



Winter is a great time for families

Source: David Weisenhorn, Senior Specialist for Parenting and Child Development Education

The winter months are a great time to catch up on much needed family time. Yes, it's cold. No, you cannot get outdoors as much, but around your home you have plenty of indoor activities to do with your children that can create a meaningful family experience and lots of wonderful memories.

Spending time with their parents is very important to a child's well-being. Studies have shown families who spend time together have happier, healthier children who do better in school. Family time promotes positive emotional health in children, which is linked to a greater likelihood that they will avoid risky behaviors, such as drug use, and a lower risk for depression.

The possibilities for meaningful indoor family time are as limitless as your imagination. Here are some ideas to get you thinking.

Story time: While you can and should spend time reading to your children, there is so much more you can do with story time. Let your imagination run wild as you make up stories together. Make up a silly story to tell your children or involve them in the creation of a silly story. You can also take turns sharing your favorite family stories or memories.



Kitchen time: Especially around the holidays, you can spend a lot of family time cooking in the kitchen. Whip up something sweet to share for an after-dinner treat. Have your children help you prepare food items that will be gifts for friends and family members. You'll also be teaching them valuable math and life skills.

Dance party: Dancing to music is a great way to improve everyone's mood and get your hearts pumping when outside physical activities are limited. Let everyone have a turn selecting a song. Remember to keep the music age-appropriate, especially with younger children.

Scavenger hunts: The premise of this game is to give children a list of objects to go find and retrieve. It is simple to create and can be as long or short as you wish. Start by making a list of items commonly found in or around your home. Continue to add items to the list that require creativity and/or adventure, such as "buried treasure" which you can define however you chose.

More information on parenting and families is available at your Campbell County Extension office.

[Stock image: 123RF](#)



Letter from the Campbell County Homemakers President



2022 is in full swing and I hope that it finds you happy, healthy, and reaching your goals. I have spent my winter months busy as always, but I have set aside time to plan ahead, and also to de-clutter. I have cleaned out drawers, cabinets, and closets, but also digital files, photos, and emails. I can't speak for anyone else, but for me it feels great. I look at it as creating space in my life for new opportunities. My task now will be to stay on top of it. If you are so inclined, I encourage you to do the same. We have lots of exciting opportunities that are ongoing and upcoming. Please continue to check the newsletter.

Jennifer Duvall

Next Homemaker Council Meeting February 7, 2022 10:00 a.m.

Join us for the Campbell County meeting in-person, or on Zoom, please contact Kate Thompson at katevaught@uky.edu in advance so the Zoom link can be sent to you.

January is the month that many make resolutions, and most of us include a goal of a healthier lifestyle. By February, though, it may have already disappeared from memory. Soooo, let's challenge ourselves this way: for Jan/Feb. find and prepare at least 3 NEW, HEALTHY recipes. Then, choose the best one and share it at your next February Homemaker Club meeting. For Mailbox members, please mail or email your recipe to pfflowergirl1@yahoo.com by Feb. 7th for us to share it too. Let's have some fun with this as we try to be more healthy and help others to do the same. 😊

Valley Homemakers

Valley met in December with a Christmas party at the club house in Shadow Lakes hosted by Marcia Kerby. Everyone had a great time playing games and doing a craft taught by Jennifer Duvall. We all enjoyed a delicious potluck lunch and wonderful fellowship. Pictures of the party are in this newsletter.

Valley did not meet in January as several members were unable to attend due to conflicts in schedule or illness.

Valley will meet in **February on Tuesday, February 8th at 10:00 am.** The meeting will be at the **Campbell County Extension Office.** We will have a general business meeting and do a Valentine craft to be taught by Debbie Hyson. The group will discuss plans for the rest of the year. Everyone is welcome. This would be a great time to join us and start off a new year!

Valley will meet again in **March on Tuesday, March 8, 2022 at 10:00 am.** at the **Campbell County Extension Office** for their regular meeting. Jennifer Duvall will be teaching Pin Weaving, which is this year's focus of Kentucky Homemakers Cultural Art Program of Works.

Ronda Rex

Campbell County Extension Agent for
Family and Consumer Sciences

Kate Vaught Thompson

Campbell County Extension Agent for
Family and Consumer Sciences

The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability or national origin. To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Terry Allen or Martha Alexander, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410, 202-720-5964.

Homemaker Christmas gathering



What's Happening



It's More than Just Me Program



Homemaker display at the Campbell County Library

Congratulations to Institute Leadership Fellows Cohort I Graduates



Ronda Rex, Agent for Family & Consumer Sciences Education, and DJ Scully, Agent for Natural Resources and Environmental Management, graduated the Urban Extension Institute Leadership Fellows Program Cohort I on December 9th, 2021. The UEI

seeks to support the development of Extension professionals at the county and state levels by developing urban research opportunities that advance the knowledge base of urban Extension. UEI is a one-year commitment allowing sufficient time to create, plan, organize, implement, and evaluate an innovative project to which the agents deem necessary for their county needs. Ronda's project, Hearts Unite...The Unconditional Love of Pets, focused on the amazing benefits of the human-animal bond and how that bond can

assist individuals and families with mental wellness. DJ's project, Convening Community Forums to Address Urban Solid Waste Solutions, focused on developing a county composting education and implementation program.



The UEI Program empowered the educators in the following areas:

- Practical skills and strategies for practical academic research
- Become familiar with core tools and resources for research productivity
- Connect with relevant support units
- Build community with other Urban Extension Professionals

The UEI projects can help other Extension professionals across Kentucky with their programming.



Kentucky youth participated in Kentucky Saves Week by using their creativity to make a piggy bank. The contest was open to students attending public, private, or home schools located within the Commonwealth of Kentucky and enrolled in kindergarten through twelfth grade.



