

Newsletter

January 2025

January is Radon Action Month



January is Radon Action Month in Kentucky and across the country. The goal of this designation is to raise awareness and educate others on the health risks of radon exposure and the steps you can take to lower radon buildup in your indoor spaces.

Radon is a naturally occurring radioactive gas that you can't see, taste, or smell. Radon exposure is harmful to your health. It is the second leading cause of lung cancer following smoking. People who are exposed to both radon and tobacco smoke are 10 times more likely to develop lung cancer. Kentucky leads the nation in the number of new lung cancer cases and lung cancer deaths.

Radon comes from the breakdown of uranium in the soil, in rock, and water. Radon is found in every region of the country, but levels vary widely by geographic area.

The Environmental Protection Agency lists radon as the No. 1 cause of lung cancer among non-smokers. The gas is responsible for about 21,000 deaths from lung cancer every year.

Continued on next page....

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Lexington, KY 40506



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How to stay safe from radon

1. **Test Your Home** – The EPA and the U.S. surgeon general recommend you test your home for radon. Testing is easy and inexpensive. There is no known safe level of radon, and you should always aim to have the lowest level. The EPA recommends fixing your home if radon levels are above 4 picocuries per liter of air (pCi/L).
2. **Spread the Word** – During January, we spend most of our time indoors because of the weather so use National Radon Action Month to encourage others to learn about radon and to test their homes, schools, and workspaces. Tell your family and friends about the health risk of radon. Let others know about the dangers of radon by working with others in your community (local officials, health departments, schools, builders, etc.) to raise radon awareness.
3. **Mitigate (Fix) Your Home** – Lowering high radon levels requires technical knowledge and special skills. To learn about testing your home, how to get an easy-to-use test kit, and find a qualified contractor, go to <https://www.epa.gov/radon/find-radon-test-kit-or-measurement-and-mitigation-professional>

Radon is a preventable cause of death in Kentucky, and these steps can make your home and indoor environment easier to breathe in.

Resources:

<https://www.uky.edu/KGS/radon/>

Accessed 9/16/2024

<https://www.epa.gov/radon/health-risk-radon>

Accessed 9/16/2024

<https://www.epa.gov/radon/find-radon-test-kit-or-measurement-and-mitigation-professional>

Accessed 9/16/2024

https://www.cdc.gov/radon/about/?CDC_AAref_Val

Accessed 9/16/2024

Source: Hardin Stevens, Senior Extension Associate, University of Kentucky, College of Agriculture, Food and Environment

Homemaker Spotlight



Brittany Almaliki
Flower Rangers Homemakers

Our homemaker of the month is Brittany Almaliki, our Recreation Chair!

A new member but has hit the ground running. She has gone above and beyond with our games, most recently creating a holiday Family Feud for us to play. Brittany's education and experience with Speech Pathology will be the focus of our January meeting.

We are so lucky to have her in the Flower Rangers!

Submitted by Ella Minick, Flower Rangers Homemaker Club

Happy New Year!

Lynnette Allen

Lynnette Allen
Extension Agent
For Family & Consumer Sciences Education
Breckinridge County

Homemaker Happenings



January 23rd
January 30th
February 4th
February 7th

County Fair Family Living Planning Meeting 11 a.m. CT
State Meeting Table Favor Planning Meeting 4:30 p.m. CT
Lincoln Trail Area Council Meeting @ Marion County
Homemaker Lunch Outing- Drane's Kurve Inn 11 a.m. CT

Extension Office Closed

Martin Luther King Jr. Day
Monday, January 20th

Homemaker Lesson: Grandchildren - Grand Cooks

**Thursday, January 23rd 1 p.m. CT
Extension Community Building**

As a grandparent, sharing cooking skills with young people is a great way to teach life skills and pass on family traditions.

FCS Agent Dayna Fentress will share a lesson about this new extension curriculum that can impact families for generations.

Please note this is a date correction

For more information contact us at (270) 756-2182

2025

Family Living Planning Meeting

A family living planning meeting has been scheduled for

**Thursday, January 23rd at 11 a.m. CT
in the Extension Community Building.**

We will be discussing exhibit equipment and category updates.



**Homemaker Lunch Outing
Friday, February 7th
11 a.m. CT**

Come out and join the homemakers for lunch at Drane's Kurve Inn. We will share reminders regarding women's heart health. Wear something RED in observance of this important health initiative!

Lunch will be available for purchase off the regular Drane's Kurve Inn Menu.

