

MARCH

2025

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

**Cooperative Extension
Service**

Daviess County
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Family &
Consumer
Sciences

DATES

March 9

Spring Forward!

March 10

Burger Program

March 17

Happy St. Patrick's Day

March 17

Tune into WBKR

March 18

Homemaker Lesson Training

Daviess County

March 19

Homemaker Lesson Training

Henderson County

March 28

Lesson Ballots Due

April 12

Farmers' Market Opening Day

April 20

Happy Easter

April 21

Tune in to WBKR

April 23

Beginner Sourdough Class

April 26

Oh Baby Community Shower

April 29

Cooking Class 5:30pm

April 30

Beginner Sourdough Class

Be sure to tune in to WBKR 92.5 FM to hear about the monthly SNAP recipe and hear reviews from the on-air taste testing.



March 17th - Crunchy Air Fryer Fish

April 21st - Lemon Broccoli Pasta

Beginner Sourdough Class:

Wednesday, April 23rd 1-3 p.m. or

Wednesday, April 30th 5-7 p.m.

At Daviess County Cooperative Extension Office

Sign-ups begin Friday, April 4.

Class size is limited.

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**Daviess County Extension Agent
for Family & Consumer Sciences
Education**

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 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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

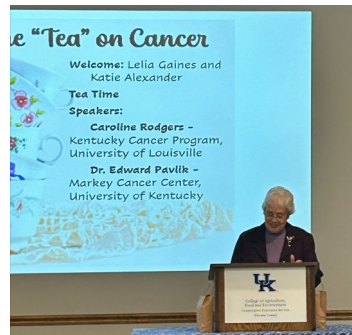
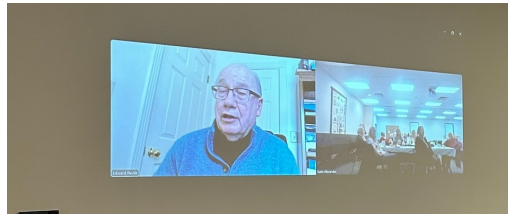
Cook Once, Eat Twice Cooking Class

Special thanks to Beth Cecil and team from the Owensboro Healthpark for sharing their tasty recipes and informative tips!



Get the Tea on Cancer

Caroline Rodgers and Dr. Pavlik shared great information as part of a lovely afternoon.



Burger Basics Program



Come celebrate Owensboro Burger Week with us and our special guests:

George Bittel - Bittel Heritage Meats,
and

Jim Gilles - Hill View Farms Meats

March 10 at 5:30 p.m.

at the Daviess County Cooperative Extension Office

Space is limited, call 270-685-8480 to RSVP.

Tips and tasting

Cooking demo

Spring Cleaning for your Mental Health!

Source: Dr. Natese Dockery, Clinical Assistant Professor and Extension Specialist for Mental Health and Well-Being



Beyond the physical benefits of a clean and organized home, spring cleaning can offer mental health advantages. Clutter can contribute to feelings of anxiety, overwhelm, and even depression, while a tidy space can promote mental clarity and a sense of calm.

To maximize the benefits of spring cleaning, consider the following strategies:

- **Prioritize tasks:** Begin with smaller, manageable tasks to avoid feeling overwhelmed. This could involve decluttering a drawer, organizing a bookshelf, or washing windows.
- **Focus on one room at a time:** Instead of getting bogged down, concentrate on one area at a time. This can help prevent burnout and provide a sense of accomplishment as you complete each space.
- **Use a timer:** Set time limits to maintain focus and prevent procrastination. This can also help you break down larger tasks into smaller, more manageable chunks.
- **Spread out the cleaning:** Don't try to do everything at once. Spread out the cleaning process over several days or weeks to avoid feeling overwhelmed and to allow for rest and recovery.
- **Ask for help:** Don't hesitate to ask friends or family for help, especially with heavy or time-consuming tasks. This can make the process more enjoyable and efficient.
- **Mindful cleaning:** Practice mindfulness while cleaning by focusing on the present moment and the sensations of your body. This can help reduce stress and promote relaxation.
- **Celebrate your progress:** Acknowledge and reward yourself for your accomplishments along the way. This can help boost your motivation and maintain a positive outlook.

