

Newsletter

February 2025

**Breckinridge County
Cooperative Extension Service**
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In This Issue:

Homemaker Spotlight
Homemaker Happenings
Healthier Habits Challenge
Spring Bazaar
Wits Workout
Diabetes Support Group
Upcoming Extension Events



Lynnette Allen

Lynnette Allen,
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Choose a heart healthy eating pattern

With February being American Heart Month, now is a great time to learn about ways to lower your risk of developing heart disease. One of the best ways to do this is to follow a heart healthy eating pattern. A heart healthy eating pattern means choosing nutrient dense foods most days instead of having to follow a very strict diet.

The Dietary Approaches to Stop Hypertension (DASH) diet and the Mediterranean diet are widely accepted by scientists as being good for your heart. Both emphasize eating more whole grains, fruits, vegetables, legumes, seafood and lean meats, and fewer fatty foods and sweets. These recommendations are consistent with the U.S. Department of Agriculture's MyPlate. Both the DASH and Mediterranean diets also encourage followers to incorporate physical activity into their day. In addition to being heart healthy, both diets may help you lower your risks for developing type 2 diabetes and some cancers.

Continued on next page....



The Mediterranean diet has been named one of the best diets in the world on numerous occasions. It focuses on using food to develop the foundation for a healthy lifestyle, rather than following a strict diet.

In addition to being a heart healthy diet, studies strongly suggest that individuals who follow the Mediterranean diet have lower levels of LDL “bad” cholesterol, lower blood pressure, weight loss or weight maintenance, improved eyesight, improve brain function, increased joint relief from rheumatoid arthritis and may live longer.

The DASH diet is designed to help people lower their blood pressure. In addition to consuming nutrient-dense foods, it focuses on lowering sodium intake and eating the correct portion sizes. By following the DASH diet, you may be able to lower your blood pressure by a few points within a couple of weeks. Long-term followers have been able to lower the top number of their blood pressure between eight and 14 points, which reduces their risk for heart disease. The diet is consistent with dietary recommendations for lowering your risks for osteoporosis, and stroke.

For more information on ways to eat healthy, contact the Breckinridge County Extension Office at 270-756-2182

Source: Sandra Bastin, Extension Professor

2025 4-H Reality Store

The 4-H Reality Store is a real-life simulation which provides students the opportunity to explore careers and make lifestyle and budgeting choices.

The 2025 Reality Store will take place Friday, March 14th at
The Breckinridge County Middle School.

We are seeking volunteers for this event.

If you are interested in volunteering, please contact
Becky Brown at 270-756-2182 or rebecca.brown@uky.edu



Homemaker Spotlight



Jean Meriwether
New Heights Homemakers

The New Heights Club is pleased to submit the name of Jean Meriwether for homemaker of the month. Jean has been involved with Homemakers for almost fifty years. Before she was ever a member, she would come from Ohio County to help her mother at the Breckinridge County Fair.

Jean has lived in several counties and was a Homemaker member while living in Hancock County. In Breckinridge County, Jean first belonged to the Friendship Club, and when it ceased, she joined the New Bethel Club. Jean was President of the New Bethel Club in 2023 when it merged with the Hites Run Club to form the New Heights Club.

Jean has served on numerous leadership levels in her local clubs and county club. She could always be found donating/working Christmas Home Tours, Taste of Christmas, yard sales, bake sales, and Spring Bazaars.

Jean has the heart of a volunteer. She has belonged to Eastern Star for 50 years and spent many years working with and supporting Rainbow Girls. She attends the Hardinsburg Baptist Church when able. The community is blessed by her years of service.

Submitted by Shirley Macy, New Heights Homemakers



2025 Breckinridge County Fair

June 18th -21st

Start planning now to enter items in the annual Family Living Exhibit.
Contact the Extension Office for an updated Family Living Catalog

Homemaker Happenings



February 4th

Lincoln Trail Area Council Meeting @ Marion County

February 7th

Homemaker Lunch Outing- Drane's Kurve Inn 11 a.m. CT

February 25th

Homemaker Lesson: Pathways to Wellness 1:30 p.m. CT

Extension Homemaker Club Meetings

Cloverport

Monday, February 17th 1:00 pm CT
Cloverport Methodist Church

Countryside

Monday, February 24th 5:00 pm CT
TBD Restaurant

Flower Rangers

Friday, January, 31st 6:00 pm CT
Extension Office Basement

Irvington

Tuesday, February 18th 11:30 am ET
Lincoln Trail Christian Church

New Heights

Monday, February 17th 10:00 am CT
Extension Community Building

Sunshine Sisters

Tuesday, February 25th 11:00 am CT
Extension Community Building

Homemaker Lesson: Pathways to Wellness

**Tuesday, February 25th 1:30 p.m. CT
Extension Community Building**

Did you know diet, physical activity, and sleep account for less than half of the factors that determine the length and quality of your life? In this session we explore how the people, places, and spaces in which we live, learn, work, and play influence health. Natalie Taul FCS Agent from Grayson County will lead us in this lesson.

