

LIVINGSTON COUNTY EXTENSION Home & Family Newsletter May 2025

What Foods are Healthy?

When grocery store shopping, you may notice food packages with the term "healthy" on the label. The use of this term is to help buyers easily identify foods that can support their health. To use this word on the label, the foods must meet standards set by the Food and Drug Administration (FDA) to receive approval. Foods with the term "healthy" on the label can support overall health when enjoyed within a balanced diet.

At the end of 2024, the FDA announced it was updating its definition of the term "healthy". It developed the original definition in the 1990s, and since then, nutrition science has changed. The new definition aims to align with current federal dietary guidance to support health.

The updated definition requires that foods using the term "healthy" on their label must:

- Contain a certain amount of a food group (fruits, vegetables, dairy, grains, or protein foods)
- Contain limited amounts of saturated fat. sodium, and added sugars.

These modifications better match current nutrition science and dietary guidance, to eat a balanced diet with a variety of nutrients rather than focusing on individual nutrients.

Foods that qualified under the original "healthy" definition included yogurt, breakfast cereals, fruit snacks, and snack bars that are high in added sugar along with fortified white bread, and fortified fruit punch that was not 100% fruit juice. These foods no longer qualify to use the "healthy" claim because they have high amounts of added sugar and/or do not contain certain amounts of a food group.

Foods that now qualify to use the term "healthy" on the label include:

- Fresh, frozen, canned, or dried fruits and vegetables (that contain limited amounts of saturated fat, sodium, and added sugar)
- Fatty fish, like salmon
- Trail mix with dried fruit (with limited amounts of sodium and added sugar)
- Plain low-fat or fat-free yogurt (with limited amounts of added sugar)
- Eggs
- Water
- 100% Olive Oil



Cooperative Extension Service Livingston County

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Smithland KY 42081 Phone: (270) 928-2168 Fax: (270) 928-4808 www.ca.ukv.edu E-mail: jkbarr3@uky.ed

Joni K. Phelps

Glew K Phelps









What Foods are Healthy?....Continued

Labeling food packages with the term "healthy" is voluntary. Food manufacturers can choose to include this claim on their packaged item if the food meets the FDA's standards. But not all foods that support health will be labeled with this term. The new definition of this term can help identify foods that can support our health but does not include all foods that can fit in a balanced diet.

References: U.S. Food and Drug Administration. (2024). Use of the Term Healthy on Food Labeling. US Food and Drug Administration.

Source: Anna Cason, Senior Extension Associate for Food and Nutrition



Staying Motivated to Exercise

It can be hard to stay motivated to exercise, but there are ways to make it easier. Set goals that you can reach. Choose activities you enjoy, like walking, swimming, gardening, or dancing. Start small and slowly increase how long or how hard you work out. Tracking your progress can help you stay on track. Exercising with a friend or joining a group can give you extra support and make it more fun. Remember, exercise helps you feel better and stay healthy, so it's worth it!

Source: Monica Mundy, Extension Specialist for Community and Family Health.



Have you ever heard the phrase, "You are what you eat"? This is true, and the same can be said for our mental health. There are many factors that can impact our mental health. Factors such as our environment, the way we eat, our social connections, and so many other things can affect us. These are called social determinants of health.

Being aware of these factors can help us find new ways to improve our mental health including:

- 1. Eating better. Not only does eating better help with your physical health, but also our mental health.
- 2. Being more social. Having strong social connections is shown to improve our mental health and overall well-being.
- 3. Getting more sleep. Sleep has been linked to improved health, mental health, and overall well-being.
- 4. Reaching out to mental health services. Sometimes, despite making necessary lifestyle changes, we need extra support. Someone working on their physical health might need help from a doctor or medicine. The same is true for mental health.

With these things in mind, start thinking about what might be affecting your mental health. Think about what you can do to make sure you are staying both physically and mentally well.

Source: Dr. Natese Dockery, Assistant Clinical Professor and Extension specialist, mental health and wellbeing.

<u>Livingston County Homemaker News</u>

Open Sewing Day: The first Tuesday of each month - 9:00 am until 2:00 pm
Open sewing day is held at the Livingston County Extension Office, 803 US Hwy 60 East,
Smithland, KY. Open Sewing is for anyone who wants to utilize our meeting room to continue sewing projects you have started but have not finished yet.