The Cow Piggy bank was the winner for Campbell County and was created by **Briana Shields**. The runner up was the Pom Pom pig and was created by **Maria Hicks**. The Piece of Cake was the winner for Central Region C7/C8 and was created by **Grace Bene** from Kenton County.

DIABETES

education

COOPERATIVE EXTENSION

 University of
Kentucky
College of Agriculture,
Food and Environment



The more you know...

PRE-DIABETES AND DIABETES PREVENTION

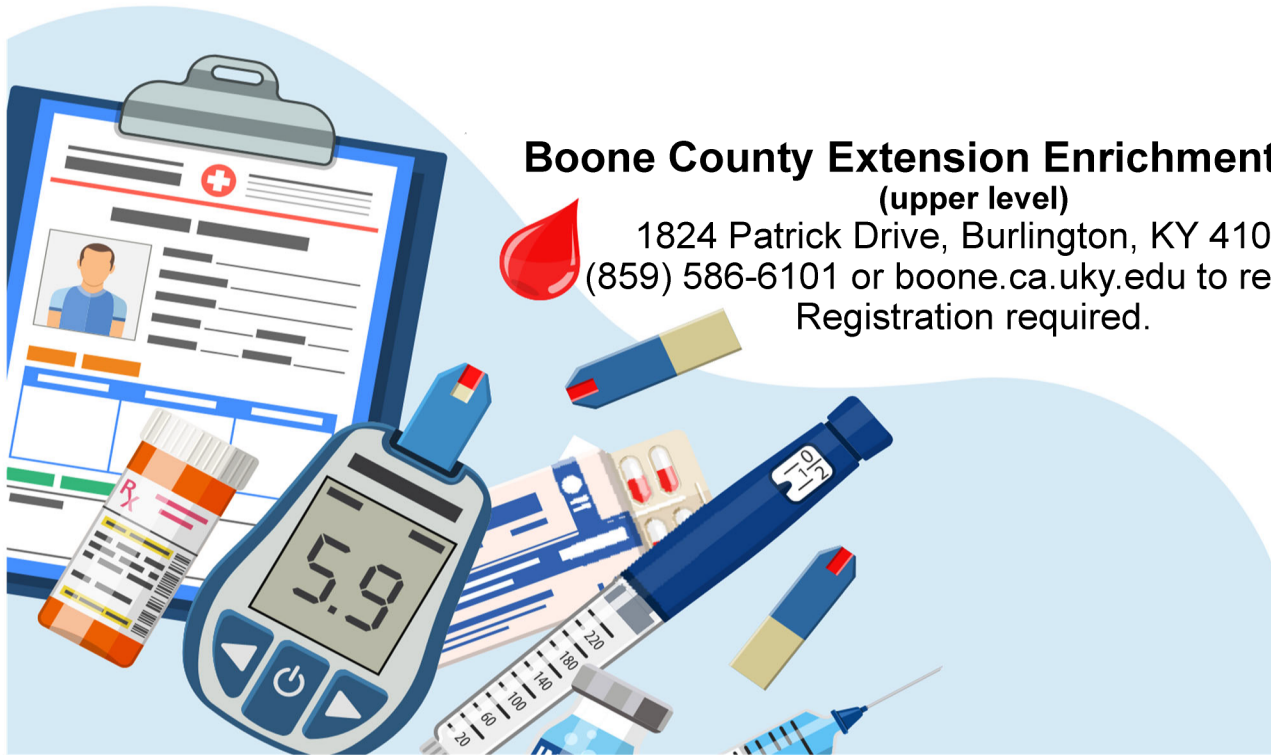
TUE, 3/1, 1:00-3:30 PM.

Are you at risk for diabetes or been told you have pre-diabetes? Attend this session learn about the condition and steps to take to prevent it. Program presented by Julie Shapero, RDN, LD, LDE and Paula Bergen, RN, CDCES both diabetes professionals.

DIABETES BASICS

TUE, 3/15, 1:00-3:30 PM.

Learn about managing diabetes from Paula Bergen, RN, CDCES and Julie Shapero, RDN, LD, LDE and enjoy a taste or two of diabetes-friendly recipes.



Boone County Extension Enrichment Center (upper level)

1824 Patrick Drive, Burlington, KY 41005
(859) 586-6101 or boone.ca.uky.edu to register
Registration required.

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Cultural COOK ALONG

COOPERATIVE EXTENSION

University of Kentucky
College of Agriculture, Food and Environment



Germany

February 17, 2022, 6:30 p.m., via Zoom

The Northern Kentucky area has a strong influence from the many German ancestors that settled here. Learn how Germany inspired many of our foods, traditions, and families.



Ireland

March 17, 2022, 6:30 p.m., via Zoom

The luck of the Irish! Join us as we look for our pot of gold and discover some myths, facts, foods and cultural habits that we still celebrate today.



Greece

April 21, 2022, 6:30 p.m., via Zoom

With more than 2,000 islands and ancient history, Greece is a fascinating country and culture. Cook along to prepare a traditional Ikarian stew. Ikaria is home to a Blue Zone.

Register for any or all of the sessions to cook along from home (via Zoom). Each month will feature a different recipe and information about the featured culture. Registration required. Supply and ingredient lists and other special instructions will be sent via e-mail about a week prior to the program.

REGISTER: (859) 654-3395 or pendleton.ca.uky.edu

Registration close 10 days prior to the day of the session.

Via Zoom: The link will be shared the day prior to and the day of the session.

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

Pendleton, Kenton and Boone County Extension presenting

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 13 • ISSUE 1

Campbell County Extension Office | 222 Street Road | City, KY | Zip | (859) 572-2600

THIS MONTH'S TOPIC: FINANCIAL RECOVERY AND RESILIENCE

Financial resiliency is the ability to withstand life events that affect your income and assets. Building financial resiliency is a step toward financial wellness, which is having the means to fully meet your financial obligations, feel secure in your financial future, and more freely make financial choices. Whether you are experiencing a **financial setback**, are in a period of **financial recovery**, or are establishing **financial well-being**, working to become more financially resilient is one of the best investments you can make for your long-term financial health.



