

GREEN COUNTY FCS EXTENSION MARCH 2025



NEWSLETTER

Love of Chocolate Class 



Cultural Arts Blue Ribbon Winners 

Laugh and Learn Playdate Program 



Cultural Arts Red Ribbon Winners 

KEHA State Newsletters should have been sent to you via mail. If you did not receive that newsletter and would like more information over registration pricing, sessions, lodging, and more; just call or visit me at the office!



● ● ● *February Recap* ● ● ●

How is it already March! We had a very eventful February between nutrition classes, holiday themed programs, childhood development programs, and KEHA Cultural Arts. I have listed a brief description over these programs below.

Love of Chocolate: 12 participants learned about heart health, benefits of chocolate, and then created their own tasty Valentines treats.

Laugh and Learn: 4 children participated in a program that focused on kindergarten readiness. They got to enjoy story time, creating cheerio bracelets, counting to 10, and so much more!

Green County Cultural Arts Competition: We had 17 exhibitors this year with a total of 41 exhibits. We had a total of 32 blue ribbon winners that will be advancing to the area competition on March 11th.

Hopefully with the warm weather returning soon we can get back into visiting Kentucky one trip at a time. Keep an eye out for those soon.

Sincerely, Katelyn Squires

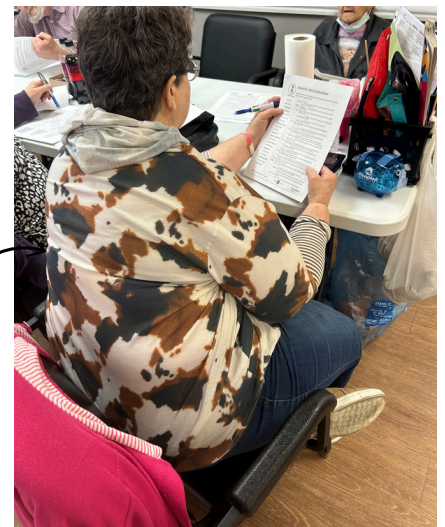
● ● ● *What else has Katelyn done in February?* ● ● ●

- LEAP with Head Start and Little Lambs
- Just Family Adult Day
- Green County Senior Center
- Middle School Sewing Programs
- Art Council Meetings
- FCS Staff Meetings
- Cooking from the Calendar



Wits Workout with Just Family Adult Day Center.

Presenting a hand sewing lesson to middle school students in January!



SAVE THE DATE

Cooperative Extension Service

Calling Young Moms!



Join a new Homemaker club started just for you!

- Socialize with other moms while children play!
- Learn new skills.
- Gain support and new mom friends!
- Dues are \$10 yearly!

This club is targeted towards both SAHM and working moms!

COOKING FROM THE CALENDAR

Crunchy Air Fryer Fish



March 20th 2025 at 12pm CST
 Call Green Co Extension Office
 at 270-932-5311 to register

Informational Meeting

April 25th at 5pm CST
 Green County Extension Office
 298 Happyville Rd Greensburg KY 42743

If you have any questions call Green County Extension at 270-932-5311

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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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Cooperative Extension Service

Indoor Air Quality

What do you think of when you hear the term "air quality"?
 Many may think of outdoor air pollution such as vehicle exhaust, smog, and smoke but what about indoor air quality?
 Have you considered what contributes to indoor air quality?

March 27th at 12p CST
 Green County Extension Office
 RSVP by March 25th by calling
 270-932-5311



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Cooperative Extension Service

Laugh & Learn

GAMES, STORY TIME, & CRAFTS

APRIL 25TH 2025
 2:30PM CST

Location: Green County Extension Office
 298 Happyville Rd Greensburg KY 42743

Call 270-932-5311 to RSVP

The Green County Extension Office is offering a free program to children ages 5 and under to prepare them for kindergarten.

This program consists of storytime, snacks, crafts, and using gross and fine motor skills.

We just ask that each child be accompanied with an adult throughout the whole program.



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Please join us for the

Annual Community Baby Shower

Hosted by Green County Help, Hope, and Hands

For all expecting mothers and mothers with newborns up to 1 year of age. Attendees may bring one guest with them. Various organizations and business will be set up with raffles. Lunch will be provided!

April 17th 2025 | 10am-12pm CST

Green County Extension Office
298 Happyville Rd Greensburg KY 42743

RSVP by calling Green County Extension Office at
270-932-5311

Deadline to RSVP is April 10th



MARCH 2025



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Homemaker Council
3p

Area Cultural Arts
Competition
Summersville 5:30

**HAPPY
ST. PATRICK'S
DAY**

Town & Country 4pm
-Contact Mary Despain
for location

Help Hope & Hands
9am

Help Hope & Hands
9am

Help Hope & Hands
9am
Cooking from the
Calendar 12p

Help Hope & Hands
9am
Lesson Leader Training 12p-
Indoor Air Quality

LCA Homemaker
Council Meeting in
Adair 9:30a
Circle of Friends 4:30

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>

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

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Cooperative Extension Service

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

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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:
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Designed by: Rusty Manseau
Stock images:
Adobe Stock



RETURN SERVICE REQUESTED



Asparagus Tomato Salad

1 pound of fresh asparagus, trimmed and cut into 1-inch pieces
1 small zucchini, halved and cut into ¼ inch slices
3 tablespoons olive oil
2 tablespoons red wine vinegar
1 garlic clove, minced

¼ **teaspoon** seasoned salt
¼ **teaspoon** honey mustard
1 cup cherry or grape tomatoes, halved
¼ **cup** sliced green onions
¼ **cup** shredded fresh mozzarella cheese
¼ **cup** minced fresh parsley

Place the asparagus and zucchini in a steamer basket. **Place** in a saucepan over 1 inch of boiling water. **Cover** and **steam** for 2 minutes.

Rinse in cold water. In large bowl, **whisk together** olive oil, red wine vinegar, garlic, seasoned salt and honey mustard. **Pour** over asparagus mixture; **toss** to coat. **Toss** in

tomatoes and green onions. **Sprinkle** with mozzarella cheese and parsley.

Yield: 6 servings

Nutritional Analysis:

110 calories, 7 g fat, 1 g saturated fat, 5 mg cholesterol, 35 mg sodium, 5 g carbohydrate, 2 g fiber, 3 g sugar, 4 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.