Homemaker Club Meetings



<i>Homemaker Club</i>	<i>Date/Time</i>	<i>Location</i>
Cloverport	Monday, January 20th 1 p.m. CT	Cloverport Methodist Church
Countryside	Monday, January 27th 5 p.m. CT	Restaurant TBD
Flower Rangers	Friday, January 31st 6 p.m. CT	Extension Office Community Building
Irvington	Tuesday, January 21st 11:30 a.m. ET	Lincoln Trail Christian Church
New Heights	Tuesday, January 21st 10 a.m. CT	Extension Office Community Building
Sunshine Sisters	Tuesday, January 28th 11 a.m. CT	Extension Office Community Building

Roll Call & Thought of the day for January

Roll Call: January rings in the new year.
What adventure do you hope to find this year?

Thought of the Day: "Lookin' for adventure And whatever comes our way"
Born to Be Wild, Steppenwolf · 1968

December Homemaker Highlights



Taste of Christmas

Favorite Dessert: Missy Duffy
Viewer's Choice Quilt: Suzanne Myers
Favorite Soup: Nancy Priest



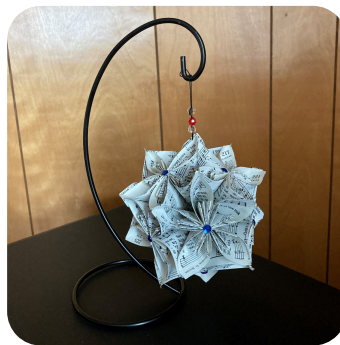
Thanks to the Irvington Club for
decorating the tree this year!



Holiday Workshops to create
beautiful handmade
ornaments



Holiday fun with the
ornament exchange



Thank you to each club and member for donating food and volunteer time for the Taste of Christmas, Holiday Workshops, and Luncheon.

2025 HEALTHIER HABITS CHALLENGE

Join us each month for a challenge to create healthier habits in 2025. Small changes add up to make a difference.

January: Drink more water



Staying hydrated benefits your body

- Keep track of the amount of water you drink each day. As the days pass start making note of the foods you eat. According to the American Heart Association, food-logs or journals are one of the most helpful ways tools for weight management or loss.
- Staying hydrated supports blood flow. It also helps to rid the body of waste and regulates body temperature
- **Water is best for hydration!** Water-rich foods (like fruit and veggies) also work to hydrate you.
- Caffeinated beverages cause you to lose fluids and become less hydrated.
- In general, experts recommend 15 1/2 cups of fluid per day for men, and about 11 1/2 cups of fluids per day for women. (note that's cups, not glasses. Drinking glasses and water bottles often hold more than a cup.)



Source: American Heart Association





WITS WORKOUT

An interactive brain health program

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

Simply put, coming together and learning new things is good for your noggin! Join the *Wits Workout* program to engage in guided challenging puzzles, learn to help keep your brain healthy while interacting with others.

Wednesday, January 8th


10 to 11 a.m. CT

Breckinridge County Extension Community Building

1377 S. Hwy 261 Hardinsburg, KY 40143

For more information, contact us at (270) 756-2182







Diabetes Support Group

Breckinridge County Extension Community Building
1377 S. Hwy 261, Hardinsburg, KY 40143

Tuesday, January 14th
1:30 – 2:30 p.m. CT

-  Relaxed group setting
-  Recipe sampling
-  Nutritional information
-  Door prize
-  FREE

January Topics:

- Diabetes Management Basics
- Winter Safety



Call 270-756-0711 or 270-756-2182 for more information

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BRECKINRIDGE COUNTY EXTENSION OFFICE

Cooking Through the *Calendar*

Join us for a cooking demo &
sample delicious, healthy recipes

WEDNESDAY, JANUARY 22ND

11:30 A.M. CT

EXTENSION OFFICE BASEMENT

1377 S. HWY 261

HARDINSBURG, KY 40143

FOR MORE INFORMATION CALL

270-756-2182



USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. THIS PROJECT WAS PARTIALLY FUNDED BY USDA'S SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - SNAP.

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JANUARY / FEBRUARY 2025

HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative
Extension Service



This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.