FINANCIAL SETBACKS

Anytime you experience financial loss or strain, it can be difficult to get back on your feet. Sometimes financial stress is the result of our spending choices or behaviors; other times financial setbacks can be out of our control. Unexpected financial loss may result from a number of things, such as a sudden medical diagnosis, divorce, the death of a family member, a natural disaster, or economic downturn like unemployment or recession. When financial choices such as high debt or low savings meet with an unexpected financial stressor, what results is a financial situation that feels impossible. Whatever the cause, know there are actions you can take toward financial recovery and wellness.

FINANCIAL RECOVERY

Rebounding from a financial setback takes time and intention. To establish financial stability, consider taking the following steps:

1. Evaluate your finances. Make a list of your assets (what you own) versus your liabilities (what you owe). While it may feel overwhelming at first, writing everything down can help you see the bigger picture so that you can develop a plan. Include monthly minimum payments, due dates, and total amount owed for any creditors.
2. Prioritize your financial obligations. As you consider your income versus expenses, rank



AS YOU MAKE STRIDES TOWARD FINANCIAL RECOVERY, IT IS IMPORTANT TO ESTABLISH HEALTHY FINANCIAL HABITS

	PRESENT	FUTURE
SECURITY	Control over your day-to-day, month-to-month finances	Capacity to absorb a financial shock
FREEDOM OF CHOICE	Financial freedom to make choices to enjoy life	On track to meet your financial goals

your essential financial commitments such as shelter, transportation, utilities, food, and medication. Then reduce where you can from any remaining expenses. Are there nonessential purchases you can eliminate? Things such as streaming services or eating out? Look for ways to save. For example, buying second hand or generic brands.

3. Communicate with others. Begin by contacting your financial institutions and creditors to discuss forbearance or deferment options, shifting bill due dates, and/or negotiating lower interest rates or debt repayment plans. Also talk with your spouse and children about the realities of your financial situation. For your household to become financially healthy, it will take everyone working together.
4. Ask for and accept help. Especially in the wake of the pandemic, many local, state, and federal agencies offer financial recovery assistance. Seeking out and accepting help will allow you to meet immediate financial obligations while making long-term plans to get back on your feet. Unsure where to start? Visit <https://www.makinghomeaffordable.gov/> for mortgage assistance, <https://www.careeronestop.org/>

for employment resources, <https://www.healthcare.gov/> for health insurance coverage, <https://www.benefits.gov/benefit-finder> to search for government assistance programs for which you qualify, or <https://www.211.org/> for community resources that can help meet the needs of your family.

5. Do things differently moving forward. As you make strides toward financial recovery, it is important to establish healthy financial habits. Creating a budget, eliminating debt, and saving for the future should be top priorities.

FINANCIAL WELLNESS

Remember, personal assets include more than what is in your bank account. Additional factors that enhance financial resiliency include your skill sets, experiences, and employability; your networking skills and relationships; your health and ability to work; and your determination to succeed.

Curious as to how well you could handle a financial setback? Take the Personal Resiliency Resources Assessment Quiz to find out at <https://njaes.rutgers.edu/money/assessment-tools/personal-resiliency-resources-assessment-quiz.pdf>.

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

HOMEBASED MICROPROCESSING WORKSHOP 2022

Friday, April 15th
9:30AM-2:00PM
In-person

**PENDLETON COUNTY COOPERATIVE
EXTENSION SERVICE**

For more information and to register call 859-654-3395 or visit
https://fcs-hes.ca.uky.edu/homebased_processing_microprocessing

Join our in-person workshop! Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky. The cost of the workshop is \$50.00.

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



10 WARNING SIGNS OF ALZHEIMER'S

An Alzheimer's Association program
presented by The University of Kentucky
Family and Consumer Sciences Extension

Campbell County Extension



Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others.

The one-hour program covers:

- » Typical age-related changes.
- » Common warning signs of Alzheimer's.
- » How to approach someone about memory concerns.
- » Early detection, the benefits of a diagnosis and the diagnostic process.
- » Alzheimer's Association resources.

March 7, 2022

1:30 p.m. (or) 5:30 p.m.

Registration:

Call 859-572-2600

Location:

Campbell County Extension
3500 Alexandria Pike
Highland Heights, KY 41076

Visit alz.org and <http://fcs-hes.ca.uky.edu>
to explore additional education programs.

alzheimer's  association®



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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, or physical or mental disability.

Flower Buds



HEARTS UNITE... The Unconditional Love of Pets

Ronda Rex conducted Hearts Unite...The Unconditional Love of Pets at the Ft Thomas Library. The participants focused on a human-animal bond activity.





Soups of all sorts

By Sandra Bastin, PhD, RDN, LD, Extension Food and Nutrition Specialist

There's nothing quite as good on a cold winter day as a hot bowl of soup or a cool refreshing soup on a hot summer day. Soup and sandwich, soup and salad, Saturday lunch, Sunday supper, appetizer or main dish... soup can fill the bill. Whether you use garden-fresh, frozen or canned ingredients, soups offer economy and nutrition. Theoretically, a soup can be any combination of vegetables, meat or fish cooked in a liquid. It may be thick, like gumbo; thin, such as consommé; smooth, like a bisque; or chunky like chowder or bouillabaisse. Though most soups are hot, some like vichyssoise and many fruit-based soups are served chilled. Soups are often garnished with flavor enhancers such as croutons, grated cheese or sour cream.

- **A bisque** is a thick, rich soup usually consisting of pureed seafood and cream. Stock, broth, bouillon and consommé are interchangeable. Bouillon is a broth made by cooking vegetables, poultry, meat or fish in water. The liquid that is strained off after cooking is the bouillon, which can form the base for soups and sauces. A concentrated cube of dehydrated beef, chicken or vegetable stock is referred to as bouillon cubes. The granular form is also available. Consommé is usually a clarified meat or fish broth. A stock is clarified by removing the sediment.

