



Earth Day is held each year on April 22 and has been since 1970.



According to the website, www.earthday.org, this year's theme is "Planet vs. Plastics." The focus is to raise awareness of the health risks of plastics and the environmental impact of single-use plastics. The world's plastic problem has recently been in the news.

The Environmental Protection Agency (EPA) reminds everyone that each day should be Earth Day and that we can make daily choices to protect our environment.

Everyday steps that you can take include actions like:

- Reduce, reuse, and recycle as much as possible.
- Take your own reusable bags when shopping instead of having your items placed in plastic bags each time.

- Plant a tree.
- Save water by not leaving the water running in the sink as you brush your teeth.
- Take shorter showers to use less water.
- Install and use a rain barrel to collect rain runoff to water your lawn and landscaping.
- Drive less. Walk or ride a bike whenever possible.
- Do not run your car while parked. After a few minutes of idling, turn your car off. Save gas and eliminate car exhaust.
- Volunteer or start a community litter or trash cleanup program in your area.
- Turn the lights off when you leave a room.

- Use energy efficient lightbulbs throughout your home.
- Properly insulate your home to use less energy when heating and cooling.

By taking these steps and others, we can make choices that will contribute to a cleaner and healthier environment for all.

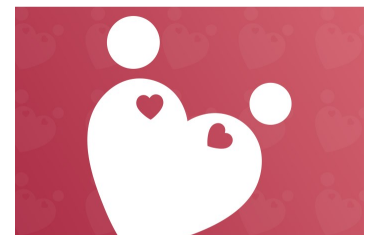
References:

<https://www.earthday.org/earth-day-2024/> Accessed 1/22/24

Bottled Water is Full of Plastic Particles. Can They Harm Your Health? from the New York Times, <https://www.nytimes.com/2024/01/11/well/live/bottled-water-nanoplastics.html> Accessed 1/22/24

<https://oceanservice.noaa.gov/ocean/earthday.html> Accessed 1/22/24

Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, January 2024



NATIONAL
**VOLUNTEER
 WEEK**

April 14-20



Disabilities accommodated with prior notification.



LOOKING AHEAD...

Date	Event
April 2 11:00 a.m.	Lunch Bunch — Camporosso Pizza and Italian 2475 Dixie Hwy, Ft. Mitchell, KY (close to Greyhound Tavern). - Call/Text your reservation by March 31st to Marcia Kerby at 859-816-8707. Meet at Extension Office at 10:30 to car pool.
April 5 10:00 a.m.	Homemakers Annual Meeting — Room A - Call the Extension Office to Register Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
April 9 10:00 - 12:00 p.m.	Valley Homemakers Meeting — Room A Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
April 15 10:00 - 3:00 p.m.	Crazy Quilters — Room B & C Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
April 16 1:30 p.m.	Program: Laughter Yoga — Room A - Call the Extension Office to Register Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
April 24	Area Homemaker Council Meeting — Lunch 11:30 a.m. Meeting 1:00 p.m. <u>Owen County Extension Office</u> — 265 Ellis Rd, Owenton, KY 40359
April 29 10:00 a.m.	Homemakers Council Meeting — Board Room Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
May 14 10:00 - 11:30 a.m.	Program: The Basics of Chocolate — Room A - Call the Extension Office to Register Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076



Kate Vaught Thompson

Kate Vaught Thompson
Campbell County Extension Agent for
Family and Consumer Sciences

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Lunch Bunch



Tuesday, April 2, 2024

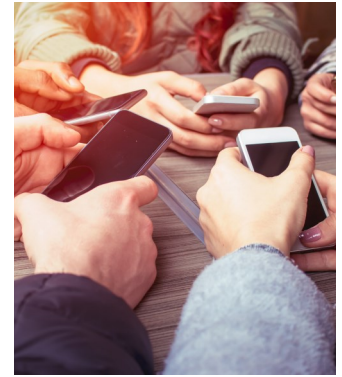
Camporosso Pizza and Italian
11:00 a.m.

2475 Dixie Hwy, Ft. Mitchell, KY
(close to Greyhound Tavern)

Call or Text your reservation or cancellation to
Marcia Kerby at by December 1st.

859-816-8707

Text Marcia if you would like to meet at Extension
Office and carpool. We will leave at 10:30 a.m.



At their meeting in March, the Valley Homemakers learned about various functions of Apple Smartphones and Androids from librarians from the public libraries in Ft. Thomas and Alexandria.

