

Spring Cleaning for your Mental Health!

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



- 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.

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.



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/>



In order to continue to have Extension Homemakers in Campbell County, we need these officers:

President, Secretary, and Treasurer. This is the time of year those decisions are considered for the future of Homemakers. If you are interested in serving as an officer, please call Pam Fields @ 513-519-5823.

Aren't you excited by all the good things offered to you through UK Cooperative Extension and our Homemakers? Many opportunities exist for having fun, developing new skills, new friendships and opportunities to help others. Research has shown that these things can bring better mental health and well being. Our Lunch Bunch, Makers, Valley, and Crazy Quilters Clubs welcome new members. And, check out the info on the Adult Quilting Class—and more AI classes coming soon too! These are just a portion of what awaits you. I'm Pam Fields, County HM President, and I encourage you to be involved in one or more of these wonderful opportunities. We all achieve more when we "Seize the day" together!

LUNCH BUNCH

March 4

Mac's Pizza
42 Martha Layne Collins
Highland Heights, KY
11:00
Call/Text RSVP by February 28.
859-816-8707

April 1

Carrabba's Italian Grill
2899 Dixie Hwy.
Crestview Hills, KY
11:00
Call/Text RSVP by March 28 if you
plan to attend and/or need to carpool.
859-816-8707



We had another successful Maker Club meeting in February with 27 in attendance. The creativity and camaraderie in creating the valentines was "heart felt"! Way to go, Makers! Don't forget to bring your finished creations back for show-and-tell at our **March meeting on Tuesday, March 11, 6-8PM.**



With 35 members now, we have outgrown meeting room C so we will adjust our future dates based on room availability. **April's meeting will be on Monday, April 7,** and in **May we will meet on Monday, May 12. All meetings 6-8PM.** Makers, be on the lookout for Maker Club member emails for the latest information and contact Debbie Hyson (859-512-6400) for any questions.



ATTENTION Homemakers...



Medicine Bottle Collection Event Continues

Please clean and remove the label.



Bottles will be collected at club meetings or you can drop them in the collection box in the front entry of the Extension Office. M-F 8-4:30pm.

We collected 387 medicine bottles so far this year. A big THANK YOU to all who collected and donated bottles.

Thanks in advance for your participation and help!

Healthy Bedtime Routine For Children

Source: David Weisenhorn, Ph.D., Specialist for Parenting and Child Development

Sleep is an important part of everyone's health. Having a regular bedtime routine helps you sleep better and feel more rested in the morning. Here are some practical steps to creating a healthy bedtime routine.

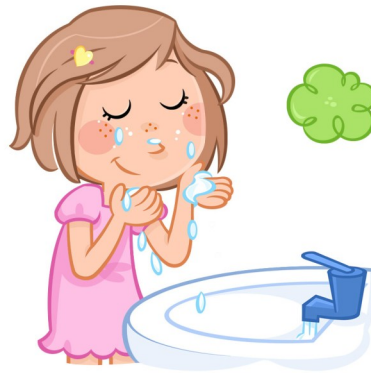
Turn off screens. Turn off TV, video games, and phones at least 30 minutes before bed. The light from screens can make it hard to sleep.

Set out things for tomorrow. Lay out your clothes and pack your backpack, so you are ready for the next day. Knowing what you are going to wear reduces time needed to get ready and can help you feel more relaxed starting your day.

Brush your teeth. Make sure to brush your teeth and floss to keep them clean and healthy.

Put on pajamas. Wearing clean comfortable and cozy clothes for bed can help you sleep.

Bedtime story or prayer. Spend 10-15 minutes doing something calming, like reading a story, listening to soft music, or being grateful for something in your day.



Say goodnight. Turn off the lights and close your eyes

References:

Center for Disease Control and Prevention (CDC). (2024). About Sleep. Retrieved from <https://www.cdc.gov/sleep/about/index.html#:~:text=What%20to%20do,and%20maintaining%20a%20healthy%20diet>.