- **Bouillabaisse** is a celebrated seafood stew from Provence, made with an assortment of fish and shellfish, onions, tomatoes,



white wine, olive oil, garlic, saffron and herbs. The stew is ladled over thick slices of French bread.

- **Gumbo** is a hearty soup-stew made of a variety of meat and seafood, such as chicken, sausage, ham, shrimp and crab, and vegetables like okra, tomatoes and onions. The dish blends the culinary cultures of the French, Spanish, African and Indian.

- **Chowder** is a rich milk or cream-based soup, featuring solid ingredients like vegetables and/or seafood which have been gently simmered to tenderness. New England-style chowder is made with milk or cream and Manhattan-style with tomatoes. The term chowder is also used to describe any thick, rich soup containing chunks of food, such as corn chowder.

- **A stew** is any dish that is prepared by stewing and often applies to dishes that contain meat, vegetables and a thick soup-like broth resulting from a

combination of the stewing liquid and the natural juices of the food being stewed.

- **Vichyssoise** is a rich, creamy potato-and-leek soup that's served cold and garnished with chopped chives.

The classic cream soup

Cream-based soups contain milk or cream and are thickened with a mixture of flour and butter or egg yolk. Cream soups must be cooked over low heat, along with frequent stirring to prevent scorching. They freeze and

store well, although a brisk stirring is often required after thawing and reheating to regain their creamy texture. Chilled fruit and vegetable soups usually have a cream base.

Start with a stock

Homemade beef, chicken or vegetable stocks are the base for most soups because of their rich, fullbodied flavor and versatility. Fresh ingredients of vegetables, meat, poultry, herbs and seasonings are favored, but leftovers can be excellent additions if they have not been stored past their prime. Stocks require slow simmering for a long period of time. But once prepared, stocks freeze well after straining and thorough chilling. If you don't have time to make your own, there are low-sodium canned broths available. Allow about one cup of stock per person.

To cool large containers of soup, cool rapidly in an ice water bath, stirring frequently; or place in small containers no larger than quart-size and refrigerate or freeze

immediately. Soups will keep in the refrigerator several days. Cooled broth or stock can be frozen in freezer trays. The cubes can then be stored in airtight containers in the freezer and used to add flavor to soups, gravies or sauces. Ten cubes equals about 1 cup of stock.

Vegetable Stock

- 2 large carrots, coarsely chopped
- 1 large yellow onion, coarsely chopped
- 2 stalks celery, coarsely chopped
- 1 medium-size turnip, coarsely chopped
- 1 large tomato, cut into 1-inch chunks
- 1 cup shredded lettuce
- 6 sprigs parsley
- 1 clove garlic
- 1 bay leaf
- 3/4 teaspoon dried thyme
- 6 cups of water

1. Combine all ingredients in a large stockpot.
2. Bring to a boil.
3. Simmer the stock, partially covered, 4-6 hours.
4. Strain the stock and allow it to cool.
5. Label and freeze in airtight containers for up to 6 months.

Yield: 3-4 cups

Nutritional analysis: 73 Calories, 17 g carbohydrate, 1 g fat, 80 mg sodium

Use the vegetable stock in the following recipes or be creative with items you have on hand.

Chunky Vegetable and Pasta Soup

Peel and dice 1 medium tomato and 1 zucchini; chop 2 tablespoons green pepper; and slice 2 mushrooms. Add 1/4 cup small shell pasta to 4 cups of boiling vegetable stock and simmer until

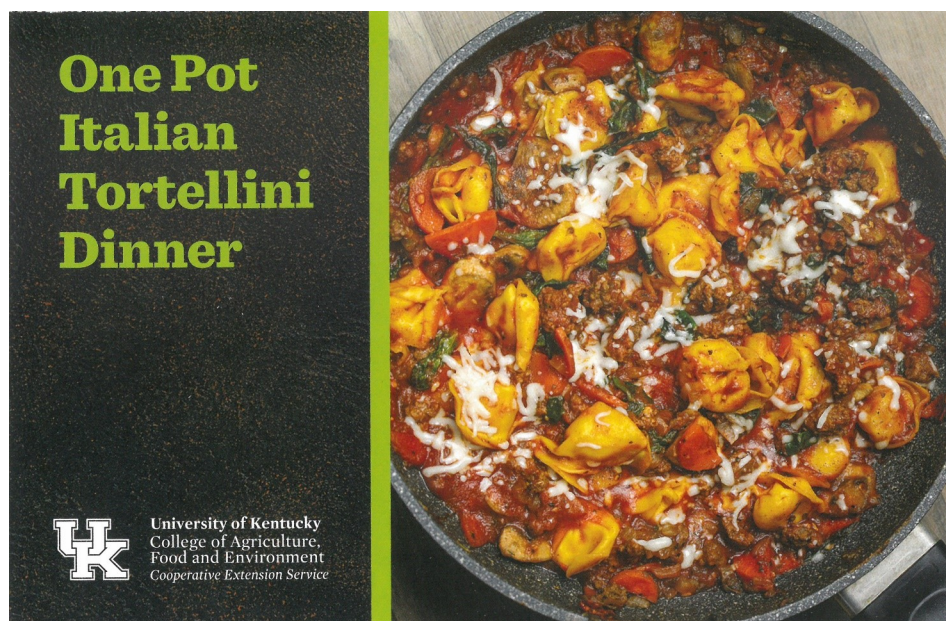
pasta is partially cooked, about 4 minutes. Add vegetables and continue to simmer until the vegetables are crisp-tender.