CAMPBELL COUNTY HOMEMAKERS

Garage Sale

May 18th

Thank you for your donation.
Those who donate, must sign up to work.

Saturday, May 18th 8:00 a.m.-1:00 p.m.
372 Shadow Ridge Drive, Cold Spring, KY 41076
OFF THE AA HWY

100% of proceeds go to the Ovarian Cancer Research Program.
Contact Marcia Kerby 859-816-8707 with questions or if you wish to participate.

Crazy Quilters

Crazy Quilters is for members to meet together and bring their quilting, crocheting, or knitting to work with others working on similar projects. They get to share ideas, give support, and help each other as they work. It is an opportunity to learn new skills and techniques from each other.

Two retreats are planned each year at Blue Lick State Park, usually in the spring and fall, as a time to get away and create without any distractions. A quilt vendor is on-site at the retreat for needed supplies, fabrics, and new projects.

MEET THE 3RD MONDAY OF EACH MONTH

Time: 10am (check newsletter)
Meeting Location: Campbell County Extension Office
Contact: Linda Booth (859)620-0262

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
University of Kentucky

The Nine Foods that Cause More than 90% of Food Allergies

Source: Anna Cason, Extension associate for food and nutrition



Experts have identified more than 170 foods that cause allergic reactions. But nine foods have been linked to more than 90% of food-causing reactions. The symptoms can range from mild to severe and even potentially life-threatening. To help people easily identify these foods, the Food and Drug Administration (FDA) requires food manufacturers to identify these ingredients on their labels. These may be highlighted within the ingredients list or in a separate “contains” statement near the list. Here is a list of these foods and the surprising places you might find them.

1. Milk — A milk allergy requires avoidance of milk and milk products that come from a cow. This includes butter, cheese, ice cream, and yogurt. Depending on the severity of the allergy, some people may be able to tolerate baked milk products like in a baked good. More sensitive allergies may react to milk from other mammals like goats, sheep, and buffalo.

2. Eggs — Like a milk allergy, some people may be able to eat baked or cooked eggs. Eggs can be cooked in different forms (scrambled, hard boiled, fried, poached) and are often added to recipes with casseroles, baked goods, and meatloaves. They often hide in

foods like pastas and marshmallows and in condiments like hollandaise, mayonnaise, and salad dressings.

3. Peanuts — Peanuts are one of the most common food allergies. You can find peanuts on their own or blended to make peanut butter. They also hide in unexpected foods. Fried foods may have been made with peanut oil, which can cause a reaction in a sensitive allergy.

4. Tree nuts — Tree nuts include walnuts, hazelnuts, almonds, pecans, cashews, and pistachios. While these may be easily recognizable in some dishes, tree nuts hide in unusual places too, like some BBQ sauces.

5. Shellfish — A shellfish allergy is an allergy to a specific type of marine animal that has a shell. This group is divided into crustaceans or mollusks. The FDA recognizes crustacean shellfish as a major allergen. This group includes shrimp, crab, lobster, and crayfish. Many health-care providers suggest avoiding all shellfish including clams, oysters, scallops, snails, and octopus. Typically, this allergy is revealed later in life with a more adventurous diet.

6. Fish — While fish and shellfish live in similar environments, being allergic to one does not make you allergic to the other. Fish includes finned fish, such as

tuna, salmon, and cod. But there are many more that fall into this category. Keep an eye out for unexpected sources of fish including Worcestershire sauce and some Caesar salad dressings.

7. Wheat — A wheat allergy is different from gluten intolerance and celiac disease, but avoiding wheat is a treatment for each. A gluten allergy might require avoidance of other grains, too. To manage a wheat allergy, you must avoid wheat in all forms including flour. Surprising sources of wheat may include baked goods, fried foods, sauces and condiments, and processed meats like sausage. Some brands of playdough contain wheat and people with that allergy should avoid it.

8. Soybean — Soybeans are a member of the legume family with beans, peas, and lentils. An allergy to soy does not mean an allergy to other legumes. Soy is used in the processing of many foods. Sources of soy may include sauces, canned foods, baked goods, and convenience foods like bars and snacks. People with this allergy should avoid soy products like soy milk and yogurt.

9. Sesame — Sesame is the most recent addition to this list. As of January 2023, the FDA recognizes it as the ninth major allergen. You should avoid sesame products with this allergy. This may include baked goods, sauces, cereals and granolas, chips, and crackers.

To stay safe with a food allergy, check food labels to identify if the food was used in a product. When eating outside of your home, ask questions about how a food was prepared.