Block of the Month Homemakers Club: The Second Tuesday of each month - 9:00 am until 2:00 pm Block of the Month is held at the Livingston County Extension Office, 803 US Hwy 60 East, Smithland, KY. For more information please contact Joni Phelps at (270) 928-2168 or email jkbarr3@uky.edu.

<u>Pins & Needles Homemaker Club: The Third Tuesday of each month - 9:00 am until 2:00 pm</u> This is a great way to learn all different types of sewing projects outside of quilting. If you have any questions about this project please call Joni K. Phelps at (270) 928-2168 or email her at jkbarr3@uky.edu.

<u>Unfinished Projects Day "UFO": The Fourth Tuesday of each month - 9:00 am until 2:00 pm</u> Do you have a lot of Unfinished projects and you just can't find the time to finish them? Do you start one project and then move on to another one before finishing the one you started on 1st? Here is your chance to step away from the other project at home and bring a project you can finish without starting another project. The Livingston County Extension office meeting room will be open for your use on the 4th Tuesday of each month. If you would like more information about "UFO" day please reach out to Joni K. Phelps at (270) 928-2168 or jkbarr3@uky.edu.



Sometimes life is messy. Have you ever wished you could refocus your mind, home, relationships, and work life? Join Family & Consumer Sciences Agents in Caldwell, Christian, Hopkins, and Livingston on our podcast airing each Tuesday as we use research-based information to make practical changes and simplify life. You can find the podcast, Life Simplified, on your favorite podcast app.

lifesimplifiedpodcast.com





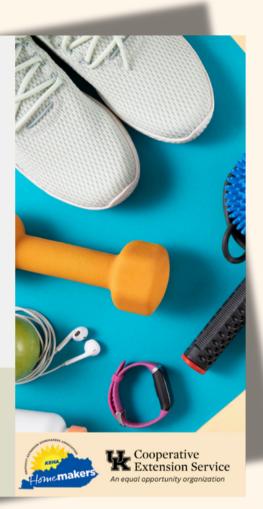
APRIL 29



Join via Zoom: https://bit.ly/MoveYourWay25

Move Your Way: Exercise for Everyone

HOSTED BY: ASHLEY BOARD CALDWELL COUNTY FCS AGENT

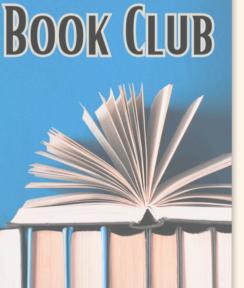




May 27, 2025 6:00 p.m. Livingston County Public Library 321 Court Street, Smithland

May's Book: Call the office for details

Call the Extension Office at 270-928-2168 for more information.



June 24, 2025

Upcoming Book

Club Bates:

July 22, 2025

FOR MORE INFORMATION PLEASE CONTACT
JONI PHELPS AT 270-928-2168 OR JKBARR3@UKY.EDU

Cooperative Extension Service Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Concomic Development Educational programs of Kentucky Cooperative Education serve all people regardless of scoronic or secul status and self-or discrements in the base of rate, color, where large, inclined large, creed, status, gendle forwarders, pag, verses rates, or physics or remail disability, blowning of kentucky, Kentucky State University U.S. Department of Agriculture, and Kentucky Counties, Cooperating, UDBMICTOR, XVI PART.



ESTATE PLANNING WORKSHOP

Date: Thursday, May 1, 2025

Time: 6:00 p.m.

Place: Livingston County Extension

Office, 803 U.S. 60 East,

Smithland, KY 42081

Call the office at 270-928-2168, or email jkbarr3@uky.edu to RSVP by April 30th.

Speakers: Teris Swanson & Eric Straub from Whitlow, Roberts, Houston and Straub. PLLC

FREE WORKSHOP





What will I learn at this Estate Planning workshop?

- The difference between a will and a trust
- Power of Attorney & Healthcare Directives
- What happens if you die without a plan?
- Common estate planning mistakes, and how to avoid them
- How to avoid probate and minimize court involvement
- Appointing guardians for minor children
- Planning for long-term care and incapacity
- When and how to update your estate plan

And many more important topics!