Stringtown-Quilt-Guild
Quilters-Day-Out
Featured-Quilter Local-Guilds Free-Admission
Family-Friendly FREE-Magazines Demonstrations
Shops-and-Vendors Quilt-Displays
Book-Sales Silent-Auction

Join us on Saturday, March 15, 2025 for our annual "Quilters Day Out" Quilt Show!!

Enjoy an amazing display of quilts, a fabulous Featured Quilter, several great demonstrations, a huge variety of vendors, an incredible Silent Auction and MORE!! Our event will be held from 9AM - 3PM at the [First Church of Christ in Burlington, KY](#).

Hope to see you there!!

StoryWalk®

 Cooperative
Extension Service

Enjoy reading in nature
with StoryWalks® in your
community!

Visit the garden at the
Campbell County
Cooperative Extension
Highland Heights Office.

3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600

Bring your little ones, and
read a picture book as you
enjoy the outdoors.

Please remember to:

- Travel to all the podiums
- Read the pages as you go
- Take the Survey
- Stay safe and have fun!

*The books will stay out
for about a month,
so come back often
to see if there is
something new!*



Schedule:

- ◆ January: *I Will Not Eat You* by Adam Lehrhaupt
- ◆ March: *I'll Wait Mr. Panda* by Steve Antony
- ◆ April: *The Ant and the Grasshopper* by Miles Kelly
- ◆ May: *Splish, Splash, Ducky!* by Lucy Cousins
- ◆ June: *Some Pets* by Angela DiTerlizzi
- ◆ July: *Saturday* by Oge Mora
- ◆ August: *In the Small, Small Pond* by Denise Fleming
- ◆ September: *Pete the Cat: I Love My White Shoes* by Eric Litwin
- ◆ October: *Some Monsters Look Like This* by Silas Gibson
- ◆ November: *Snowmen All Year* by Caroline Beuhner
- ◆ December: *Bark, George* by Jules Fieffer

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation 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



Disabilities
accommodated
with prior notification.

Recognizing the warning signs for suicide.



QUESTION. PERSUADE. REFER.



What You'll Learn:

- Recognize the warning signs and risk factors for suicide.
- Intervene and ask tough questions when someone is at risk for suicide.
- Refer someone at risk of suicide to an appropriate lifesaving resource.

**Thursday,
March 20, 2025**

Campbell County Extension Office
3500 Alexandria Pike | Highland Heights, KY 41076

10:00-11:30 a.m.

Subject to cancellation if minimum registration number not met.

**To register, call the Campbell County Cooperative Extension Service
859-572-2600**

or online at: <https://campbell.ca.uky.edu/events>

QPR stands for Question, Persuade, and Refer - three simple steps that anyone can learn to help save a life from suicide. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g. parents, friends, neighbors, teachers, coaches, caseworkers, police officers). QPR is a simple educational program that teaches ordinary citizens how to recognize the warning signs of a mental health emergency and how to get a person at risk of suicide the help they need.

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Extension Service**

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



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Tips and Tricks for Gaining or Maintaining Weight

Source: Heather Norman-Burgdorf, Extension Specialist for Food and Nutrition

There may be certain circumstances where people need to gain or maintain their weight. Depending on the health issue, it may be challenging to do if there is little appetite or interest in food, there are high daily energy needs, or there are challenges with digesting food, to name a few reasons. The best approach is eating a variety of foods high in both calories and nutrients. Below are suggestions and tips for people who are trying to gain or maintain weight:



- Add foods with healthy fats, such as peanut butter and cooking oils that come from plants, into foods you normally eat. For example, when making toast, spread olive or vegetable oil on the bread before adding other toppings, or add peanut butter to your next smoothie.
- Add cheese, sour cream, and other toppings to casseroles, soups, stews, and chilis.

- Make cream-based soups rather than broth-based soups.
- Use whole milk any time it says to use water in a recipe or in preparation directions, like with instant oatmeal.
- Use gravy, sauces, and condiments to add calories and make food more appetizing and exciting.
- Eat smaller more frequent meals throughout the day that include fat and protein if you get full quickly.
- Nutrient-dense foods like nuts, cheese, and dried fruit are great to add to meals and snacks.

