

Family and Consumer Sciences

October 2018

Reduce Stress Through Mindfulness

Fingers holding cell phones; constant updates via social media; 24/7 news alerts; and demands from work and home help create a world that is full of noise, chaos and all kinds of stressors that bombard us each day. Sometimes, we can get caught up in these stressors or events and allow them to take control over our lives and reduce our quality of life. Next time you are faced with a particularly stressful encounter or situation, try using mindfulness to reduce your stress and return your focus to what is important to you.

Mindfulness requires you to purposely pay attention to what is happening in the present moment. The most common method is to focus on breathing in and out, clearing your mind of thoughts. You can also focus on your physical self, your surroundings or your movements as you do a normal daily activity such as walking. Mindfulness helps you re-center, reduces external distractions and allows you to evaluate yourself and your reactions to the stressors around you.

Mindfulness-based stress reduction has been around since the 1970s, and numerous scientific studies have shown its effectiveness in stress reduction as well as other positive benefits including a decrease in anxiety and depression. Some studies have shown mindful eating can be a tool for weight management.

You can practice mindfulness anytime or anywhere as long as you turn your focus inward and allow distractions to fade away.

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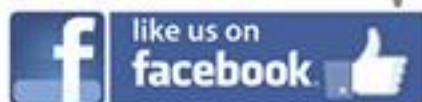


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County Agent for
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University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



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LEXINGTON, KY 40546

HOMETOWN HOMEMAKER
FUNDRAISER



HOTDOG

SALE



\$1.25



**OCTOBER
3RD**

HOTDOGS | BAKED GOODS | DRINKS

DOLLAR GENERAL

ALL DAY

OR

UNTIL SUPPLIES LAST



Join Us...

HAPPY, HEALTHY PLAYDATE PROGRAM



now on the 2nd Friday @ 12pm



Month of October

Book: Happy Healthy Monsters

Activity: Pumpkin Slim / Pumpkin Decorating

Snack: Monster Face Roll Ups

The Happy, Healthy Playdate Program is **FREE** program designed for children ages 0-5 years to encourage Kindergarten readiness.

Most sessions will include a healthy snack, book, craft, music activity, fine motor activities, and free play.



Cooking Through the Calendar

January - December

2018



Join us to learn basic food preparations while cooking healthy & cost effective recipes from our KYNEP 2018 calendar!

4th Tuesday of every month
Martin County Extension Office
@ Noon

Door Prizes will be given at each session - each session you attend enters you into the drawing to win an electric pressure cooker!

Note: Class size is limited - please call our office to register!

606-298-7742

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Plate it up!



Grilled Cauliflower Dippers with Guacamole

1 large head cauliflower
 ¼ cup olive oil
 1½ limes, zested and juiced
 2 cloves garlic, crushed
 1½ teaspoons honey
 ¼ cup cilantro, finely chopped
 2 tablespoons smoked paprika

Guacamole
 2 avocados
 1 Roma tomato, finely diced
 ½ lime, juiced
 1 clove garlic, minced

½ small red onion, chopped
 1 jalapeno, chopped
 ¼ cup cilantro, finely chopped
 ½ teaspoon salt

Preheat grill to medium-low.

Remove outer green leaves from cauliflower. **Slice** into ¼ inch thick slices, cutting from top of the head to bottom of stalk. In a small bowl **whisk** together olive oil, lime juice, garlic, and honey. In a separate bowl, **mix** together the cilantro, lime zest and paprika.

Brush the cauliflower slices with the liquid mixture on both sides. **Place** on grill and sprinkle with dry mixture. **Grill** slices on both sides until browned and

tender, about 5 minutes on each side.

Remove cauliflower and cut into dip-sized pieces. **Peel** and **seed** avocado. **Place** in a bowl and **mash**. **Add** remaining ingredients and **serve** with grilled cauliflower.

Yield: 6 servings

Nutritional Analysis: 210 calories, 17 g fat, 2.5 g saturated fat, 0 mg cholesterol, 240 mg sodium, 17 g carbohydrate, 7 g fiber, 5 g sugars, 4 g protein.

Kentucky Cauliflower

SEASON: June, September, October and early November

NUTRITION FACTS: Cauliflower is low in calories, with only 25 calories per half cup serving. It is very low in sodium and has no fat or cholesterol. A serving provides 10 percent of the Daily Recommended Value of folate, 8 percent of dietary fiber and potassium and 100 percent of the recommended amount of vitamin C.

SELECTION: Heads should be creamy white in color, firm and heavy. Look for tight, unblemished curds and fresh looking leaves and stalk.

STORAGE: Cauliflower may be stored for up to one week in a plastic bag in the refrigerator. Keep it dry and do not wash it until you are

ready to use. Any brownish colored bruises may be trimmed away before cooking.

PREPARATION: Cauliflower is best eaten raw or cooked barely tender and snowy white. It can be delicious, or it can be strong, mushy and beige in color if cooked too long. Remove green stalks. Wash and soak in cold salted water for 30 minutes. Rinse. Leave the head whole, or break into florets. Cook covered in water until tender.

PRESERVING:

Freezing: Break florets into pieces about 1 inch across. Wash and blanch 3 minutes in boiling water, chill and drain. Label and date the package. Freeze immediately. Use all frozen produce within a year.

