



Meal Prepping Saves Time and Frustration

Source: Heather Norman-Burgdolf, Assistant Extension Professor

Deciding what to have for dinner each night can be a daily conundrum for many of us. Barriers often include deciding what to prepare and needing more time to prepare a full meal. By preparing at least portions of our meals in advance, we can regularly have home-cooked, nutritious meals.

Research shows that people who regularly do advanced meal preparation tend to consume more fruits and vegetables and eat a more balanced diet. Meal prepping allows us to live our hectic lives while still providing our families and ourselves with nutritious foods. Pre-completing certain cooking steps saves time. The process may include simply prepping ingredients you will use later and completely preparing dishes to store for later use. Meal prepping also takes some of the stress and frustration out of deciding what to eat each night.

If you have never tried meal prepping, start small and don't invest much money. First, aim to prepare two to three meals per week in advance. Find nutritious recipes your family will enjoy and make a grocery list of the needed



ingredients. Allow your family to chime in on the process or ask them if there is a new food or recipe they would like to try.

It is easier to set aside one day for grocery shopping and meal prepping as it cuts down on the number of times you must handle the food and gives you a set time to work meal prepping into your busy schedule. Include your family in the food preparation. Not only will it help spread the cooking responsibilities, but it will also teach your family basic cooking skills and balanced eating habits.

Remember food safety when preparing food. For example, when

using a cutting board, slice vegetables before cutting meat. Store produce and meat separately to avoid contamination. While most people associate meal prepping with dinnertime, you can prepare quick breakfasts or use leftovers for lunches. When cooking dinner, make the most of your time in the kitchen. Clean the kitchen as you prepare food, chop veggies for a salad the next day, or slice some fruit for a quick grab-and-go snack for the family.

After preparing the food, store it in an airtight container and place it in the refrigerator or freezer, depending on how soon you plan to eat it. Consume refrigerated meals within five days. Freezing will allow you to store meals for a longer time.

As you become a meal-prepping pro, you can watch for sales to stock up on food staples and increase the number of meals you prepare at home.


For more information on meal prepping, food safety, and balanced eating, contact the Campbell County Extension Service.





**CAMPBELL COUNTY
HOMEMAKERS
ATTEND STATE
MEETING IN
LOUISVILLE, KY**

Left to right: Susan Davis, Patty Meek, Marcia Kerby, Mary Lou Vogel, Pam Fields, Jennifer Duvall. Six local Extension homemakers were very pleased to learn new skills and knowledge to share with others in the county and beyond. All agreed it was a great time and are looking forward to tell you all about it. Hope to see you at our next meeting on June 13, 10 a.m. at the Extension Office!

I ♥ Quilting 

**Attention Crazy Quilters...
Join us on June 19th**

We will be making several things to donate to Bluegrass Navigators. During the afternoon you are free to work on your own projects.



Lunch at Bru Burger in Fort Mitchell.

Lunch Bunch 

**Tuesday, June 6, 2023
Log Cabin
11:00 a.m.**

322 Madison Pike, Covington, KY 41017

Call or Text your reservation or cancellation to **Marcia Kerby** at
859-816-8707

Meet at Extension Office at 10:20 for carpool

LOOKING AHEAD...

Date	Event
June 2 10:00 a.m.	Homemakers County Annual Meeting Environmental Education Center — 1261 Race Track Road , Alexandria, KY 41001
June 6 11:00 a.m.	Lunch Bunch — Log Cabin, 322 Madison Pike, Covington, KY 41017 Call / Text Marcia Kerby for reservations/cancellation—859-816-8707 — Meet at Extension Office at 10:30 for carpool.
June 13 10:00 a.m.-11:00 a.m.	Valley Homemakers Club Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
June 13 11:00 a.m.-1:00 p.m.	Ribbon Embroidery Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
June 19 10:00 a.m.	Crazy Quilters Meeting — Rooms B & C Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
July 10 10:00 a.m.	Homemakers Council Meeting Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
July 11 10:00 a.m.-11:00 a.m.	Valley Homemakers Club — Boardroom Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
No Meeting in July	Lunch Bunch — No meeting in July! Happy 4th!



Thank you Kathy Lauer for teaching an informative, challenging class with new skill levels learned. The woven basket class was a full class! Each participant enjoyed making their own woven baskets, learning new skills and challenging themselves.



The Campbell County Homemakers

LADIES JUST WANNA HAVE FUN DAY!

Friday July 21st 1pm-9pm
&
Saturday July 22nd 9am-7pm

Campbell County Extension Office
3500 Alexandria Pike, Highland Heights, Ky.



Registration \$45 for Members \$50 for Non-Members

\$50 Includes Membership

per person includes: Friday: Pizza, Tea & Water

Saturday: Breakfast, Lunch & Dinner, Sweet Treats, Tea & Water

Make & Takes, Craft Vendors On-Site

Questions: Barb Poynter (859) 448-9012 & leave a message

Or Email: cchomemakerevents@gmail.com

Mail To: Mary Lou Vogel **Make checks payable to: Campbell County Homemakers**
P.O. Box 6
Silver Grove, KY 41085

Email confirmation will be sent with more details!

Registration is not considered complete until your payment is received.

WiFi Available

Benefits: Homemaker Campbell County Resident High School Scholarship Fund

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Registration is Limited & Must Be Paid to be Registered

No Refunds or Walk-Ins

Scrapbooking ___ Sewing ___ Need Electric ___

Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

List who you want to share a table with: _____

Please list who you want to sit by: _____



Drive Responsibly this Summer

Source: Nichole Huff, Ph.D., Assistant Extension Professor, Family Finance and Resource Management



In 2021, traffic collisions across the state were up 9.8% since 2020 – with more than 131,000 collisions in Kentucky. Sadly, 806 were fatal, with nearly 200 fatalities and 5,000 collisions tied to alcohol and drug involvement. The number of fatalities and collisions tend to spike around certain holidays, including Memorial Day, Independence Day, and Labor Day. This summer (or anytime!), make sure you celebrate safely and never get behind the wheel if you're under the influence of alcohol, drugs, or any substance that could impair your judgment and reaction time.

In Kentucky, driving under the influence of any substance, known as receiving a DUI, can lead to reckless driving violations and DUI penalties. It also may cause decreased reaction times, increased emotional responses or road rage, and clouded judgment when it comes to safety and decision-making. Drivers younger than 21 are under a zero-tolerance policy for driving under the influence of drugs or alcohol. For drivers older than 21, the minimum legal limit for blood-alcohol in Kentucky is .08%.

For a first DUI offense, you can expect hefty fees (anywhere from

\$200-\$500, plus a \$375 service fee). Also, a first DUI offense is a misdemeanor and may result in required enrollment in an Alcohol or Substance Abuse Program, a six-month license suspension, and possible jail time. You can also expect your insurance premiums to increase. Additional DUI convictions will result in tougher penalties including larger fines, legal fees, imprisonment, losing your license, ignition interlock, community service, mandated alcohol abuse education/treatment program, and misdemeanor or felony charges. (And these are assuming no one is injured at your expense.)

If summer celebrations are on your calendar, celebrate responsibly to promote the safety of other motorists, yourself, and your loved ones. (As well as your wallet, reputation, etc.) To prevent impaired or drunk driving, be sure plan a

way to get home safely before the event. According to the Kentucky Office of Highway Safety, "If you plan on drinking alcohol, plan for a designated driver."

References:

DUI Laws in Kentucky, Kentucky Transportation Cabinet,

<https://drive.ky.gov/driver-licensing/Pages/DUI-Laws.aspx>.

Kentucky Traffic Collision Facts, Kentucky Transportation Cabinet, <https://transportation.ky.gov/HighwaySafety/Documents/CollisionFacts2021.pdf>

The Costs of Distracted and Reckless Driving (#FCS5-476), University of Kentucky, <http://www2.ca.uky.edu/agcomm/pubs/FCS5/FCS5476/FCS5476.pdf>





SUMMER READING

ENJOY FUN AND FREE EVENTS THROUGH JULY!
REGISTRATION IS NOT REQUIRED.