AN ADULT

AGES 5 & UNDER ACCOMPANIED BY

WHAT AM I PLAYING?

LAUGH & LEARN A fun and creative play date for pre-schoolers

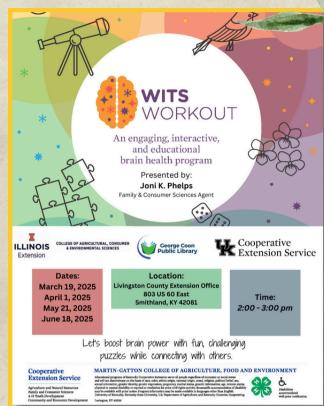
Monday, May 12, 2025 11:00 a.m.

Livingston County Public Library 321 Court Street, Smithland

ACTIVITIES INCLUDE: STORY TIME, SENSORY & DEVELOPMENTAL ACTIVITIES. **GAMES & SNACKS**

RSVP by May 8, 2025 by calling 270-928-2168, or emailing jkbarr3@uky.edu







Living with Alpha-gal Syndrome

When: Thursday, May 29

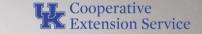
Time: 6:00 PM CDT

Where: Livingston County Extension Office

803 US Hwy 60 East Smithland, KY 42081

Register: Monday, May 27, 2025

Call 270-928-2168 or email Joni K. Phelps at jkbarr3@uky.edu to reserve your seat or for more information.



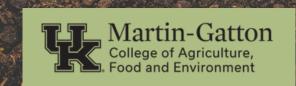
Presenters: Heather Norman-Burgdolf, PhD **Associate Extension Professor** Department of Dietetics and **Human Nutrition**

> Jonathan Larson, PhD **Assistant Extension Professor** Department of Entomology

Hannah Tiffin, PhD **Assistant Professor** Department of Entomology

Heather Shaw Area Agent Nutrition Education Programs





Lunch & Learn EDIBLE LANDSCAPES & **SUBSTAINABLE GARDENING**

When: Wednesday May 14th 2025

Time: 11:00am-1:00pm

Where: Livingston County Extension Office

Address: 803 US 60 East Smithland, KY 42081

With Speaker: Matthew T. Chadwick Extension Agent - Calloway County

- Leave with Free Seeds to start your own garden with
- Leave with lots of gardening materials & fun reads!
- Learn about alternative gardening practices
- Learn all about how edible landscaping can beautify your home lawn!
- And much more!



Free Lunch Provided!

RSVP by May 9th 2025 by calling the Livingston County Extension Office at 1.270.928.2168 Monday-Friday 8:00am-4:30pm





Cooperative **Extension Service**



An Equal Opportunity Organization

Martin-Gatton College of Agriculture, Food and Environment Cooking Through the Calendar

Wednesday, May 21, 2025 10:00 a.m.

Livingston County Extension Office 803 U.S. 60 East, Smithland

May's Recipe. Banana Pancakes



To Register call 270-928-2168, or email jkbarr3@uky.edu, by May 19, 2025

Join us as we cook through the "2025 NEP Food and Nutrition Calendar" month by month



Upcoming Cooking through the Calendar dates: Wednesday, June 18, 2025 - Rice & Bean Salad Wednesday, July 23, 2025 - Chicken Burgers

Chair Yoga



Relax. Stretch and Strengthen — All from a Chair!

Join us for gentle, accessible yoga designed for every body, regardless of experience or mobility.

Begins: Monday. June 2. 2025 Time: 10:00 a.m.

Location: Livingston County Extension Office 803 U.S. 60 East. Smithland, Ky 42081

This class is perfect for seniors, beginners, or anyone looking to improve flexibility, balance, and relaxation in a supportive, seated format. Free to attend!

Bring a friend and enjoy moving mindfully together.

Class Dates (Subject to change):

June 2, 16 & 30 July 7 & 28 August 4, 11, 18 & 25 September 8, 15, 22, 29 October 13 & 27 November 3, 10, 17 & 24

for more information contact the Livingston County Extension Office at 270-928-2168 or by email at jkbarr3@uky.edu.