Oriental Style Soup

Slice 4 green onions; finely chop 1 small clove garlic; and peel and finely chop 1/2-inch piece of ginger root. Add the onions, garlic and ginger, and 1 teaspoon soy sauce and 1 teaspoon hot pepper flakes to 4 cups of boiling vegetable stock. Add 1/2 cup cooked chopped shrimp or one 6 1/2-ounce can of

chopped, drained clams. Simmer 2 minutes. Add 1/4 cup of cooked, wide egg noodles for a heartier soup.

Copyright © 2020 for materials developed by University of Kentucky Cooperative Extension. This publication may be reproduced in portions or its entirety for educational or nonprofit purposes only. Permitted users shall give credit to the author(s) and include this copyright notice.



- 1 pound lean ground beef
 - 1 medium onion, chopped
 - 1 medium carrot, chopped
 - 3 tablespoons minced garlic
 - 1 teaspoon dried oregano
 - 1 teaspoon Italian seasoning
 - 2 (15-ounce) cans no-salt-added tomato sauce
 - 1 (8-ounce) package fresh sliced mushrooms
 - 4 cups fresh prewashed spinach (remove stems and tear large leaves into pieces)
 - 1 (19-ounce) package frozen cheese tortellini
 - 1 cup low-moisture, part-skim shredded mozzarella cheese
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Gently scrub the onion and carrot with a clean vegetable brush under cool running water before preparing them. Rinse the mushrooms under cold running water, being sure to remove any dirt; pat dry.
 3. Heat a large nonstick pot or skillet over medium heat and add ground beef, onions, and carrots. Cook until ground beef is browned and has reached an internal temperature of 160 degrees F, using a food thermometer.
 4. Drain fat from ground beef mixture. Add garlic, oregano, and Italian seasoning; stir until combined.
 5. Add the tomato sauce, mushrooms, and spinach. Stir until mixture comes to a boil.
 6. Cover with lid and simmer on low for 10 minutes. Remove lid and gently stir in frozen tortellini. Cover and cook tortellini following package directions (usually 2 to 5 minutes).
 7. Top with mozzarella cheese and allow to melt before serving.
 8. Store leftovers in the refrigerator within 2 hours.

Makes 8 servings
Serving size: 1 cup
Cost per recipe: \$15.81
Cost per serving: \$1.98

Nutrition facts per serving:
 340 calories; 10g total fat; 5g saturated fat; 0g trans fat; 65mg cholesterol; 400mg sodium; 36g total carbohydrate; 3g dietary fiber; 8g total sugars; 0g added sugars; 25g protein; 0% Daily Value of vitamin D; 20% Daily Value of calcium; 30% Daily Value of iron; 6% Daily Value of potassium.

Source: East Region (4, 6)
 Nutrition Education Program



Understanding the Food Label

Ingrid Adams, Nutrition and Food Science

Why Is the Food Label Important?

Food labels provide consumers with information about the ingredients and nutritional composition of the product. By law all packaged or processed food must indicate nutrition information.

The Nutrition Labeling and Education Act (NLEA) was passed in 1990. This act requires food manufacturers to declare levels of certain nutrients on food labels. The objective of the NLEA is to provide consistent, understandable, and usable labels that can help consumers make healthy food choices.

Many consumers are not aware of the wealth of nutrition information on food labels and, as a result, may not use the information to make informed choices.

A recent study shows that for consumers to benefit from food label information, especially serving size and Percent Daily Values, labels must be easy to understand. With an understanding of the components of the food label and a little practice, anyone can learn to make more healthful food choices.

Why look at food labels?

- As a source of nutrition information
- To identify the ingredients in the product
- To become familiar with a product you are buying for the first time
- To verify a claim on the label (for example, fat-free, no trans fat, or high in fiber)
- To compare different brands of the same product
- To examine foods for allergens, additives, or ingredients you should avoid

- To determine if nutrients have been added or removed from the product

Parts of the food label

Knowing the parts of the food label helps us understand the nutrition information in much the same way that knowing the parts of a vehicle helps us better understand the mechanics of the car. You can also think of the food label as the content section of a book—it tells what's inside the book.

Six main parts of a food label provide us with information that helps us make informed choices:

- Serving size
- Calories
- Nutrients to limit
- Nutrients to get enough of
- Footnote
- Percent Daily Value

SERVING SIZE

The serving size is the first item to check on a food label. It tells you the amount of food that is counted as a serving and the number of servings in the package. Cups, pieces, and grams are some of the units used to indicate the serving size. The size of the serving on the food package is directly related to the number of calories and all the nutrients listed on the top part of the label. For example, on a box of Wheat Thin crackers, the serving size is 18 crackers or 30 grams. If you eat 18 of these crackers, you will get the amounts of calories, total fat, cholesterol, total carbohydrates, protein, vitamins, and minerals listed on the label. If, however, you eat twice as many crackers, or two times the serving size, you will have to double the nutrients and calories listed on the box.

Sample Label for Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Start Here →

Check calories

Limit these nutrients

Get enough of these nutrients

Footnote

Quick Guide to % DV

5% or less is Low

20% or more is High

US Food and Drug Administration.

Don't get confused. Some people think that if a bag or package is small it can be considered a serving, but that is not always true. Read the first part of the label to see what counts for a serving.

Paying attention to the serving size on a food label is important because the amount of food we eat today, or the portion size, has increased dramatically over the past 20 years. We have become accustomed to "mega," "biggie," and "supersize" portions. The serving size on food labels provides us with a reality check that makes us aware of standard serving sizes and helps us keep our food consumption in check.

Remember that serving sizes do not always match the serving sizes from the Food Guide Pyramid.

CALORIES

Calories are a measure of how much energy a food provides a person. The number of servings of a food you eat determines the amount of calories.

Foods rich in carbohydrates, protein, and fat provide the body with energy. Protein and carbohydrates provide 4 calories per gram; fats provide 9 calories per gram. Alcohol provides the body with about 7 grams of calories. If we take in more calories than we burn, those calories are stored as fat. Taking in more calories than we burn can lead to overweight and obesity.