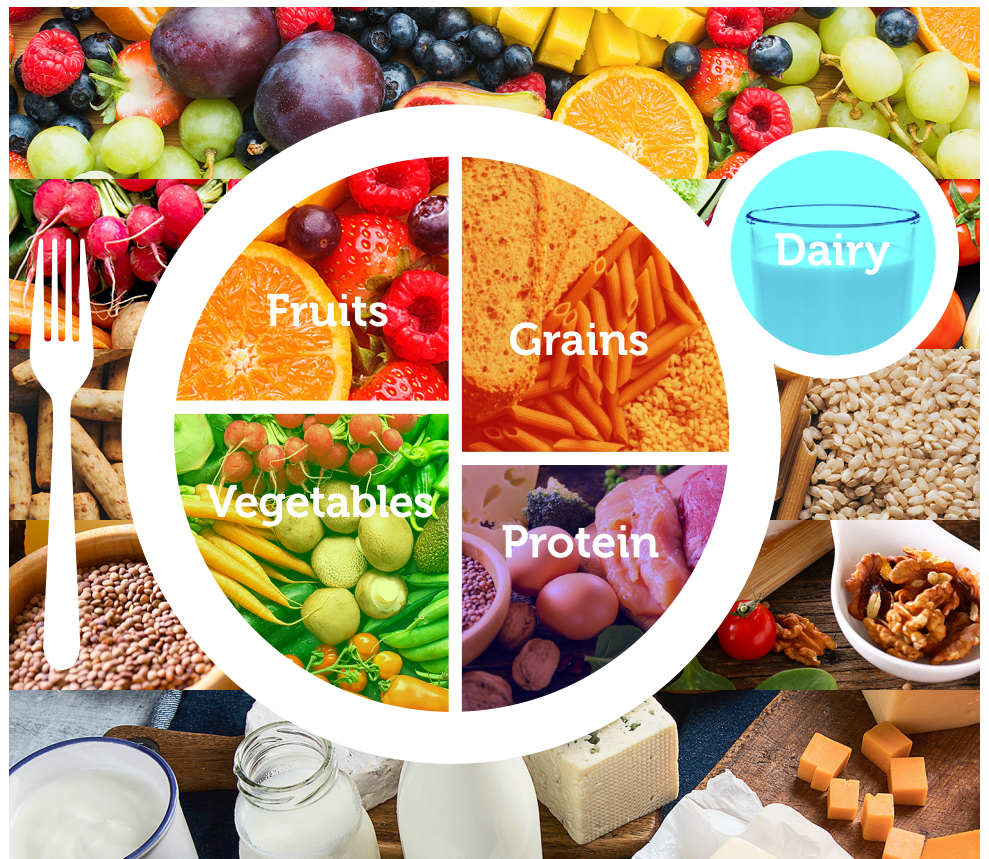
This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Start off the new year with MyPlate

Kick the new year off by making it a point to include MyPlate meals in your day. MyPlate helps you to choose many foods throughout the day and throughout the week. It shows what and how much to eat from each of the food groups over the course of the day, whether you eat on a plate, from a bowl, or another way. Start with the tips below.

- **Focus on whole fruits.** Fresh, frozen, canned, or dried fruits are in this group. At least half that you eat should come from whole fruit, instead of 100% fruit juice.
- **Vary your veggies.** Veggies can be raw or cooked and can be fresh, frozen, canned, or dried.
- **Vary your protein routine.** Protein foods include all foods made from seafood; meat, poultry, and eggs; beans, peas, and lentils; and nuts,

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BASIC BUDGET BITES

Canned and frozen fruits and veggies

During the winter months, fresh fruits and veggies are often harder to find, pricier, and not as flavorful. Frozen and canned choices are often cheaper and more flavorful since they are picked at peak ripeness. Research has found that canned fruits and vegetables are just as healthy as fresh options.

One study found that canned fruits and vegetables can stretch food budgets. Canned foods cost up to 50% less than frozen and 20% less than fresh. Canned foods are also less likely to be wasted. Whether it's fresh, canned, or frozen, be sure to have fruits and veggies in most of your meals.

Source: Adapted from <https://winnebago.extension.wisc.edu/2018/12/26/canned-fruits-and-vegetables-are-a-good-choice>

CONTINUED FROM PAGE 1

seeds, and soy products. Try to eat many kinds of lean proteins.

- **Make half your grains whole grains.** Foods made from wheat, rice, oats, cornmeal, barley, or other cereal grains is a grain product. Bread, pasta, breakfast cereals, grits, tortillas, and popcorn are all in this group.
- **Move to low-fat or fat-free dairy** milk, yogurt, and cheese (or lactose-free dairy or fortified soy versions).
- **Drink and eat less sodium, saturated fat, and added sugars.** Cook at home more often to limit added sugars, saturated fat, and sodium. Read the ingredients lists and use Nutrition Facts labels to compare foods.

Source: Adapted from MyPlate.gov

For more information, visit [MyPlate.gov](https://www.MyPlate.gov)



PARENT CORNER

Be a role model

Did you know that children are more likely to try new foods and eat healthy foods if they see their caregivers doing the same? Next time you want your child to try a new vegetable, do it with them or offer something they often see you eating.

FOOD FACTS

Black-eyed peas

Black-eyed peas are often eaten on New Year's Day to bring good luck with the new year. They also happen to be packed with fiber, which helps lower cholesterol and keeps you regular.