- Add meal-replacement drinks and shakes to breakfast or with snacks throughout the day.
- Drink calories in homemade smoothies and shakes. Add nut butter, yogurt, cottage cheese, and other higher-calorie foods that also provide lots of nutrition.
- If able, add in walking, movement, or strength training each day. This will help boost appetite and build muscle which will increase weight.

In all cases, working with a health-care team, including a registered dietitian, is the best approach to address individual nutrition needs and help manage weight.

Reference:

National Institute on Aging. Maintaining a Healthy Weight. (2022). Retrieved from <https://www.nia.nih.gov/health/healthy-eating-nutrition-and-diet/maintaining-healthy-weight>



Kate Vaughn Thompson

Kate Vaughn Thompson

Campbell County Extension Agent for
Family and Consumer Sciences

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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, physical or mental disability or reprisal or retaliation for prior civil rights activity.

Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to:

-- Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building North, Lexington, Kentucky 40546,

-- UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032, or

-- US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

January, 2025

Cooperative Extension Service

Campbell County

3500 Alexandria Pike

Highland Heights, KY 41076

859-572-2600

Fax: 859-572-2619

<http://ces.ca.uky.edu/campbell>

Dear Guidance Counselors,

The Campbell County Cooperative Extension Homemakers are again offering our Elizabeth A. Porter/Gladys M. Lickert Scholarship valued at \$500.00. Any high school **senior** who is a **Campbell County resident** and will be **attending a college or university in Kentucky** is eligible to apply.

I have enclosed several copies of the application for your students. The scholarship is based on financial need, grades, community involvement and extra curricular activities. Each applicant is required to submit:

- 1. Completed Application**
- 2. Transcript of grades**
- 3. Either ACT scores, SAT scores, or scores required by your institution of choice**
- 4. A counselor or teacher recommendation**
- 5. A 100 word letter on “Why you would like to be a recipient of this scholarship”**

All this must be mailed to our office by April 1, 2025. No application will be considered unless all the requirements are met, and no late applications will be accepted.

Personal interviews will only be held if needed and the recipient will be notified by mail. In the event that a student from your school receives the scholarship, an Extension homemaker representative would appreciate the opportunity to present it at your school’s award night.

Please encourage your students to apply. This is our way of encouraging higher education in Campbell County youth. If you have any questions, please feel free to call.

Sincerely,



Kate Thompson
Campbell County Extension Agent
for Family and Consumer Sciences



Application due April 1, 2025

**ELIZABETH A. PORTER/GLADYS M. LICKERT SCHOLARSHIP
Campbell County Extension Homemakers**

NAME _____ AGE _____

ADDRESS _____

TELEPHONE _____ SOCIAL SECURITY # _____

EMAIL ADDRESS _____

HIGH SCHOOL ATTENDED & DATE OF GRADUATION _____

INTENDED FIELD OF STUDY _____

COMMUNITY INVOLVEMENT (add extra pages if needed)

EXTRA CURRICULAR ACTIVITIES

KENTUCKY COLLEGE YOU PLAN TO ATTEND: _____

HOW DO YOU PLAN TO FINANCE YOUR COLLEGE EDUCATION?

_____ Financial support from family
_____ Student loans
_____ Summer part-time job
_____ Scholarship
_____ Other (explain) _____

- 1) A TRANSCRIPT OF GRADES, 2) EITHER ACT SCORES, SAT SCORES, OR SCORES REQUIRED BY YOUR INSTITUTION OF CHOICE, 3) 100 WORD LETTER ON "WHY YOU WOULD LIKE TO BE A RECIPIENT OF THIS SCHOLARSHIP," AND 4) LETTER OF RECOMMENDATION.

PLEASE RETURN TO:

Kate Thompson

Campbell County Extension Agent for Family & Consumer Sciences

3500 Alexandria Pike

Highland Heights, KY 41076-1705

CAMPBELL COUNTY EXTENSION HOMEMAKERS
Application for BURNETT BRAUN/ANNABELLE PERKINS
Educational Fund-Application due April 1, 2025

Name _____

Home Address _____

E-mail Address _____

Home Phone _____ Cell Phone _____

College/School/Course Provider you plan to attend _____

Course - (must be a course leading to a degree, associate degree, or a continuing education course, or to learn a heritage art or skill such as stained glass, quilting, painting, ceramics.)

QUALIFICATIONS:

Must be a Campbell County Extension Homemaker, including mailbox members.

Must be a Non-traditional student – having completed high school at least 5 years prior to application.

Applicant must submit the following:

A letter stating why you would like to be the recipient of this scholarship, including the detailed description of the course.

Copy of acceptance letter or registration verification from school or course provider, if available. If course has already been taken, proof of payment has to be submitted for reimbursement. Course must be taken or planned to be taken from July 1-June 30 of the current homemaker program year.

Applicant must submit to an interview, if needed to make a final decision.

Recipients must submit the name and address of the educational provider.

RETURN TO: Campbell County Extension Office
Kate Thompson-Family and Consumer Sciences Agent
Attention: Educational Fund Committee
3500 Alexandria Pike
Highland Heights, KY 41076

**CAMPBELL COUNTY EXTENSION HOMEMAKERS
BURNETT BRAUN/ANNABELLE PERKINS EDUCATIONAL FUND**

1. A \$500.00 Educational Fund is available, if the budget allows, to Campbell County Extension Homemakers, including mailbox members, planning to take a course(s) to increase their knowledge and skills as specified on the application form
2. Applicants must be non-traditional students having completed high school at least 5 years prior to submitting the application.
3. Applicant must submit to an interview, if requested.
4. Application forms are available from the Executive Board of Campbell County Extension Homemakers
5. Applications must be received by April 1 of the current year. The Educational Fund Committee will notify the recipient(s) by May 1 of the current year.
6. Applicants are encouraged to share in some fashion the knowledge they have gained from their course.

Mindfulness: A Practical Approach to Well-being

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

Mindfulness is a practice that involves being present in the moment and aware of your thoughts, feelings, and surroundings. Mindfulness offers several benefits, including increased emotional regulation and overall well-being.

There are various mindfulness practices, such as grounding techniques, guided imagery, and mindfulness meditation. Mindfulness meditation focuses on being present and attentive to your breath without judgment.

A helpful introductory mindfulness exercise is the 5-4-3-2-1 technique. This grounding technique involves identifying five things you can see, four things you can hear, three things you can feel, two things you can smell, and one thing you can taste.

To practice the 5-4-3-2-1 technique:

1. **Find a quiet space** where you won't be disturbed.
2. **Close your eyes** and take a few deep breaths.
3. **Begin to focus on your senses.**
 - **Identify five things you can see.** These might be objects in your room, the colors of the sky, or the patterns on your clothes.
 - **Name four things you can hear.** This could be the sound of your breath, the ticking of a clock, or a bird chirping outside.
 - **Identify three things you can feel.** Notice the sensations on your skin, the weight of your body in your chair, or the warmth of the sun on your face.
 - **Name two things you can smell.** This might be the scent of your favorite perfume, the smell of food cooking, or the fresh air coming in through the window.



- **Take your time with each step** and focus on being fully present in the moment. The 5-4-3-2-1 technique can be a helpful tool for grounding yourself and reducing stress. You can practice it for a few minutes each day or whenever you need a break from the hustle and bustle of your life.

Reference:

<https://www.healthline.com/health/mind-body/what-is-mindfulness>

<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356>

<https://www.psychologytoday.com/us/basics/mindfulness>

- **Identify one thing you can taste.** This could be the taste of your food, the dryness of your mouth, or the coolness of a drink.

Cooperative Extension Service
Boone County



Florence Park
Nursing & Rehab Center

PREPARE RESPOND RECOVER: DISASTER PREPAREDNESS PROGRAM



Join us for a full-day program focused on disaster preparedness! Learn from experts in Emergency Management, meteorology, Cooperative Extension, and more about how to be prepared before, during, and after a disaster.

Program Highlights:

- Insight into emergency preparedness
- How to respond during various types of disasters
- Steps to take for recovery
- Expert speakers including emergency management professionals and meteorologists
- Lunch will be provided
- **Registration is required. Deadline to register 4/15/25**

Mark your calendars and come get equipped with the knowledge and skills to keep you and your family safe in times of disaster!



boone.ca.uky.edu



859.586.6101

WEDNESDAY, APRIL 30, 2025

9:00 AM - 3:00 PM

Boone County Enrichment Center
1824 Patrick Drive
Burlington, KY 41005

Have Questions or Need More Information? Please email Diana at: dtripp@myy.org

ADULT 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>

Campbell County
 Cooperative Extension Service
 3500 Alexandria Pike
 Highland Heights, KY 41076
 859-572-2600
<https://campbell.ca.uky.edu/>

THIS MONTH'S TOPIC

THE POWER OF POSITIVE LANGUAGE AROUND FOOD



The way we talk about food can have a big impact on how we feel about it and how we take care of our bodies. When we use positive, respectful language around food, it helps us build a healthier relationship with what we eat. A healthy relationship with food means not feeling guilty or stressed about what we eat but instead enjoying food as something that nourishes and energizes us.

Words have a lot of power. The language we use can shape our thoughts and feelings. If we call food “bad” or “unhealthy,” we might start feeling bad about eating it. For example, saying things like, “I shouldn’t eat this,” or “this is so unhealthy,” can make us feel guilty when we enjoy our favorite foods. But when we use words like “balanced” or “nourishing,” it reminds

Continued on the next page ➔



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Disabilities accommodated with prior notification.



While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad.

➔ **Continued from the previous page**

us that food is not the enemy — it's something our bodies need to stay strong and healthy.

We often talk about food in ways that make it seem like some foods are “good” and others are “bad.” While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad. All foods can be good for us in one way or another. Whether it's the nutrients it provides us or the enjoyment we get from eating it. The key is to focus on balance, not perfection. If we can learn to talk and think about food without judgment, it can help us feel more relaxed and less stressed about eating.

Talking about food in a mindful way can also help us enjoy it more. Mindful eating means paying attention to what we're eating, how it makes us feel, and how much we're eating of it. When we use words like “enjoying,” “savoring,” or “appreciating,” we remind ourselves to slow down and notice the flavors, textures, colors, and smells of our food. This helps us be more aware of when we're full and prevents overeating. Instead of rushing through a meal or eating while distracted, we can focus on the experience of eating and truly enjoy it.

Language around food is also important in the way we talk about it with others. If we constantly talk about dieting, weight loss, or food rules, it can create stress and pressure around food. Instead, focus on how food makes us feel good, how it helps our bodies grow, and how it brings people together. When we talk about food in a positive, relaxed way, it can help create a more supporting environment for everyone.

The words we use around food matter. They can help create a healthy, positive relationship with food. By avoiding judgment, focusing on balance, and practicing mindful eating, we can build a better relationship with food.

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>

ADULT
HEALTH BULLETIN

Written by:
Anna Cason, RDN
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



ADULT QUILTING CLASS

We will be making a 3 yard Quilt Top, approximately 48" x 58".
A great size for a Throw or a Baby Quilt.

Learn to...

- Cut a Pattern
- Piecing process for a Quilt Top
- Sew a consistent 1/4" Seam throughout the Quilt
- Properly Press and Nest Seams

Join us for this informal and fun class.

Friday's - 5:00-8:00pm

March 7, 14, 21 & 28

Registration Required

Call or Text Valeria

859-912-4920

Location:

Campbell County Cooperative Extension

3500 Alexandria Pike | Highland Heights, KY 41076

Basic Sewing Supplies you need to bring:

Sewing Machine | 18" x 24" Cutting Mat | Rotary Cutter | Pins
6" x 24" Ruler | 80/12 Machine Needle | 1/4" Machine Foot
Three (3) One-Yard Pieces of coordinating cotton fabric

You must be confident operating your sewing machine and using a rotary cutter.