Reference: Cleveland Clinic. (2023). Warning Label: The Most Common Food Allergens. Retrieved from <https://health.clevelandclinic.org/most-common-food-allergies>



National Volunteer week is April 14 – 20, and it's a great time to recognize the fabulous volunteers of the Campbell County Extension Homemakers. On behalf of myself, and the rest of the council, we say THANK YOU. We are grateful for your willingness to give your time, energy, and talents. Whether tirelessly working behind the scenes or leading clubs, classes, and events, we see you and we appreciate you. Our organization runs on volunteer efforts. There are many reasons folks give of the time and energy; meet and network with other people, find a sense of community, or to discover their own strengths. Whatever the individual reason may be, the outcome is the enhancement of the Campbell County Homemakers ability to serve the community at large. We recognize that volunteers give their time and energy, and we want all of the volunteers to know that your contributions are invaluable to the Homemaker organization.

Again, we say a sincere thank you.

Jennifer Duvall

President, Campbell County Homemakers

“We make a living by what we get, we make a life by what we give.”
Winston Churchill



Campbell County Homemakers

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

LUNCH BUNCH CLUB

Join us to meet new friends
and enjoy great lunches.

Campbell County Homemakers
will visit various local
restaurants each month.

WE MEET THE 1ST TUESDAY
OF EACH MONTH

TIME OF MEETING:

 11am (CHECK NEWSLETTER)

MEETING LOCATION:

 various restaurants

CONTACT:

 Marcia Kerby 859-816-8707

EMAIL:

 JOTANDTITTLE51@HOTMAIL.COM

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

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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
 Louisville, KY 40305



LAUGHTER YOGA CLASS

Laughter Yoga is a combination of breathing (yoga), stretching, and simulated laughter. The benefits of laughter are experienced through eye contact, interaction, and movements that simulate laughter—which becomes real and contagious!

- Wear comfortable clothing
- Yoga mat not needed

April 16
1:30pm

Laughter is the best medicine!

(You will not be on the floor during this program.)

Registration is limited!

Register at

**<https://campbell.ca.uky.edu/> or
859-572-2600**

at the Campbell County
Cooperative Extension Office

*Presented by: Suzanne Piper, Certified
Senior Advisor and Certified Laughter Yoga
Instructor*

*Sponsored by: The Northern Kentucky
Homemakers*



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Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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Helpful Ways to Talk About Your Child's Report Card

Source: David Weisenhorn, Ph.D.; specialist for parenting and child development

As a child, I remember being nervous more than once when showing my report card to my parents. As a parent, it can be just as unsettling if you don't know how to respond to your child's progress report. If you find yourself in this situation, just remember that discussing report cards with your child is an opportunity to encourage academic success and foster a positive attitude toward learning. Here are strategies to approach these conversations without getting upset:

Create a supportive environment:

Begin the conversation in a calm and supportive environment. According to research, a positive home environment contributes to academic success. Choose a time when both you and your child are relaxed and there are minimal distractions. This sets the stage for an open and constructive dialogue.

Focus on the positive:

Start the discussion by acknowledging your child's strengths and achievements. Positive reinforcement is crucial for motivation and self-esteem. Highlight areas in which your child has excelled or shown improvement. This positive approach helps build confidence and creates a more receptive atmosphere for addressing areas that may need improvement.

Ask open-ended questions:

Encourage your child to share their perspective on the report card by asking open-ended questions. This fosters communication and allows them to express their feelings and concerns. According to research, parental involvement that includes open communication positively influences academic outcomes. Avoid accusing or judging, and instead, express genuine interest in understanding their experiences and challenges.



Collaborate on solutions:

If there are areas that need improvement, work together to develop a plan for success. Set realistic goals and discuss strategies to address any difficulties. Involving your child in the

decision-making process empowers them and promotes a sense of responsibility for their education.

References:

- Dornbusch, S. M., Ritter, P. L., Leiderman, P. H., Roberts, D. F., & Fraleigh, M. J. (1987). The relation of parenting style to adolescent school performance. *Child development*, 58(5), 1244-1257.
- Hoover-Dempsey, K. V., Battiato, A. C., Walker, J. M., Reed, R. P., DeJong, J. M., & Jones, K. P. (2005). Parental involvement in homework. *Educational psychologist*, 40(4), 237-260.
- Pomerantz, E. M., & Eaton, M. M. (2001). Maternal intrusive support in the academic context: Transactional socialization processes. *Developmental Psychology*, 37(2), 174-186.
- Robinson, V., Hohepa, M., & Lloyd, C. (2009). School leadership and student outcomes: Identifying what works and why. *Best Evidence Synthesis Iteration*, 1, 1-142.