2023



TOWER TUESDAYS

TOWER PARK'S AMPHITHEATRE,
FORT THOMAS @ 10 AM

**JUNE 6: HONEY HILL FARM MOBILE
PETTING ZOO**

**JUNE 13: MADCAP PUPPETS PRESENTS
FANTASTIC FAIRY TALES**

**JUNE 20: TALEWISE PRESENTS
SCIENCE HEROES**

**JUNE 27: COMMUNITY HEROES
TOUCH A TRUCK**

JULY 11: KENTUCKY REPTILE ZOO

JULY 18: AARON HARP MAGIC SHOW

**JULY 25: FAMILY CONCERT FEAT.
XANDER WELLS**

JOLLY THURSDAYS

A.J. JOLLY PARK'S STAPLETON
PAVILION, ALEXANDRIA @ 10 AM

JUNE 8: PERFORMANCE DOGS OF OHIO

JUNE 15: KENTUCKY REPTILE ZOO

JUNE 22: DIGERIDOO DOWN UNDER

**JUNE 29: PEANUT BUTTER AND JAM
SESSIONS FAMILY CONCERT**

**JULY 13: MADCAP PUPPETS PRESENTS
WHEN YOU WISH UPON A FISH**

**JULY 20: RAPTOR INC. PRESENTS
FANTASTIC BEASTS OF THE HARRY
POTTER WORLD!**

**JULY 27: HONEY HILL FARM MOBILE
PETTING ZOO**

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Campbell County



CAMPBELL
COUNTY, KY

ADULT HEALTH BULLETIN



JUNE 2023

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:

BECOME A BLOOD DONOR



Blood is a precious gift that one person can give to another person. It is the gift of life. A decision to donate your blood can save more than one life. One donation can save up to three lives. There is a constant need for a regular supply of blood because it can only be stored for a limited time. Regular blood donation ensures that blood will always be available whenever and wherever it is needed.

There are many reasons why a person may need a blood transfusion. For example, women with complications during pregnancy and childbirth; children with severe anemia, often resulting from malaria or malnutrition; accident victims; and surgical and cancer patients, among others, may need blood. There is no substitute for human blood. Those who need blood rely on live human donors.

Continued on the next page →



There is a constant need for a regular supply of blood because it can only be stored for a limited time.



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Most adults who are healthy and do not have a transmissible infection are eligible to donate. Healthy adults can give blood regularly — at least twice a year. Your local blood service can tell you how frequently you can give blood.

Donating blood is very simple. Blood drive workers help donors feel as comfortable as possible, usually in a special chair or on a bed. A trained health worker cleans the area inside one of your elbows with an antiseptic solution before inserting a sterile needle, connected to a blood collection bag, into your vein. It usually takes about 10 minutes to donate blood. After resting for 10 or 15 minutes and taking some refreshment, you can return to your normal activities. However, you should avoid strenuous activity for the rest of the day. You should drink plenty of fluids over the next 24 hours.

The Red Cross and many local hospitals and nonprofit health organizations organize blood donation drives on an ongoing basis in many communities. If you are interested in becoming a blood donor and saving lives, reach out to a blood donation organization or your local hospital today!

REFERENCE:

<https://www.who.int/news-room/questions-and-answers/item/blood-products-why-should-i-donate-blood>

**ADULT
HEALTH BULLETIN**

Written by:
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123RF.com





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2023

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

THIS MONTH'S TOPIC: SAVING MONEY ON MEDICAL EXPENSES

When you need to see a doctor or refill a medication, worries about money can cause people to put off getting the care they need. Whether an expensive medication or a doctor's appointment, it can be hard to budget for health-care costs. Learning ways to lower medical expenses can help you stay healthy physically and financially.

LOWERING PRESCRIPTION COSTS

One way to lower medication costs is by shopping around at different pharmacies for the best price. While it can be convenient to go to the same pharmacy every time you need to fill a prescription, try using multiple pharmacies if it can lower your costs. You also can ask your pharmacist about any savings plans your pharmacy offers and if your medications qualify for discounts. You may save money by ordering through the mail or buying in bulk. For example, a 90-day supply of your medicine may have a cheaper price than the standard 30-day supply.

Another way to save money on prescriptions is to ask your doctor about using generic brands. Some doctors might only tell you about the name brand, but there may be cheaper versions that are just as good. The Food and Drug Administration regulates



both generic and name-brand prescriptions, ensuring they have the same active ingredients that treat the same conditions. If there is not a generic form of your prescription, ask your doctor if there are more affordable alternatives that can treat the condition.

STAYING IN-NETWORK

To save money at the doctor's office, review your health insurance policy to identify which doctors are in your network. Going to an out-of-network doctor can greatly increase your copayments. Your insurance company negotiates prices with approved providers, which basically allows you to pay a discounted rate on their services. Being aware of the physicians in your network will save money over out-of-network providers.