By incorporating these approaches, spring cleaning can become a refreshing and calming experience. Remember, the goal is not just to clean your space but also to improve your mental well-being.

References:

<https://newsroom.clevelandclinic.org/2024/03/18/spring-cleaning-for-your-mental-health>

<https://acendahealth.org/4-ways-spring-cleaning-impacts-your-mental-health/>

Planning Family Dinners on a Budget

Source: Shelley Crawford, Trigg County FCS/4-H Agent, and Nichole Huff, Extension Specialist for Family Resource Management

Family dinners represent a time to come together, share a meal, and engage in meaningful conversations. When planning a family meal, creating a budget can ensure the dinner is affordable and enjoyable for everyone. Consider preparing nutritious, budget-friendly meals as “capital investments” in your family.

Planning budget-friendly dinners can be a fun and creative exercise for the whole family. By working together to plan and cook meals, families can use problem-solving skills and find creative solutions like learning affordable alternatives to expensive ingredients and experimenting with new recipes. Here are a few ways to plan cost-effective meals:

- **Set a budget.** Consider how much money you want to spend for the week and the number of people who will be eating each meal you plan to prepare.
- **Plan a menu.** Think about what type of food you want to cook and any dietary restrictions your family might have. Do you have picky eaters? Choose recipes with affordable ingredients that you can use in more than one recipe. Also select meals your family enjoys, which reduces food waste and increases the likelihood that they will eat the leftovers. (Uneaten food means the money that you spent on food is going in the trash!)
- **Shop for ingredients.** Compare prices and look for sales at your local grocery, discount, or bulk stores. Search for coupons and look for generic alternatives. Brand names often cost more but offer similar taste and quality to the store brand.
- **Plan ahead.** This gives you time to look for sale items and “shop” your pantry, fridge, and freezer before you make your grocery list. When you find good deals for items that are shelf stable or you can freeze, buy extra for future use.

Family dinners are important for strengthening bonds, encouraging healthy habits, and providing time for conversation. Meals can be both affordable and healthy. Visit <https://fcs-hes.ca.uky.edu/piukp-recipes> for Plate It Up! Kentucky Proud Recipes.





Owensboro Health is excited to host the Oh Baby! Celebration for Daviess County and surrounding counties! Each guest is welcome to bring one friend or family member.

April 26, 2025 at 1 p.m.

Owensboro Health Regional Hospital

Pleasant Valley Medical Building
1301 Pleasant Valley Road, Entrance B

- Car Seat Safety Checks: 1-2 p.m.
- Educational Exhibits: 1-2:30 p.m.
- Engagement Activities 1:30-2:30 p.m.
- Guest speakers: 2:30-3:30 p.m.
- Door Prizes
- Q&A's
- Refreshments

Register at
OwensboroHealth.org/OhBaby
or call 270-417-5303*

**For new & expectant parents with children 0 - 6 months in age. Attendees may bring one guest.*



**TYPE 2
DIABETES
SUPPORT
GROUP**

Come to learn more about managing your diabetes and to meet others dealing with diabetes.

Each meeting will focus on a variety of topics including:

- Healthy Eating
- Physical Activity
- Monitoring Blood Sugars
- Breaking Self-Care Barriers
- Healthy Coping
- Medication

2025

Meetings are the third Tuesday of the month.

Noon

Healthpark Classroom B

Jan 21	Aug 19
Feb 18	Sep 16
Mar 18	Oct 21
Apr 15	Nov 18
May 20	
Jun 17	December:
Jul 15	No meeting



For more information please call 270-688-4804 or email DiabetesEducation@OwensboroHealth.org
OwensboroHealth.org/HealthClasses



Owensboro Health
Healthpark



The Right Stuff ...

learn what it takes to
prevent Type 2 diabetes!

Do you have prediabetes or have you been told you're at risk for developing diabetes? Would you like to reduce that risk and turn your health around?

Join The Right Stuff class to learn how healthy diet and activity principles can improve your health.