A flyer for Campbell County Homemaker Mailbox Members. The background is blue. At the top, it says "CAMPBELL COUNTY" in large white letters, followed by "HOMEMAKER" in smaller white letters. Below that, "MAILBOX MEMBERS" is written in very large, bold, yellow-outlined letters. To the right of the top text is the logo for Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky. A white arrow points from the top left towards the "MAILBOX MEMBERS" text. Below the main title, there is a paragraph of text: "Mailbox members are homemaker members who are unable to attend regularly scheduled Homemaker meetings. By joining the Homemaker's organization as a Mailbox Member, you receive the Campbell County Extension newsletter and any updates or flyers that contain information about upcoming programs and events. You are able to participate in any Homemaker events or programs." Below this text is a yellow speech bubble with the words "JOIN NOW" in white. Underneath the speech bubble, it says "Contact Kate Thompson for more information Email katevaught@uky.edu or call (859)572-2600". To the right of this text is a white envelope icon. At the bottom of the flyer, there are logos for Cooperative Extension Services and Martin-Gatton College of Agriculture, Food and Environment. The Cooperative Extension Services logo includes the text "Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development". The Martin-Gatton College logo includes the text "MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT" and a small paragraph of text: "Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and all race/ethnicity on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy or parental status, genetic information, age, veteran status, physical or mental disability or receipt of public child support services. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating, Lexington, KY 40506." There are also icons for accessibility: a person in a wheelchair and a person with a white cane.

The Basics of Chocolate

FREE

May 14, 2024

10:00 ~ 11:30 am

Campbell County Extension Office

3500 Alexandria Pike, Highland Heights, KY

**Learn the basics of chocolate
and take a taste test to see
which kind you like best.
Included in the lesson is information
on tempering chocolate.**

Register online

<https://campbell.ca.uky.edu/>

or by calling 859-572-2600

Instructor: Christy Eastwood

Carroll County Extension Agent for Family & Consumer Sciences

Cooperative Extension Service

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ADULT HEALTH BULLETIN



APRIL 2024

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

Campbell County Cooperative Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600

THIS MONTH'S TOPIC WALK AROUND THE CLOCK



April 5th is National Walking Day. It's an opportunity to try to fit more movement into your daily routines. If you are looking for a way to take a step in that direction (pun intended!), the following tips from the American Heart Association are for you.

Get up and going early

- Before you go to bed at night, lay out your walking clothes and shoes so it's easy to put them on quickly and head out the door.
- Eat a piece of fruit or a container of yogurt for quick energy, either first thing or on the go.

Continued on the next page 



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Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal.

➔ Continued from the previous page

- Create an upbeat playlist of your favorite songs to help get you moving. But make sure you can still hear traffic while listening to music.
- If it is still dark, carry a light or wear reflective clothes.
- Stretch after your walk. You can even watch a morning news show or check your email while stretching.

Add in a mid-day movement break at lunch

- Schedule your lunchtime walk in your calendar, like an important meeting or appointment.
- Keep everything you need for walking at work or in your car, so you will never be without them.
- Recruit co-workers or friends to join you. You can keep each other on track and accountable.
- Depending on your walking pace, the weather and how much you sweat, you may be able to wear your work clothes and just put on athletic shoes. Or you may prefer to keep a change of clothes handy with your shoes.
- In cooler weather, you might need a jacket, hat, or gloves. If you're walking briskly, you'll heat up in a few minutes, so don't overdress.
- Do not skip lunch. Bring food with you or pick a route where you can grab a quick healthy meal at the end of your walk.

Wind down from your day with a walk

- Have a light snack about an hour or two before you leave work so you don't feel an energy dip and talk yourself out of walking. You could try fruit, trail mix, or peanut butter and crackers as easy afternoon snacks.
- Pick a route without heavy traffic because air pollutants are worse during rush hour.
- Before heading out or as you begin your walk, do some shoulder rolls and other warm-ups to release any stress you may be carrying.



- Carry a light or wear reflective clothing if it's already dark or getting dark while you are out.

When you choose to move is up to you. The important thing is fitting it in! Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal. Whether you do all 30 minutes at once or spread it out during your day is up to you!

REFERENCE:

<https://www.heart.org/en/healthy-living/fitness/walking/fit-in-walking-morning-noon-or-night>

ADULT
HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



VALLEY HOMEMAKERS

 Martin-Gattor
College of Agriculture,
Food and Environment
University of Kentucky.

ENJOY LEARNING NEW INFORMATION AND SKILLS

The club emphasizes service, volunteering with others to help individuals and groups within the local community. Valley members enjoy making a variety of craft projects and have plans for learning many more.



**WE MEET
THE 2ND
TUESDAY OF
EACH MONTH**

**WE WELCOME NEW
MEMBERS ANY TIME
THROUGHOUT THE YEAR
AND HOPE THAT YOU WILL
BRING A FRIEND AND JOIN.**

TIME: 10am (check newsletter)

MEETING LOCATION: Campbell County Extension Office

CONTACT: Pam Fields (513) 519-5823 (leave voicemail)

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MARCH / APRIL 2024

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.

Spring cleaning your kitchen

National Cleaning Week will be March 24-30 this year. The American Cleaning Institute says 95% of American households take part in some form of spring cleaning. What better way to kick off your spring cleaning than with the heart of your home, the kitchen? Here is a checklist of spring-cleaning tasks to get your kitchen clean and set up:

- **Pantry:** Remove all items and wipe down shelves with warm, soapy water. Toss or give away old items. Dried spices are often best used within two years. When placing items back into the pantry, place items that will expire soon closest to your reach. Place older items in the front so you will use them up first.
- **Refrigerator and freezer:** Remove items and wipe down shelves, compartments in the door, and bins



CONTINUED ON PAGE 2

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PARENT CORNER

Why is bone health so important for kids?

Growing children need calcium and nutrients like vitamin D to build strong bones. In fact, for children ages 9 to 18, the body reaches its highest need for calcium. You have likely heard calcium builds strong bones. Yet most young people don't get enough. Children can store calcium in their bones. After reaching young adult age, the body can no longer store calcium, and bones reach peak bone density. When the body needs calcium and you don't get enough through food, the body takes what it needs from the bones. This can cause bones to be weak and easy to break. This is called osteoporosis. Milk with meals is a good rule of thumb to help your child get 3 to 4 servings of dairy daily. To learn more, keep reading about calcium in the Food Facts section of this newsletter.

Source: Adapted from American Academy of Pediatrics (www.healthychildren.org)

BASIC BUDGET BITES

Cut convenience, cut costs

Looking to spend less with rising prices at the grocery store? A way to do this without losing quality is to cut the convenience charge. Look at your most recent shopping trip. Did you buy precut fruit, shredded cheese, premade packaged meals, or instant rice? While these items make meal prep faster, it comes at a cost. Making small changes to skip these charges can impact your monthly food cost. Use a grater to shred cheese, cut your produce, and skip prepackaged meals and snacks to start saving.

CONTINUED FROM PAGE 1

with warm, soapy water. Throw away rotting produce and old, out of date items. Don't forget the saying, "Four days throw away," to decide on any leftovers you have on hand. To keep fresh produce longer, move veggies to the high-humidity bins. Move fruits to the low-humidity bins if your fridge has those choices. Restock items in your freezer with the items that need to be eaten soon on top or in close reach.

For a list of how to store fruits and veggies, scan the QR code or visit <http://tinyurl.com/nzx53kht>



- **Appliances:** After you have cleaned and set up all the drawers and cabinets, don't forget to wipe down your appliances. Unplug appliances before cleaning. Use warm, soapy water to wipe your toaster (and shake out those crumbs), coffee maker, and all those microwave splatters. Use a paste of baking soda and water to scrub buildup from your oven.

These tasks don't need to all happen on the same day. Spread out deep cleaning tasks as needed and when you have the time. Clean countertops and cooking equipment daily. This will help keep your kitchen sparkling year-round.

Source: Amy Singleton, RDN, University of Kentucky Area Extension Agent for KY Nutrition Education Program



FOOD FACTS

Calcium

Calcium is vital across the lifespan for a healthy body. It is a mineral your body needs to build and keep strong bones. It keeps the heart pumping. It moves muscles. Nerves need it to carry messages between your brain and every part of your body. The Dietary Guidelines for Americans state that 30% of men and 60% of women older than 19 do not get enough calcium. The recommended dietary allowance (RDA) for calcium is 1,000 mg for men 19 to 70 years old and for women ages 19 to 50. The RDA increases to 1,200 mg for women ages 51 to 70. The RDA for calcium is even higher during pregnancy and lactation. To meet this goal, eat more dairy products such as low-fat milk, low-fat cheeses like cottage cheese, and plain, low-fat yogurt. Even people with lactose intolerance can eat small amounts of dairy foods like cheese, yogurt, and lactose-free milk. People who need to skip dairy because of allergies can eat non-dairy foods high in calcium. This can include sardines, salmon, and kale. You can also eat calcium-fortified foods like unsweetened, fortified cereals and fortified orange juice.