This class is limited to 10 people.

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CRUNCHY AIR FRYER FISH

Servings: Makes 4

Serving Size: 4 ounces

Recipe Cost: \$7.72

Cost per Serving: \$1.93



Ingredients:

- 1 pound of white fish fillets (tilapia, catfish, perch, etc.)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon chili powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 egg
- 1 tablespoon olive oil
- 1 cup panko crumbs
- Nonstick cooking spray

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place fish between clean paper towels to allow any water to drain. Rewash hands after handling raw fish.
3. Create an assembly for coating the fish. First, in a small bowl, combine the garlic powder, paprika, chili powder, onion powder, black pepper, and salt; set aside. Then, in a shallow pan or plate, whisk the egg; set aside. Rewash hands after handling the raw egg. Place panko crumbs into another shallow pan or plate; set aside.
4. Coat fish on both sides with olive oil and sprinkle both sides with the seasoning mixture. Dip fish into the egg and coat both sides. Then dredge the fillets through the panko coating both sides thoroughly. Allow the coated fillets to rest about 10 minutes before cooking. Rewash hands after handling the raw fish.
5. Preheat the air fryer to 390 degrees F while the fish rests. Coat the preheated air fryer basket or pan with cooking spray. Add the fish, taking care not to overfill the basket or pan (you may need to work in batches). Cook for 10 to 13 minutes or until it reaches an internal temperature of 145 degrees F as measured on a meat thermometer.
6. Refrigerate leftovers within 2 hours. Reheat leftovers in the air fryer for a few minutes to revive the crunchy coating.

Tips:

No air fryer? No problem. Simply bake these in the oven at 400 degrees F for 12 to 15 minutes or until they reach an internal temperature of 145 degrees F as measured on a meat thermometer.

Nutrition facts per serving:







230 calories; 7g total fat; 1.5g saturated fat; 0g trans fat; 105mg cholesterol; 260mg sodium; 16g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

Source: Brooke Jenkins, Extension Specialist for Curriculum, University of Kentucky Cooperative Extension Service

March 2025



Campbell County Cooperative Extension Homemakers Association

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>All Events and Programs are at the Campbell County Extension Office unless otherwise noted. 3500 Alexandria Pike Highland Heights, KY 41076</p> 		<p>LOOKING AHEAD...</p> <ul style="list-style-type: none"> Lunch Bunch - April 4 Carrabba's Italian Grill - 11am State KEHA Meeting Registration Due - April 21 		<p>REMINDER: April 21st: final postmark date for STATE KEHA MEETING REGISTRATION</p> 		1
2	3	4	5	6	7	8
		<ul style="list-style-type: none"> Lunch Bunch <i>Mac's Pizza</i> - 11am Call Marcia to register 859-816-8707 Exercise for your Body & Brain Program - 1:30pm 		<ul style="list-style-type: none"> Flowerbuds Program - 10:00am 	<ul style="list-style-type: none"> Adult Quilting Class – 5:00-8:00pm 	
9	10	11	12	13	14	15
		<ul style="list-style-type: none"> Valley Homemaker Meeting - 10:00am. Homemakers Maker Club Meeting - 6:00-8:00pm 			<ul style="list-style-type: none"> Adult Quilting Class – 5:00-8:00pm 	 <ul style="list-style-type: none"> Quilters Day Out 9AM - 3PM at the First Church of Christ in Burlington, KY
16	17	18	19	20	21	22
	 <p>St. Patrick's Day</p>	<ul style="list-style-type: none"> Winter Book Club - 5:00pm 		 <ul style="list-style-type: none"> QPR Institute - 10:00am 	<ul style="list-style-type: none"> Adult Quilting Class – 5:00-8:00pm 	
23	24	25	26	27	28	29
			<ul style="list-style-type: none"> Grown-Up & Me Cooking Series - 5:30pm 	<ul style="list-style-type: none"> Campbell County HM Council Meeting - 10am 	<ul style="list-style-type: none"> Adult Quilting Class – 5:00-8:00pm 	
	30	31				