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

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.

February Roll Call & Thought of the day

Roll Call: Have you ever participated in a race or contest? What happened?

Thought for the Day: "On your marks, get set, go" Bicycle Race Queen 1978

2025 HEALTHY HABITS CHALLENGE

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

February: Reduce Added Sugar



Tips to cut down on added sugar:

- **Toss the table sugar and syrups** - Cut back the sugar added to cereals, pancakes, coffee and tea.
- **Swap out the sugary sips** - Water is best! But if wanting more flavor, add fresh fruit to water, unsweet tea and choose diet drinks.
- **Shop wisely** - Compare food labels to choose foods with the lowest added sugar.
- **Half it** - When baking, cut the sugar by 1/3 to 1/2.
- **Use flavor extracts and spices** - Add vanilla, almond, orange, or lemon extracts or warm spices like ginger, allspice, cinnamon or nutmeg.

Source: American Heart Association.org

Building Healthy Habits Review

It is never too late to start.

January - Drink more water each day.



BRECKINRIDGE COUNTY EXTENSION HOMEMAKERS

SPRING BAZAAR



**3rd
Annual**

CALL FOR VENDORS

Saturday, May 10th 9 a.m. - 2 p.m. CT

**Sign up early to guarantee a spot in the
main bazaar building with air conditioning!**

***Please contact the Extension office at
270-756-2182 if you are interested in being a vendor.***

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development


MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



Disabilities
accommodated
with prior notification.

Upcoming Extension Events



**WITS
WORKOUT**
An interactive brain health program

**Cooperative
Extension Service**

**Wednesday, February 5th
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

An Equal Opportunity Organization



**Diabetes
Support Group**
*Tuesday, February 11th
1:30 - 2:30 p.m. CT*

**Cooperative
Extension Service**

**February Topic:
Local Pharmacist will share
medicine updates**

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

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

An equal opportunity organization



**Cooperative
Extension Service**

BRECKINRIDGE COUNTY EXTENSION OFFICE

**Cooking Through
the Calendar**

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

**WEDNESDAY, MARCH 26TH
11:30 A.M. CT
EXTENSION OFFICE BASEMENT
1377 S. HWY 261
HARDINBURG, KY 40143**

**FOR MORE INFORMATION CALL
270-756-2182**



An equal opportunity Organization



**Cooperative
Extension Service**

**BRECKINRIDGE COUNTY EXTENSION HOMEMAKERS
SPRING BAZAAR**

3rd Annual

SAVE THE DATE

SATURDAY, MAY 10TH

**BRECKINRIDGE COUNTY
EXTENSION COMMUNITY BUILDING**

An Equal Opportunity Organization

SOURDOUGH BREAD CLASS



Come and join in with our baking class to learn the basics about sourdough. Tips, recipes and sampling will be available!

FEBRUARY 26 @5PM CT
BRECKINRIDGE COUNTY
EXTENSION OFFICE BASEMENT
1377 Hwy 261 S, Hardinsburg, KY 40143

WHAT YOU'LL LEARN:

- Benefits of Sourdough Bread
- Basics of Sourdough Starter
- Baking options with Sourdough



FREE TO ALL
REGISTRATION IS REQUESTED FOR
CLASS PLANNING.
CALL: 270-756-2182



BASKET WEAVING WORKSHOP



MONA HINTON, INSTRUCTOR

Come and join in for a fun group class to learn basic weaving skills. Leave with a beautiful basket you can use on your dinner table or in your home decor.

MARCH 18, 2025 @ 8:30 AM CT
EXTENSION FARMERS MARKET CLASSROOM
\$40.00 KIT FEE

VERY LIMITED CLASS SIZE,
CALL NOW TO REGISTER & RECEIVE MORE CLASS DETAILS

BRECKINRIDGE COUNTY
EXTENSION SERVICE
270-756-2182