KENTUCKY CAULIFLOWER

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
September 2018

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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ADULT HEALTH BULLETIN



OCTOBER 2018

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

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THIS MONTH'S TOPIC: BE ACTIVE WITH YOUR COMMUTE



An active commute can make a big contribution to your health, save on fuel costs and reduce environmental pollutants. The average American driver may spend over 450 hours each year behind the wheel. That comes out to nearly 11 workweeks behind the wheel, according to the Center for Transportation Excellence. In addition to the physical benefits from an active commute, people enjoy mental health benefits, including reduced stress and increased social interactions.

Creating a habit of active commuting boosts not only your fitness level, but can also protect you from heart disease, obesity and excessive stress. Walking or bicycling for all or part of your commute has substantial mental benefits. Recent studies show that those who walked,

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Research shows that every hour you spend walking reduces the risk of obesity by 4.8 percent.

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biked or took transit to work had a greater sense of well-being than those who drove. It is not surprising to hear that bicycling and walking are better exercise than sitting in a car in traffic. However, research shows that every additional hour per day you spend driving puts you at a 6 percent greater risk of obesity, while every hour you spend walking reduces that risk by 4.8 percent.

Getting started

Many employers support active commuting by offering bicycle parking and storage, onsite showers and subsidized public transportation passes. Taking public transit may not sound like an active way to commute, but public transit users walk more to get to the bus stop, bus platform and their final destination. Whether or not you have workplace support for an active commute, you can take steps toward making your commute a healthier one. Ask around. Chances are, someone in your workplace already bikes, walks, runs or rides the bus to work.

Share-the-road tips for motorists

- Bicyclists have a legal right to use the road.
- Be patient — wait until it is safe to pass and give at least 3 feet of space.
- Cyclists may use the full lane to be more visible or when hazards, road width or traffic speeds dictate.
- Make eye contact so bicyclists and pedestrians know they are seen.
- Stay behind cyclists when turning right.
- Yield to pedestrians in crosswalks.

Share-the-road tips for bicyclists and pedestrians

- Obey traffic rules for safety and to gain respect from motorists.
- Never ride against traffic. It is illegal and unsafe.
- Be predictable and make eye contact with drivers to be sure you are seen.



Pedestrians must use crosswalks if available.

- Use front and rear lights, wear bright clothing and always wear a helmet.
- Pedestrians must use crosswalks if available.
- Know the dangers of sidewalk riding. Bicycling on downtown sidewalks is illegal.
- When passing other bikers or people on the street, always pass to their left side, and call out "On your left!" so they know that you are coming.
- When turning or changing lanes, always use the correct hand signals. Left turn: Hold your left arm straight out to your left side. Right turn: Hold your right arm straight out from your right side.

RESOURCES:

- www.sharetheroad.ky.gov
- <https://www.bikeleague.org/content/bicycle-commuter-benefit>
- Bassett Jr., David R; Pucher, John; Buehler, Ralph; Thompson, Dixie. "Walking, Cycling, and Obesity Rates in Europe, North America, and Australia" *Journal of Physical Activity & Health*, 2008, Volume 5, Issue 6.
- Frank, Andresen, & Schmid. (2004). Obesity relationships with community design, physical activity, and time spent in cars. *American Journal of Preventive Medicine*, 27(2), 87-96.
- <https://www.acefitness.org/education-and-resources/lifestyle/blog/6740/energize-your-work-day-with-an-active-commute>
- <https://www.washington.edu/wholeu/2015/07/30/benefits-of-an-active-commute>

**ADULT
HEALTH BULLETIN**

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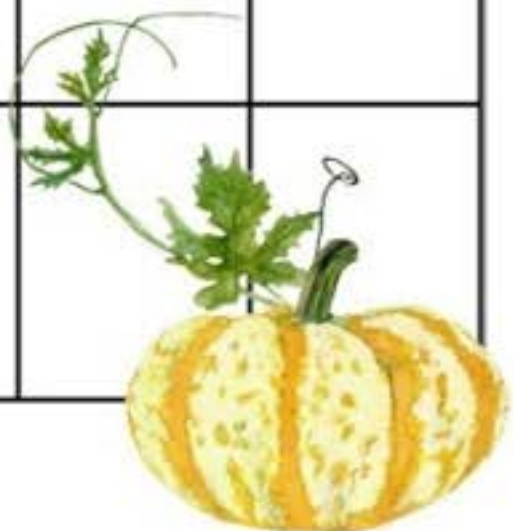


October

2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>Fall Break</i>	2 <i>Fall Break</i>	3 <i>Fall Break</i> <i>Hometown Homemaker Fundraiser</i>	4 <i>Fall Break</i>	5 <i>Fall Break</i>	6
7	8	9	10 <i>Hometown Homemaker Meeting @ 10:30am</i>	11 <i>Heirloom Quilt Society @ 5:00pm</i>	12 <i>Happy Healthy Playdate @ 12pm</i>	13
14	15	16	17	18 <i>Heirloom Quilt Society @ 5:00pm</i>	19	20
21	22	23	24	25 <i>Heirloom Quilt Society @ 5:00pm</i>	26	27
28	29	30 <i>Cooking Through the Calendar @ 12pm</i>	31 <i>Happy Halloween!</i>			



Notes: