



# 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

#### Nutrition Facts

Serving Size 1/2 cup  
Amount Per Serving:

Calories 100 Calories From Fat 10

% Daily Value\*

Total Fat 2g 4%

Saturated Fat 1g 2%

Trans Fat 0g 0%

Cholesterol 0g 0%

Sodium 0g 0%

Total Carbohydrate 20g 4%

Dietary Fiber 1g 2%

Sugars 10g 20%

Protein 2g 4%

\*Percent Daily values are based on a diet of 2000 calories. Your daily values may be higher or lower depending on your calorie needs.

Cooperative Extension Service Livingston County  
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Joni K. Phelps  
Livingston County Family & Consumer Science Agent



*Joni K. Phelps*

**Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.

#### 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



## 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



## Mental Health is 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 well-being.

## 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.



# Livingston County Homemaker News

## 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](mailto:jkbarr3@uky.edu).

## Pins & Needles Homemaker Club: The Third Tuesday of each month - 9:00 am until 2:00 pm

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](mailto:jkbarr3@uky.edu).

## Unfinished Projects Day “UFO”: The Fourth Tuesday of each month - 9:00 am until 2:00 pm

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](mailto: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](http://lifesimplifiedpodcast.com)



# Virtual LUNCH N LEARN

APRIL 29

NOON

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

*Move Your Way:  
Exercise for  
Everyone*

HOSTED BY: ASHLEY BOARD  
CALDWELL COUNTY FCS AGENT



**UK** Cooperative  
Extension Service  
*An equal opportunity organization*

## The Chapter Chasers

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.

## BOOK CLUB

**UK** Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky



Upcoming Book  
Club Dates:

June 24, 2025  
July 22, 2025

FOR MORE INFORMATION PLEASE CONTACT

JONI PHELPS AT 270-928-2168 OR [jnbarr3@uky.edu](mailto:jnbarr3@uky.edu)

Cooperative Extension Service  
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LEXINGTON, KY 40546





# ESTATE PLANNING WORKSHOP

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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



*An Equal Opportunity Organization*



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!



**WHITLOW, ROBERTS,  
HOUSTON & STRAUB, PLLC**  
LEGAL REPRESENTATION SINCE 1929





An Equal Opportunity Organization

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

**AGES 5 & UNDER  
ACCOMPANIED BY  
AN ADULT**

# WHAT AM I PLAYING?

**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**



**WITS  
WORKOUT**

An engaging, interactive,  
and educational  
brain health program

Presented by:  
**Joni K. Phelps**  
Family & Consumer Sciences Agent

**ILLINOIS** Extension  
COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES  
George Coon  
Public Library  
UK Cooperative  
Extension Service

<b>Dates:</b> March 19, 2025 April 1, 2025 May 21, 2025 June 18, 2025	<b>Location:</b> Livingston County Extension Office 803 US 60 East Smithland, KY 42081	<b>Time:</b> 2:00 - 3:00 pm
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Let's boost brain power with fun, challenging  
puzzles while connecting with others.

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physical or mental disability or perceived or real disability for any 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, US Department of Agriculture, and Kentucky Cooperative Extension  
Livingston, KY 40006

## 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



**LIMITED  
SPACE!**

  
Adam Barnes CEA for ANR

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506





# 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](mailto: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](mailto: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](mailto: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



Questions? Call 270-928-2168 or email [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu)

# Recipe Corner



## Farmer's Market Skillet Bake

½ 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](http://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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