The amount of calories you need daily depends on

- Age
- Height
- Weight
- Physical activity

If you are very active you may need

more calories than someone who is not active. Knowing how many calories you consume each day is important to maintaining a healthful weight.

Most of us are interested in the amount of calories in a serving of a food product. When you look at the label of a food product and you see that one serving of the food gives you 15 grams of carbohydrates, you know that you get 60 calories from a serving of that particular food. (That is 15 grams of carbohydrate multiplied by 4 calories for each gram of carbohydrate, or 60 calories.)

Table 1. Number of calories in grams of food.

Nutrient	Calories
15 grams of carbohydrates	60
8 grams of protein	32
10 grams of fat	90
5 grams of carbohydrates	20
2 grams of protein	8

When purchasing food you need to look at the label to see if it contains a high, moderate, or low number of calories. If a serving of a food contains 400 calories, it is considered high in calories. Foods that have 100 calories per serving are considered moderate in calories. Servings of food that contain 40 calories are considered low in calories.

Think of the number of calories in a serving of food as a traffic light. If there are 400 calories in a serving of a food, consider this a red light. Stop and think if there is another food that would provide fewer calories. You may want to be cautious if a food contains 100 calories a serving (yellow light). A food with 40 calories a serving

should be considered a green light. However, this does not mean you can eat an unlimited amount of a low calorie food. The calories add up.

NUTRIENTS TO LIMIT

Use the Nutrition Fact Label to help you limit the nutrients that are less healthy for you.

Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%

It is important to limit your intake of saturated fats, trans fat, and cholesterol. Studies have shown that these substances can raise the level of "bad" cholesterol, LDL, in your body. High levels of LDL are associated with heart disease. Health experts recommend that you keep your intake of saturated fat, trans fat and cholesterol as low as possible as part of a nutritionally balanced diet. Read your food label to make sure that your food choices do not contain high amounts of these substances.

Saturated fats are found in fatty meats, whole milk, and whole milk products. Saturated fats cause our bodies to make cholesterol and can lead to heart disease. You need to pay attention to your food labels so that you can know the amount of cholesterol in food.

Trans fats are formed during a process called hydrogenation. In this process, hydrogen is added to vegetable oils to make shortening or margarine, a more solid product. Hydrogenation lengthens the shelf life and improves the flavor and texture of foods.

(continued on next page)



FOOD & NUTRITION

Foods with trans fats include:

- Vegetable shortening
- Stick margarine
- Snack foods such as, potato, corn, and tortilla chips; candy; packaged or microwave popcorn
- Commercially baked foods such as pastries, doughnuts, cookies
- Deep fried food and snacks

Cholesterol is a waxy substance that is found in all cells of the body and in the blood stream. Cholesterol is needed to help the body function properly; however, the body can make all the cholesterol it needs and does not need the cholesterol we take in with food. High levels of cholesterol (LDL, the bad cholesterol) can lead to heart disease.

Americans generally eat more sodium than they need. Too much sodium in the diet is linked to high blood pressure. Read your food labels to see the amount of sodium that is in the foods you have chosen. Foods low in sodium have less than 140mg of sodium per serving. Practice choosing foods that are low in sodium.

NUTRIENTS TO GET ENOUGH OF

Use the Nutrition Fact Label to help you increase healthful nutrients in your diet. Choose foods that are high in fiber, vitamin A, vitamin C, calcium and iron. Foods high in these nutrients protect the body from diseases.

Foods high in dietary fiber, such as whole-grain cereals (avoid those high in sugar), vegetables, fruits, dried peas and beans, protect against diabetes, heart disease, obesity and constipation. Food sources rich in vitamin A protect the eyes and protect the body from infections. Vitamin C is an antioxidant and helps prevent

Dietary Fiber 0g	0%
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

cancer-causing compounds from building up in the body. Calcium is needed for strong bones and teeth and is helpful in preventing osteoporosis. Iron is needed to carry oxygen to the blood cells where energy is made. A lack of iron in the diet leads to fatigue and a condition called anemia.

THE FOOTNOTE

The footnote is at the bottom part of the label. This information stays the same from product to product.

The Percent Daily Value tells the percentage of key nutrients one serving of a food provides. These percentages are based on the recommended daily intake for a 2,000 calorie diet.

The Percent Daily Value helps you choose foods that are low in the nutrients you should limit and high in those that you should get enough of. It tells how much of your daily recommendation a serving of the food provides. "Low" is considered to be 5 percent or less.

You want your food choices to be low in each of the following:

- Saturated fat
- Cholesterol
- Trans fat
- Sodium

A percent daily value of 20 percent or more is considered to be "high." You want your food choices to be high in the following nutrients.

- Dietary fiber
- Vitamin A

- Vitamin C
- Calcium
- Iron

INGREDIENTS LIST

Ingredients are listed on food labels in the order of the amount in the food, from greatest to least. The ingredients that appear first on the list are in the greatest amounts in the food item. It is a good idea to look at the ingredient list to see what is in your food. Some lists of ingredients are very long. This usually means that there are a lot of preservatives in the product. Sometimes the shorter the list of ingredients the better.

A COMMON MISCONCEPTION ABOUT FOOD LABELS

Individuals who are dieting often choose low fat or reduced fat products. It is important to remember that even if a product is low in fat it may be high in carbohydrates (for example, sugar). Even though carbohydrates contain fewer calories than fat, they can still provide a large amount of calories that many consumers do not pay attention to. Read the entire label before you make your food choice.

References

Department of Health and Human Services. National Institutes of Health. Portion Distortion! Accessed June 25, 2009 from <http://hp2010.nhlbi.nih.net/portion/>.

Medline. Food Labeling. Accessed June 25, 2009 from <http://www.nlm.nih.gov/medlineplus/foodlabeling.html>.