Source: Adapted from National Institutes of Health

COOKING WITH KIDS

Quick Berry Cooler

- 1 package (12 ounces) frozen mixed berries
- 3 cups skim milk

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place frozen berries and milk in blender with lid. Blend for 3 to 4 minutes or until very smooth.
3. Serve right away.
4. Refrigerate leftovers within 2 hours.

Makes 5 servings
Serving size: 1 cup

Nutrition facts per serving: 70 calories; 0 g total fat; 0 g saturated fat; 0 g trans fat; 5 mg cholesterol; 60 mg sodium; 13 g total carbohydrate; 2 g dietary fiber; 11 g total sugars; 0 g added sugars; 5 g protein; 10% Daily Value of vitamin D; 15% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium.

Source: Eat Smart to Play Hard: Martha Yount, former Regional Extension Specialist, University of Kentucky Cooperative Extension Service



RECIPE

Salmon Patties

- 1 can (15 1/2 ounces) salmon, drained
- 1 cup whole-grain cereal or crackers, crushed
- 2 eggs, lightly beaten
- 1/2 cup skim milk
- 1/8 teaspoon black pepper
- 1 tablespoon vegetable oil

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place salmon in a medium mixing bowl. Use a fork or clean fingers to flake salmon until very fine. Remove skin and large bones.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon. Mix well.
4. Shape into 8 patties.

5. Heat oil in a skillet on medium. Carefully brown both sides until the patty is fully cooked. Serve with vegetables and rice for a filling MyPlate meal.
6. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving Size: 1 patty

Nutrition facts per serving: 120 calories; 6 g total fat; 1 g saturated fat; 0 g trans fat; 75 mg cholesterol; 260 mg sodium; 5 g total carbohydrate; 0 g fiber; 2 g sugar; 0 g added sugar; 13 g protein; 40% Daily Value vitamin D; 10% Daily Value calcium; 10% Daily Value iron; 6% Daily Value potassium.

Source: United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015.



SMART TIPS

Freeze unused eggs

If you have more eggs than you can use within a few weeks of buying them, break them out of their shells and freeze them. Freeze only clean, fresh eggs. To freeze whole eggs, beat just until blended and pour into freezer containers. Seal tightly, label with the number of eggs and the date, and freeze. As stated by the USDA Food Safety and Inspection Service (FSIS), you can freeze eggs for up to one year. When you're ready to use frozen eggs, thaw them overnight in the refrigerator or under running cold water. Use whole eggs as soon as they're thawed. Use thawed frozen eggs only in dishes that are fully cooked.

Source: Adapted from The American Egg Board



LENTIL SLOPPY JOES

Servings: Makes 8 Serving Size: 1 lentil Burger Recipe Cost: \$6.20 Cost per Serving: \$0.78



Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Over medium heat, add oil to a medium-sized pot. Sauté bell pepper and onions until softened, about 4 minutes.
4. Add water, broth, and lentils. Bring to a boil. Reduce heat and simmer.
5. Cover and cook for 25 minutes.
6. Stir in garlic powder, tomato paste, ketchup, Worcestershire sauce, brown sugar, chili powder, and mustard.
7. Enjoy the finished sloppy joe mixture on a bun.
8. Refrigerate leftovers within 2 hours

Ingredients:

- 1 tablespoon olive oil
- 1 medium bell pepper, chopped
- 1 small onion, chopped
- 1/2 cup water
- 1 cup low-sodium vegetable broth
- 1 cup dried lentils
- 1 teaspoon garlic powder
- 1 can (6 ounces) tomato paste
- 1/3 cup ketchup
- 1 tablespoon Worcestershire sauce (optional)
- 2 tablespoons brown sugar
- 1 tablespoon chili powder
- 1 tablespoon Dijon mustard (or yellow)
- 8 whole-wheat hamburger buns

Nutrition facts per serving:

320 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 480mg sodium; 55g total carbohydrate; 11g dietary fiber; 13g total sugars; 6g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 20% Daily Value of iron; 15% Daily Value of potassium

Source: Adapted from <https://www.spendwithpennies.com/lentil-sloppy-joes>