A KEY TO KEEPING MEDICAL EXPENSES DOWN IS TO SCHEDULE ANNUAL CHECKUPS WITH YOUR DOCTOR



CONSIDER AN HSA

Check to see if you can set up a Health Savings Account (HSA) with your health-care plan. You can add to an HSA with pre-tax dollars through your employer or through a high deductible health plan that meets Internal Revenue Service requirements. The money you put in an HSA can earn interest, and when you take money out for medical expenses, insurance premiums, or deductibles, it is tax-exempt.

HEALTH IS AN ASSET

Finally, a key to keeping medical expenses down is to schedule annual checkups with your doctor. Having regular physical examinations, or well-visits, allows your doctor to watch a condition at its earliest stages. Keeping an eye on things like blood pressure and blood glucose levels can help you take steps to lower your risk of developing conditions in the future like heart disease or diabetes.

View your health as an asset. Forming healthy habits with diet and exercise can help in lowering the

likelihood of developing certain medical conditions that may be costly to you physically and financially. Additionally, if you have a medical condition, it is important to follow the guidelines that your doctor gives you about managing your lifestyle and medication. Preventing a bigger issue will be much cheaper than paying for it afterward.

Don't let the costs of health care keep you from getting the medical services you need. Be proactive in finding ways to save money on medical expenses.

REFERENCES:

NH Health Cost. *What kind of accounts can I use to set aside money for medical cost?* <https://nhhealthcost.nh.gov/guide/question/what-kind-accounts-can-i-use-set-aside-money-medical-cost>

National Library of Medicine. *Eight ways to cut your health care costs.* <https://medlineplus.gov/ency/patientinstructions/000870.htm>

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Boone County Extension Homemakers

COOPERATIVE EXTENSION



► **MONDAY, JUNE 19**

- 8:15 AM Loading bus at Florence Mall by water tower
- 8:30 AM Leave Florence Mall—to Grant County
- 9:45 AM Leave Grant County
Lunch on your own
- 4:30 PM Arrive at Baymont Inn, Asheville
- 6:00 PM Buffet Dinner (included)
- 7:30 PM Back to hotel

► **TUESDAY, JUNE 20**

- Breakfast at hotel
- 8:30 AM Leave for Biltmore Estates
Note: No cash/No carry-in bag larger than 19"x14"x9"
Lunch on your own on the grounds of the Estate—many places to choose from
- 4:00 PM Leave Biltmore; back to hotel to freshen up
- 5:30 PM Leave for downtown Asheville; dinner on your own



► **WEDNESDAY, JUNE 21**

- Breakfast at hotel
- 9:30 AM Leave for downtown Asheville—Lexington Ave.
Lunch on your own
- 1:30 AM Leave for Pigeon Forge
- 3:30 PM Check in to Econo Lodge Riverside hotel
- 4:30 PM Leave for Dixie Stampede Dinner Show
- 6:00 PM Dixie Stampede Dinner Show
- 8:30 PM Back to hotel

Cost per room:
 1 person- \$1055.00 / ea—2 people- \$780.00 / ea
 3 people- \$675.00 / ea—4 people- \$655.00 / ea
 Includes bus, 4 hotel nights, 1 buffet, 2 dinner shows, Biltmore Estate (includes headphones in house & everything on the grounds), bus driver tip, and snacks, water, soft drinks on bus.
One suitcase and 1 small carry on bag per person.
We do not have bell boys—you will be in charge of your own luggage!

► **THURSDAY, JUNE 22**

- Breakfast at hotel
- 9:30 AM Leave for Gatlinburg and shopping
Lunch on your own
- 4:30 PM Leave Gatlinburg
- 5:00 PM Arrive at Pirate's Voyage Dinner Show "Blackbeard Comedy"
- 8:30 PM Back to hotel

► **FRIDAY, JUNE 23**

- Breakfast at hotel
- 9:30 AM Leave hotel
Surprise stop on the way home!
- 6:30 PM Arrive in Florence

Reservation Form On Back

Cooperative Extension Service
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 LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Join us to...

Make a Reversible Tote Bag

July 19th
10:00 a.m.