National Institute of Environmental Health Sciences. Food labels tell the story! From the Label to the Table. Accessed June 25, 2009 from <http://kids.niehs.nih.gov/baylor/food3.htm>.

US Food and Drug Administration. How to Understand and Use the Nutrition Fact Label. Accessed June 25, 2009 from <http://www.cfsan.fda.gov/~dms/foodlab.html>.

It is a good idea to look at the ingredient list to see what is in your food. Read the entire label before you make your food choice.

Graphics: US Food and Drug Administration.

Revised 2-2010

PIN WEAVING

CARDBOARD LOOM EDITION

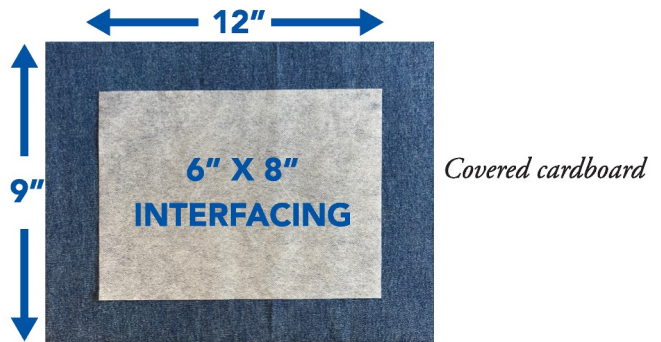
Pin Weaving requires minimal equipment to weave charming creations. Use a small frame bordered with sturdy pins, or a padded surface that will hold straight pins to create small pieces of fabrics or decorations woven with yarn, ribbon, or fabric. Instructions on how to make your own pin weaving loom with cardboard are below. You can adjust the size of your loom and creation by using different sized cardboard or fusible interfacing.

Supplies:

- 2 or 3 pieces of 9” x 12” sturdy cardboard (for added strength, alternate direction of corrugation)
- Sturdy fabric to cover cardboard
- Lightweight fusible interfacing cut to 6” x 8”
- About 60 glass-head straight pins
- About 10 yards of cotton thread (size 5 “pearl” embroidery thread or size 10 “bedspread” weight crochet thread)
- Blunt-point needles for weaving yarns
- Yarns of various textures and contrasts (18” to 36” lengths)

Steps:

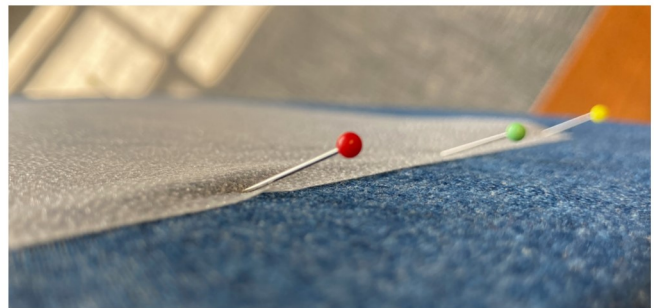
1. Stack cardboard pieces and insert into fabric “pillowcase” or wrap them with fabric and secure on the back; place interfacing **fusible side up** on the fabric cover (do not iron).



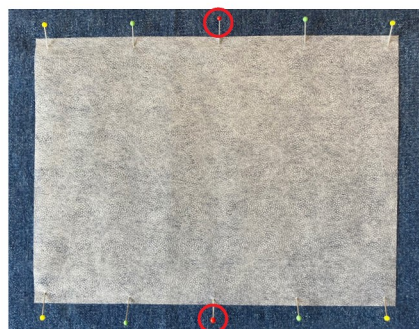
2. Secure interfacing to the covered cardboard. Insert pins at a slight angle through the interfacing, along the 8” sides (top and bottom) of the interfacing, about 1/8” from the edge; begin with a pin in the middle of the edge, then the corners, taking care to make sure the interfacing lays flat.



Alternate direction of corrugation



Choose a neutral color for the cotton warp thread (red is used here for demonstration purposes)

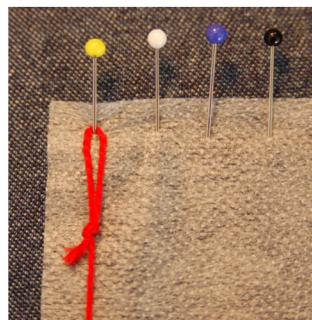


Insert pins close to edge of interfacing

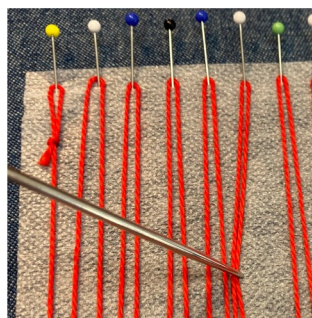
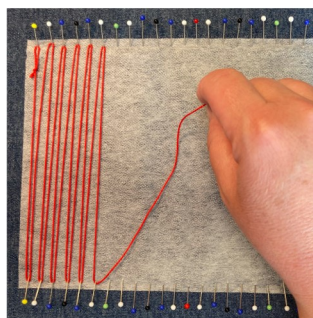
3. Insert pins so they are spaced about 1/4” apart (but no more than 1/2” apart); this will require about 26 to 30 pins along each interfacing edge (top and bottom). Use the same number of pins on each edge – or no more than one extra pin on one of the edges.



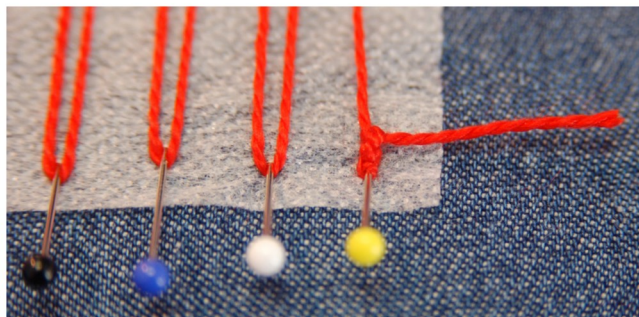
4. Use the cotton embroidery or crochet thread to “warp” the cardboard loom. Tie a small overhand loop knot at one end of the thread to create a tiny loop; place the loop over a corner pin; begin on the edge with more pins if one edge of the interfacing has one more pin than the opposite edge.