Free Classes



Basic food Preservation

Livingston County Extension Office 803 U.S. 60 East, Smithland, KY 42081

Pressure Canning:

Monday

June 23, 2025

10:00 a.m.

or

5:30 p.m.

MUST RSVP no later than June 18th by calling the office at 270-928-2168 or by email at jkbarr3@uky.edu

Boiling Water Canning:

Wednesday

June 26, 2025

10:00 a.m.

or

5:30 p.m.

MUST RSVP no later than June 23rd by calling the office at 270-928-2168 or by email at jkbarr3@uky.edu

Livingston County Fair Adult Open Exhibits

Exhibit Entries:

Tuesday, July 15th, 2025 10:00 a.m. - 6:00 p.m.

Livingston County Extension Office 803 U.S. 60 East, Smithland

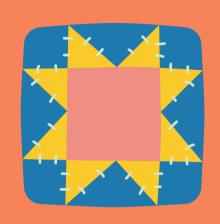




Exhibit Viewing:

Thursday, July 17th, 2025 8:00 a.m. - 8:00 p.m.

Livingston County Extension Office 803 U.S. 60 East, Smithland

Exhibit Pick Up:

Friday, July 18th, 2025 8:00 a.m. - 4:30 p.m.

Livingston County Extension Office 803 U.S. 60 East, Smithland



Recipe Corner



Farmer's Market Skillet Bake

1/2 small onion, finely chopped

- 2 cloves garlic, minced
- 4-5 small red potatoes, sliced
- 1 tablespoon olive oil
- 2 cups shredded mozzarella cheese, divided
- 1 medium summer squash, sliced
- 1 medium zucchini, sliced
- 4 medium sized tomatoes, sliced
- 1 teaspoon salt
- 1 teaspoon pepper
- 5 fresh basil leaves, finely chopped, divided

Preheat oven to 375 degrees F.
Prepare onion, garlic and sliced potatoes (about ¼ inch thick). Heat olive oil over medium heat in a 10 or 12-inch oven safe skillet. Add onion, garlic, and potatoes to pan and stir to coat with oil. Cook over medium heat, stirring occasionally until golden brown and tender. Add 1 cup mozzarella cheese. In a bowl, toss together the squash, zucchini and tomatoes with salt, pepper, and half of the finely chopped basil. Layer squash

and tomato slices over the potato and cheese layer. **Top** with remaining mozzarella cheese. **Bake** 35 minutes or until vegetables are tender and cheese is melted. **Remove** skillet from oven and **top** with remaining basil.

Yield: 8, 1 cup servings

Nutritional Analysis: 200 calories, 8 g fat, 4 g saturated fat, 20 mg cholesterol, 490 mg sodium, 24 g carbohydrate, 3 g fiber, 5 g sugars, 10 g protein.

Summer Squash

SEASON: June through October. **NUTRITION FACTS:** Squash is low in calories. One cup raw squash contains only 20 calories. It contains vitamins A and C, and is naturally free of fat, cholesterol and sodium.

SELECTION: Popular summer squashes include yellow crookneck, yellow straightneck, zucchini, cocozelle and patty pan. Summer squash should be picked or purchased when small and tender; both skin and seeds are eaten. The peel holds many of the nutrients so do not peel. It should be harvested when 6 to 8 inches in length. Patty pan squashes are ready when they are 3 to 4 inches in diameter or less.

STORAGE: Store unwashed squash in plastic bags in the crisper drawer of the refrigerator. Wash the squash

just before preparing. The storage life of summer squash is brief. Plan to use within two to three days.

PREPARATION: Summer squash is a mild flavored vegetable that combines well with herbs and seasonings. Try it with basil, allspice, rosemary and marjoram. Cook summer squash as a vegetable or use in stews, casseroles and main dishes. Summer squash can be grilled, steamed, boiled, sautéed, fried or used in stir-fry recipes.

PRESERVING: Select small squash with small seeds and a tender rind. Wash and cut into ½ inch slices and heat in boiling water for 3 minutes. Cool promptly in cold water and drain. Pack in containers leaving ½ inch headspace. Seal and freeze.

SUMMER SQUASH

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

June 2017

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. http://plateitup.ca.uky.edu



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