**Each class lasts one hour and is FREE!
You must call 270-688-4804 to register.**

2025 DATES:

1 p.m.	5:30 p.m.
Jan. 7	Feb. 4
Mar. 4	April 1
May 6	June 3
July 1	Aug. 5
Sept. 2	Oct. 7
Nov. 4	Dec. 2

*Classes held in
Classroom B
at the Healthpark.*

Call 270-688-4804 to register.



HOMEMAKER HAPPENINGS

Lesson for the Month

How to Get Out of a Mealttime Rut - A Food, Nutrition, and Health Lesson

Roll Call

What do you like to do for fun in the spring?

Thought of the Month

“But you can come along with me ‘Cause we gotta lot of fun things to do now.”

—(*Fun, Fun, Fun*), The Beach Boys - 1964

FOYER DECORATIONS

Trinity spread the love this February.



March’s foyer will be decorated by South Hampton Homemakers.

LESSON LEADER TRAINING

March 18, 2025 Daviess County Office

March 19, 2025 Henderson County Office

10:00 April lesson:

Communication Essentials for Good Impressions

(Leadership Development)

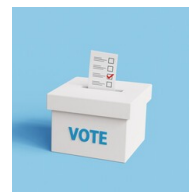
11:00 May lesson:

Strong Bones for Life: Prevent Osteoporosis
(Family and Individual Development)

Lesson Ballot

Ballots are due **Friday, March 28th**

Be sure ballots are turned in by 4:30 pm for your vote to be counted.



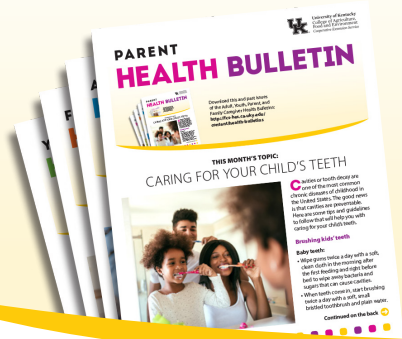
Discover KEHA - A Hidden Treasure

Make plans to attend the 2025 State Meeting at Hyatt Regency Lexington from May 6-8, 2025.

Room blocks are now open for reservations! Make reservations by April 7, 2025 to secure the conference rate of \$149.

For more information go to keha.ca.uky.edu/content/state-meeting-information

PARENT HEALTH BULLETIN



MARCH 2025

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

PAY ATTENTION TO HOW YOU TALK ABOUT FOOD WITH KIDS



Parents have a powerful influence on how their children think about food. The language used around food shapes children's attitudes, beliefs, and behaviors toward eating. They can last a lifetime. Using positive and supportive language when talking about food is vital for helping children develop a healthy relationship with food. This means enjoying a variety of foods without guilt or anxiety. It means understanding that food is fuel for our bodies, not something to be feared or controlled.

From a young age, children listen and learn from the way we talk about food. If we use labels for food like "good" or "bad," children might start to view eating as something that is either right or wrong. They won't see it as just a way to nourish

Continued on the next page ➔





Don't say a food is "unhealthy."

Say, "This is a treat that we can enjoy

sometimes, but we also need other

foods that help our body feel good

every day."

Continued from the previous page

their bodies. For example, when we say things like, "this is so unhealthy," or "that is bad for you," it can create confusion and stress around food. These types of comments can lead children to feel guilty for enjoying certain foods. This could lead to unhealthy eating habits or an unhealthy relationship with food.

One of the most important things we can do is avoid labeling food as "good" or "bad." While it's important to encourage healthy eating habits, no food should ever be completely "off-limits" or "bad." If we only talk about food in terms of judgment, like saying, "You can't have that," or labeling food as "junk food," children may begin to feel like certain foods are forbidden or "wrong" to eat. This can lead to feelings of shame or guilt when they eat those foods, even in moderation.

Instead of labeling food, it's more helpful to talk about food in terms of balance. For example, don't say a food is "unhealthy." Say, "This is a treat that we can enjoy sometimes, but we also need other foods that help our body feel good every day." This helps children understand that it's OK to eat foods that are more indulgent. It's OK when they're balanced with other foods that provide our body with the nutrients it needs. It also helps set

the foundation for a balanced view of food. It helps them understand that all foods have a place in a healthy diet and should be enjoyed without shame.