5. With a firm grasp on the warp thread, wind it up and down, wrapping it under each pinhead. Maintain light tension on the warp thread to allow space for yarns to be woven through side to side.



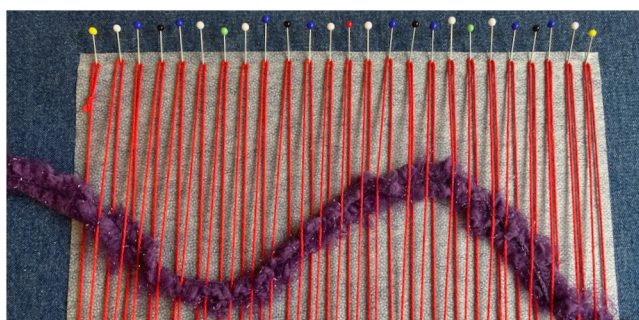
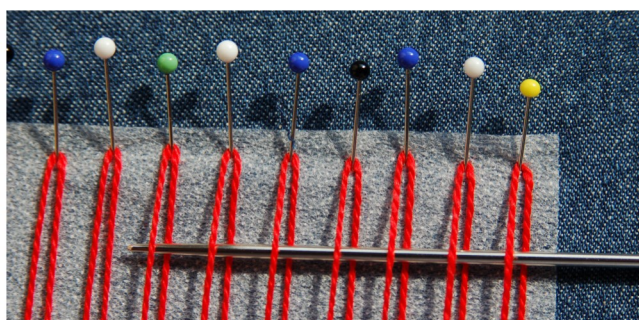
6. Tie a knot around the last pin and trim the excess warp thread.



7. To begin your design, thread your blunt-point needle with a thick, sturdy yarn, and weave it through the warp thread using an OVER / UNDER pattern. Start on either side of the loom and weave across the width, pulling the yarn through to the other side.

8. Create “hills and valleys” with this first yarn by pushing it up and down. This creates visual interest and prevents your design from looking too simplistic.

9. You may choose to continue weaving this same yarn back through the loom in the reverse direction – just be sure to wrap the yarn around the last warp thread and alternate the over / under weaving pattern so the yarn is in the opposite over / under location than the yarn above or below it.



Create “hills and valleys” across the weaving space!

10. To keep the weaving secure, gently push yarns against each other after you weave them through the warp thread to maintain the curves and contours of your design. Always start and stop the yarns at either side of the loom – do not begin or end a row in the middle of the warp area.



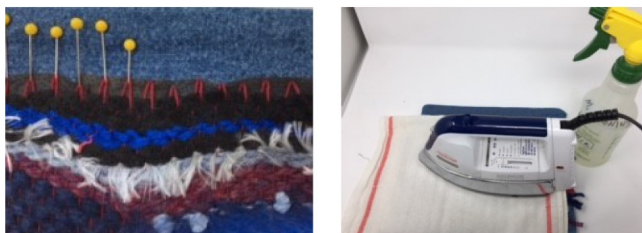
11. Vary your design by weaving yarns of different colors, textures, and weights through the loom. Use the design principles of “balance” to create unity – weave a particular yarn in one area, then use a little bit less of it in another area. Fill the areas of the warp thread by weaving yarns back and forth until they are very close to the pins along the top and bottom edges.



12. When finished, keep the pins in place. Lightly spritz a pressing cloth with water and place it (damp side up) on top of your design. Gently press the cloth with a hot iron (use the steam setting if you do not have a water spray bottle) taking care to avoid ironing over the pinheads (plastic pin heads may melt).



13. Remove the straight pins and iron the weaving a second time (yarn side up, still under the pressing cloth). After the weaving is fused to the interfacing, flip it over to the underside. Spritz the pressing cloth again and place it on top of the interfacing and press with the hot iron; gently smooth the iron over all areas to ensure the weaving is fused to the interfacing.



After the pins are removed, press the front again; Next, flip weaving to underside, cover the interfacing with the pressing cloth and press

14. Secure and finish the edges of your project: Stitch up and down, over the yarns on both ends and cut off the yarn “tails,” or turn edges under and sew or attach a binding for a neat finish.



15. Embellish a purse or an article of clothing with your unique creation, display it in a shadow box, or give it as a gift.



16. The fabric-covered cardboard can be reused for another pin-weaving project.

- Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment
- Mary Hixson, Family and Consumer Sciences Extension Agent for Garrard County

Copyright © 2021 for materials developed by University of Kentucky Cooperative Extension. This publication may be reproduced in portions or its entirety for educational or nonprofit purposes only. Permitted users shall give credit to the author(s) and include this copyright notice.

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, or physical or mental disability.

The Campbell County Homemakers to host *Ladies Just Wanna Have FUN Day!*



Save the Date!

*Work on sewing, knitting,
scrapbooking, reading, card making,
organizing pictures,*

*recipes or just enjoy sitting and
talking with old or new friends!*



Saturday, April 23, 2022

9 a.m. to 5 p.m.

Cost for Members \$15 or Non-Members \$20 includes 2022 membership.

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

We will provide light prepackaged snacks and drinks. Lunch on your own.

For info, call Barb 859-448-9012 and leave a message or

E-mail: cchomemakerevents@gmail.com

Name _____

Address _____

Phone _____

Email _____

Send Registration form and payment to: Mary Lou Vogel
P.O. Box 6
Silver Grove, KY 41085

**All reservations need to be in by
April 20th Make checks payable to:
Campbell County Homemakers**

**For setup purposes,
please indicate**

- I will be sewing.
- I will be crafting.
- I need access to electricity.