Choose dried beans or beans canned with low or no sodium. Select dried beans that are dry, firm, clean, uniform in color, and not shriveled.

Source: <https://fruitsandveggies.org/fruits-and-veggies/black-eyed-peas-nutrition-selection-storage>

COOKING WITH KIDS

Black Bean Quesadillas

- 1 15-ounce can low-sodium black beans, rinsed and drained
- 1 cup frozen, fresh, or canned corn
- 1/2 small red onion, diced
- 1 medium green bell pepper, diced
- 1 1/2 cups shredded cheddar cheese
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 10 whole-wheat tortillas

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently clean all produce under cool running water before chopping.

3. Add the black beans, corn, onion, pepper, cheese, chili powder, and garlic powder to a medium bowl. Gently fold until everything is evenly combined.
4. Place a 1/2 cup of the filling on one side of each tortilla and fold over.
5. Heat a large nonstick skillet over medium heat. Place two quesadillas in the skillet at a time. Cook until each side is slightly browned and the cheese is melted, about 2 to 3 minutes per side.
6. Slice into triangles and enjoy! This pairs well with salsa.
7. Store leftovers in the refrigerator within 2 hours.

Recipe makes 10 servings
Serving size: 1 quesadilla

Nutrition Facts per serving: 250 calories; 8g total fat; 4.5g saturated fat; 0g trans fat; 15mg cholesterol; 310mg sodium; 35g total carbohydrate; 4g dietary fiber; 4g total sugars; 0g added sugars; 11g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium.

Source: Jean Noble, Program Coordinator II, University of Kentucky Cooperative Extension Service, Nutrition Education Program, Chop Chop Summer 2022



RECIPE

Smoky Slow-Cooker Black-Eyed Peas

- 1 medium onion, chopped
- 1/2 medium bell pepper, chopped
- 2 cloves minced garlic, or 1/2 teaspoon garlic powder
- 2 small or 1 large jalapeno pepper, ribs and seeds removed and finely chopped (optional)
- 1 pound dried black-eyed peas, sorted and rinsed
- 1 (12 ounces) package smoked turkey sausage, cubed
- 1/2 teaspoon Cajun seasoning
- 1/4 teaspoon ground black pepper, or to taste
- 2 small bay leaves
- 7 cups water

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool running water and gently scrub using a clean vegetable brush before chopping.
3. Add all ingredients to a 6-quart or larger slow cooker.
4. Cook on high for 5 hours or until peas are tender, adding more water if needed.
5. Remove bay leaves.
6. Serve over hot, cooked brown rice, if desired.
7. Refrigerate leftovers within 2 hours.

Stovetop Option: Sauté chopped vegetables in 1 tablespoon vegetable oil in a large pot over medium heat. Cook for 5 minutes or until tender. Add all remaining ingredients, increasing water to 8 cups. Bring mixture to a full boil. Reduce heat to low, cover, and cook for 1 hour or until peas are tender.

Recipe makes 12 servings
Serving size: 1 cup

Nutrition Facts per serving: 180 calories; 3g total fat; 1g saturated fat; 0g trans fat; 20mg cholesterol; 240mg sodium; 26g total carbohydrate; 4g dietary fiber; 4g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 20% Daily Value of iron; 10% Daily Value of potassium

Source: Anita Boyd, Mason County SNAP-Ed Program Assistant Senior



LOCAL EVENTS

SMART TIPS

Percent daily value

Sometimes the Nutrition Facts label can be hard to grasp. Use this tip to make sense of the numbers on the label. Always look at the “%DV” which stands for percent daily value. It is listed on the far-right side of the label. %DV stands for the amount of a nutrient a single serving of food adds to your daily food plan.

For example, if the label says 10% DV for calcium. That means a serving of that food has 10% of the amount of calcium the average adult should get in a day.

Use %DV to determine if a serving of the food is high or low in an individual nutrient. As a general guide:

- 5% DV or less of a nutrient per serving is considered low.
- 20% DV or more of a nutrient per serving is considered high.

More often, choose foods that are:

- Higher in dietary fiber, vitamin D, calcium, iron, and potassium.
- Lower in saturated fat, sodium, and added sugars.

Source: FDA Nutrition Facts Label

If you are interested in nutrition classes, contact your Extension office.



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mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442;

email:
program.intake@usda.gov.

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www.usda.gov/sites/default/files/documents/usda-program-discrimination-complaint-form.pdf, en cualquier oficina del USDA, llamando al **(866) 632-9992**, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción

discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR, por sus siglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; o´

fax:
(833) 256-1665 o´ (202) 690-7442;

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Online

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