The way we talk about food can shape children's attitudes toward eating. By using positive, nonjudgmental language, we can help them build a healthy relationship with food that will last a lifetime. Encourage balance with food choices. Promote a positive food environment to help children see food as something that nourishes, rather than something to fear or feel guilty about.

REFERENCES:

- Satter, E. (n.d.). Are you feeling bad about your eating? Ellyn Satter Institute. <https://www.ellynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating/>
- Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute <https://www.ellynsatterinstitute.org/how-to-eat/the-joy-of-eating-being-a-competent-eater>
- Helping Your Kids Develop a Healthy Relationship with Food | Patient Care. (n.d.). Weillcornell.org. <https://weillcornell.org/news/helping-your-kids-develop-a-healthy-relationship-with-food>

PARENT
HEALTH BULLETIN

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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2025

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THIS MONTH'S TOPIC:

STRETCHING YOUR DOLLAR: WHAT TO DO WHEN THE "ENDS" DON'T MEET

"Making ends meet" is getting harder in today's economy. If you've ever wondered how to make your dollars and resources go farther, think about these tips for managing your money in tough financial times.

SPENDING WISELY

There are two basic ways to balance a budget: either **increase your income** or **reduce your expenses**. Scaling back on spending may be the quicker and easier of the two strategies. Start by taking a look at your spending habits to see where your money goes each pay period. List small purchases (like fast food, hobbies, and other "wants") and large expenses (like housing, insurance, and your family's "needs").

Next, use a highlighter to mark more **flexible** categories where you can cut back (or cut out altogether). While not always pleasant, looking for small ways to save in the present allows you to redirect that money where it matters most. This increases your family's future financial stability. Cancel "wants" until you can make ends meet again, like streaming services or monthly subscriptions. Or, cut back on things like eating out or buying name brands. For example, saving



\$10 a week is \$520 a year; saving \$20 weekly is \$1040 annually; saving \$50 a week is \$2,600 a year; and so forth. Small savings really do add up.

PRIORITIZING YOUR FINANCES

Household expenses fall along a continuum of fixed and variable costs. **Fixed costs** are the same amount each month. These may include bills such as mortgage or car payments, insurance premiums, cell phone plans, internet, and streaming services. You can budget fixed expenses more precisely because you know the exact amount that will be due and when.

Variable costs, on the other hand, include charges that are different each month. Food costs, utility bills, revolving credit card



NOTE EACH MONTHLY “PAY DAY” (OR ANY DATE YOU EXPECT MONEY TO COME INTO YOUR ACCOUNT)



payments, and “extras” are all variable costs. Some of these expenses may be necessary (e.g., food and electricity are essential), but often there are ways to cut costs in each category.

To begin prioritizing your finances, use a blank calendar and note every recurring monthly payment your family has (fixed or variable) on its due date. Also keep a running list of family expenses that are due quarterly or annually, like property taxes or insurance.

Next, note each monthly “pay day” (or any date you expect money to come into your account rather than go out of it). Do you have enough income to cover the required payments in between pay periods? If not, talk with the collector about the due date. Most companies offer flexibility in choosing a payment date that works for your financial situation. Be sure to pay bills on time to avoid late fees and additional finance charges or interest.

SAVING WHEN EXPENSES ARE TIGHT

To save on groceries, gas, utilities, clothing, and other household essentials, begin by

shopping your home. For example, don’t go grocery shopping until you’ve shopped your pantry, fridge, and freezer. Eat or repurpose leftovers, get creative with the ingredients you have on hand, and use food before it expires. When we toss food in the trash, we’re trashing our cash too.

The same goes for clothing or other household goods. Look for items to sell, trade, refresh, or repurpose before going shopping. To save money on gas, group your errands and limit your shopping trips to one day a week or certain days a month. You can also carpool or use public transportation. For utilities, use energy-saving practices to lower your costs (like wearing layers and monitoring the thermostat).

LOOK TO THE PAST

As you explore ways to save, consider the penny-pinching practices of past generations. They used what they had and weren’t wasteful. They borrowed from friends and neighbors. They sold and traded goods. They repurposed furniture, fabric, and clothing. They lived within their means and considered “a penny saved is a penny earned.”

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock