

Month of May

May has arrived!

April was busy, May is busier! The Family and Consumer Sciences program along with the Nutrition Education Program are partnering to begin Plate It Up! KY Proud recipe samples at our local grocery stores.

The Homemakers in the Northeast Area have worked super hard on planning their State Meeting held in Louisville this year during the week of May 7-9. We have two voting delegates attending, JoAnn Fletcher and Diana Thompson.

Cooking Through The Calendar and the Happy Healthy Playdate Program (flyer attached for more info) are both continuing throughout the remainder of the year!

Inside the Issue

- Upcoming Programs; Happy Healthy Playdate Cooking Through the Calendar
- Plate It Up! KY Proud Recipe Samples
- Health Bulletin

Dates to Remember

- KEHA State Meeting - May 7-9 at Louisville, KY.
- Memorial Day - May 28 (Office Closed)
- Super Star Chef - June 19-21.
- Homemaker Leader Lesson - August 1 at Ramada.
- Northeast Area Homemaker Meeting - October 20 at Jenny Wiley.



Sarah Congleton,
Sarah Congleton

County Agent for Family & Consumer Sciences Education
Martin County Cooperative Extension Office
9 Holy Street
Inez, KY 41224
606-298-7742

Note: The Happy Healthy Playdate Program will now begin at 11:00am instead of 10:00am!



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



Happy Health Playdate Program

New time:
11:00am!

Each session is at Martin County Extension Office, The 2nd Monday of every month, 10am-12pm. FREE for all children ages 3-5. All children must be accompanied by an adult. Most lessons include a health book, craft, music activity, fine motor activity, and free play. Parents and caregivers are given information to encourage healthy lifestyles and to ensure kindergarten readiness.

October 9

GERMS!
Fruit & Veggies tasting
Hand Wash & Germ Game
Food Safety Info

February 12

Whats In A Doctors Bag
Heart Healthy Snack
Your Heart Beat Activity
Visit from Organ Annie

May 14

Manners Lesson-Mothers Day
Craft
Heart Wreath
Developing Social Skills Info

November 13

Golden Delicious Apples
Taste Testing a Variety of Apples
Hand Turkey activity
Feeding your Children info

March 12

Green Eggs & Ham
Variety of Veggie Tasting
Green Eggs Science Experiment
Children Vision Info

June 11

Super Hero Party-Wear Your Fav
Costume with Dad
Rodeo Ron
Calcium/Nutrients info

December 11

Holiday Celebration
Cookie Decor/Holiday Craft
Holiday Expense Info

April 9

The Hungry Caterpillar
Fruit Kabob
Days of the Week, Numbers,
Counting

July 9

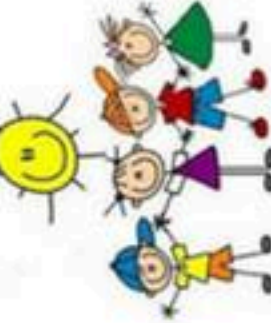
Create a Fruit Flag w Foods
Sun Protection Info

January 8

Those Sticky, Icky, Smelly Cavities
Causing, Invisible Germs
Food Group Funny Faces
Monster Mask and Exercise
Dental Care Info

August 13

Eating the Alphabet
Taste a Sweet Potato
MyPlate
School Readiness Info



September 10

Sesame Street-Happy Healthy
Monsters
Eat a variety of foods
Physical Activity
Tortilla Pizza



Join us for...

Plate It Up! KY Proud

FREE!

Red Potato Salad
&
Honey Raisin Muffins
• recipe samples •

Tuesday, May 1st at Inez, IGA

Wednesday, May 2nd at Save A Lot

Wednesday, May 16th at Save A Lot

Beginning at
10:00am



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 40546



Disabilities
accommodated
with prior notification.

Note: **FREE** kitchen gadgets given at each location!

Try This!



Lean Green Lettuce Tacos

8 large lettuce leaves	$\frac{3}{4}$ pound extra lean ground beef	1 tablespoon finely chopped cilantro
1 $\frac{1}{2}$ cup cooked brown rice	1 small zucchini, chopped	1 teaspoon lime juice
$\frac{3}{4}$ cup fresh corn kernels	1 ounce packet low-sodium taco seasoning	1 tomato, chopped
1 cup canned black beans, drained and rinsed	4 ounces low sodium tomato sauce	1 small red onion, chopped
1 tablespoon olive oil		

Wash and dry lettuce leaves. Prepare rice according package directions. Cut corn off cob. Drain and rinse black beans. In a skillet, heat the oil to medium; add ground beef and begin to cook. When beef begins to brown, add zucchini, corn and black beans to skillet. Continue to cook until vegetables are tender and beef is done. Do not overcook. Add in taco seasoning and tomato sauce and heat through. Add cilantro and lime

juice to the cooked rice. Place equal amounts of rice mixture and taco mixture into lettuce leaves. Top each taco with chopped tomato and onion.

Yield: 8 servings

Nutritional Analysis: 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein.

ADULT HEALTH BULLETIN



MAY 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:

PHYSICAL ACTIVITY IS IMPORTANT FOR PEOPLE OF ALL AGES



Regular physical activity is good for everyone's health and people of all ages and body types can be physically active. May is National Physical Fitness and Sports Month, so it is a great time to spread the word about the benefits of becoming active.

Exercise among middle-aged and older adults in the United States is rare. Research shows that only about 10 percent of people past the age of 65 work out regularly. Despite this fact, the CDC recommends that if you're 65 years of age or older, are generally fit and have no limiting health conditions, you need at least 150 minutes of moderate activity a week.

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Cooperative Extension Service
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Disabilities
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Physical activity can lower the risk of Alzheimer's disease, dementia, heart disease, type 2 diabetes and some cancers.

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Starting or keeping a regular exercise routine can be challenging for people at any age — and it does not get any easier as you get older. However, no matter your age or fitness level, it is never too late to benefit from moving your body, boosting your health and improving your outlook on life.

Three myths debunked about aging and being active

Myth 1: There is no point to exercising. I am too old to start exercising.

Fact: You are never too old to get moving and improve your health! Regular movement or physical activity can lower the risk of Alzheimer's disease, dementia, heart disease, type 2 diabetes and some types of cancer. Regular movement can also help you look and feel younger, while staying independent longer.

Myth 2: Exercise puts me at risk of falling down.

Fact: Physical activity can actually lower your risk of falling and improve cognitive function. Regular activity builds strength and stamina, prevents loss of bone mass and improves balance, reducing your risk of falling.

Myth 3: I am too weak or have too many aches and pains.

Fact: Moving your body can help you manage pain. Becoming more active can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. Even if you are chair-bound, you can still lift weights, stretch and do chair aerobics or chair yoga.

Remaining active as an adult adds years to your life, but also life to your years. It can prevent many of the health problems that seem to come with age. However, it is important to start safely:

- Get medical clearance from your doctor before starting an exercise program.



- Consider any preexisting health conditions or concerns.
- Start slowly and focus on short-term goals.
- Listen to your body. If you are in pain, STOP.

It is never too late to benefit from exercise!

REFERENCES:

- https://www.cdc.gov/physicalactivity/basics/older_adults
- <https://www.helpguide.org/articles/healthy-living/exercise-and-fitness-as-you-age.htm>
- <https://www.health.harvard.edu/staying-healthy/exercise-and-aging-can-you-walk-away-from-father-time>

**ADULT
HEALTH BULLETIN**

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April Flashback



Try a Small-Scale Garden This Year

With more people living in urban areas, many think they do not have the space to garden. A new publication from the University of Kentucky Cooperative Extension Service, ID-248: Gardening in Small Spaces, describes how you can garden in a limited area.

Besides space, an issue that may limit gardening is sunlight. Most vegetables require full sun conditions, which equals six or more hours of direct sunlight each day. If you have an open yard free of tall trees or a south facing sunny patio, you should have sufficient light. If you only get four hours or so of light try lettuce, spinach and radishes for the spring garden, or Swiss chard, cucumbers or winter squash for the summer garden.

Gardening with limited space is best done in raised beds or containers. Use raised beds for gardens in your yard. Beds can be made of many materials such as lumber made of wood, plastics or vinyl or concrete blocks. Kill or cover any existing grass within the bed area and add 6 to 8 inches of amended soil. Amended soil includes 25 percent garden soil and 75 percent organic matter such as a mixture of peat, humus and compost. Little fertilizer should be needed if the mix contains at least 25 percent compost.

For patio gardening, use pots or other containers to grow vegetables. These containers should be filled with potting soil, not garden soil. Use containers large enough to provide soil for good plant root growth. Plants in containers will need occasional fertilizer. Consult the fertilizer label for specific instructions. Larger pots will need less frequent watering than small pots, although container vegetables may need water once a day in the heat of summer. Make sure there are drainage holes to allow excess water to escape the pot. A five gallon bucket is the perfect size for a tomato while a 10-inch pot will hold a hot pepper plant.

The Gardening in Small Spaces publication includes information on plant spacing for beds and containers.

A companion publication, ID-128: Home Vegetable Gardening in Kentucky, provides information on planting dates and care instructions for most vegetables. Both publications are available online.

Gardening in Small Spaces is available at

<http://www2.ca.uky.edu/agcomm/pubs/ID/ID248/ID248.pdf>. Home Vegetable Gardening in Kentucky is at <http://www2.ca.uky.edu/agcomm/pubs/id/id128/id128.pdf>. You can also contact your Martin Extension office for a copy or additional gardening information.

Source: Rick Durham, UK extension professor

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Martin County Cooperative
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**Happy
Mother's
Day!**



Sunday, May 13th

**REMEMBERING
OUR HEROES ON
MEMORIAL DAY!**

Monday, May 28th