, including juice
- 2 cups shredded or finely chopped cabbage
- 1/2 cup chopped apples (or fruit of choice: orange, mandarin oranges, pear)
- 1/2 cup raisins or dried cranberries

**1.** Wash hands with warm water and soap, scrubbing for at least 20 seconds.

- 2.** 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. Combine mayonnaise, vinegar, sugar, and pineapple in a small bowl. Stir to mix well. In another bowl, combine cabbage and other fruit.
- 3.** Pour dressing over cabbage and fruit. Stir to mix. Serve right away.
- 4.** Refrigerate leftovers within 2 hours.
- 5.**
- 6.**
- 7.**

**Makes 6 servings**

**Serving size: 1/2 cup**

**Cost per recipe: \$1.57**

**Cost per serving: \$0.26**

### Nutrition facts

#### per serving:

100 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 16g total carbohydrate; 2g dietary fiber; 14g total sugars; 1g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

#### Source:

Adapted from Iowa State University Extension



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## FAIR AND SAFE: THE ROLE OF CONSUMER PROTECTION AGENCIES

When you shop, you probably expect that the seller will treat you fairly, offer a reasonable price, and sell a safe product. Consumer protection agencies exist to ensure that these expectations are true. They safeguard your rights and interests as a buyer. Three of these agencies are the Federal Trade Commission (FTC), the Consumer Financial Protection Bureau (CFPB), and the Food and Drug Administration (FDA). Let's explore how these agencies help keep the marketplace balanced and secure.

### FEDERAL TRADE COMMISSION (FTC)

The FTC makes sure that competition is fair and that buyers are protected in different industries. They investigate and stop unfair competition, scams, and misleading advertising. For example, if someone tries to trick people into buying something with false claims, the FTC steps in to stop it. They also help people who have had their identity stolen by providing resources, assisting in recovery, and raising awareness. In 2021, they helped nearly 24 million identity theft victims, according to the Bureau of Justice Statistics. By promoting fair competition, the FTC encourages lower prices and better-quality products, giving consumers more choices. They also teach people about their



rights and give information to help them make smart choices, especially with big purchases or money matters.

### CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)

The CFPB is a government agency that monitors how consumers interact with banks, mortgage companies, payday lenders, and other financial businesses. Their main job is to make sure consumers are treated fairly by enforcing laws that protect them from being financially harmed or deceived. If you have a problem with a financial product or service, like a bank account or a loan, you can reach out to the CFPB for help. By filing a complaint online or over the phone, they will investigate and try to resolve the issue. The CFPB also provides educational



## **THE FTC, CFPB, AND FDA ARE ONLY A FEW U.S. CONSUMER PROTECTION AGENCIES.**

CONSUMER

FINANCIAL

PROTECTION

resources to help people better understand their financial choices. They offer tools and programs to teach consumers about important financial topics such as managing money, understanding credit, and avoiding financial scams. For instance, the CFPB ensures that mortgage companies follow rules to prevent people from losing their homes through foreclosure. They also require credit card companies to clearly explain their fees and terms so consumers can make informed decisions.

### **FOOD AND DRUG ADMINISTRATION (FDA)**

The FDA is another federal agency that looks after the safety and effectiveness of products that we use every day, like food, medicines, and medical devices. They play an important role ensuring the food we buy is safe to eat and food labels are accurate. The FDA also verifies the safety of new medicines and medical devices before they are sold to the public. This protects consumers from using products that could be dangerous or might not work as they should. Along with their role in product safety, the FDA teaches

people about important health topics. They provide information on how to use medications safely and how to handle food to avoid getting sick. They also warn about the dangers of risky behaviors like smoking. By setting rules and making sure companies follow them, the FDA plays a key part in keeping consumers healthy and informed.

The FTC, CFPB, and FDA are only a few U.S. consumer protection agencies. Understanding the functions and roles of agencies like these helps consumers make informed decisions and avoid or address problematic issues with services and products.

### **REFERENCES:**

Federal Trade Commission.  
<https://www.ftc.gov/>

Consumer Financial Protection Bureau.  
<https://www.consumerfinance.gov>

U.S. Food and Drug Administration.  
<https://www.fda.gov/>

Contributing Author: William Henry Berkley, Family Financial Counseling Student, University of Kentucky  
Co-authored by: Kelly May | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)



**Become a fan of *MONEYWISE* on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)**