You will need:

- 1 yard each of coordination materials (one for outer and one for inner) or if making same color 2 yards. Should be something like denim or of same weight as it for stability.
- ½ yard of light weight cotton for zippered pocket, thread to match, sewing supplies (scissors, pins, etc.)
- Sewing machine.
- Zippers will be provided.

at the Campbell County Extension Office

3500 Alexandria Pike, Highland Heights, KY 41076

Call the Extension Office to Register 859-572-2600

or online at: www.campbell.ca.uky.edu



Valuing a Child As-Is

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

A child's self-esteem comes less from their accomplishments and more from feeling accepted by those people they care for the most. After all, much of our effort to be successful is fueled by our desire to win acceptance. Children who feel accepted have a strong foundation of self-esteem on which they can build a happy, healthy life. The goal for parents and



caregivers is to communicate to our children that no matter the misstep or mess up, accomplishment or win, we are their parents, and we are glad of it. Here are a few ways to make sure we are valuing our child as-is:

- **Separate worth from accomplishments.** A child's worth is more about who they are and less about what they do. It is fine to celebrate their wins and share sadness during their losses, but be sure to let them know you love them for who they are. A good way to do this is to remind them how proud you are of them

while they are doing the task before it is complete. This allows them to hear your praise before the outcome.

- **Separate worth from misbehavior.** The adage "there are no bad children, just bad behavior" rings true here. Reminding your child that bad decisions or bad behavior does not constitute a bad child is important. Just as a child's worth is not the sum of her accomplishments, nor is it the sum of her misbehaviors. Mistakes are not a sign of value but rather a sign of development.

Mistakes are often great teachers of valuable lessons. Children who are afraid of making mistakes block their own growth and development.

- **Appreciate their uniqueness.** While it is important to teach our children that we are all equal, it is also important to teach them we are all unique. Celebrating your child's unique ways of being in the

world encourages them to be themselves. Take interest in the things they find interesting. Provide opportunities to hear their solutions to problems or opinions on issues. "What would you do in that situation?" "What do you think about this issue?"

Reference:

Popkin, M.H. (2014). Active Parenting 4th ed. Active Parenting Publishers, Atlanta, GA.

Kate Vaughn Thompson

Kate Vaughn Thompson

Campbell County Extension Agent for
Family and Consumer Sciences

Katrina Harney

Campbell County Extension
Assistant for
Family and Consumer Sciences

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Adult String Art Class



Last week was a fun time making different string art decor at our string art class.



Kickoff to Summer at Camp

SUMMER CARNIVAL



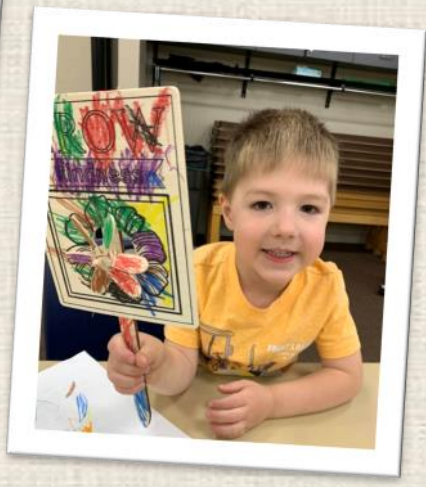
SUMMER CARNIVAL

We had a blast at our Kickoff to Summer Family Carnival tonight!! Face painting, games and Photo Booth fun.



FlowerBuds

All smiles at Flowerbuds. We had Family Nurturing Center come do a Kids on the Block program. To show kindness and smiles we decorated kindness sticks and made smiley snacks.





BLUEBERRY CHEESECAKE BARS



Servings: 16 Serving Size: 1 bar Recipe Cost: \$7.42

Ingredients:

- *1 cup graham cracker crumbs (9-10 graham cracker sheets)
- *3 tablespoons unsalted butter, melted
- *3 tablespoons unsweetened applesauce
- 1 1/2 cups nonfat plain Greek yogurt
- 3.5 ounces cream cheese, softened
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1/3 cup sugar
- 2 tablespoons lemon juice
- 2 cups blueberries
- 1 tablespoon lemon zest (optional)

Nutrition facts per serving:

110 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 15mg cholesterol; 95mg sodium; 14g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium

Source: Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

Directions:

1. Preheat oven to 300 degrees F.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. *Mix graham cracker crumbs, melted butter, and applesauce together in a medium bowl until combined. Evenly press crust into an 8-by-8 baking pan. Using the bottom of a dry measuring cup, firmly press down on the crust to make it more compact.
4. *Bake for 12 minutes. Remove from the oven and set aside.
5. Increase the oven temperature to 350 degrees F.
6. In a large bowl, combine the yogurt, softened cream cheese, cornstarch, salt, sugar, and lemon juice. Fold in the blueberries and the lemon zest (if using).
7. Carefully drop spoonfuls of the topping mixture over the cooled crust and spread to make an even layer.
8. Bake for 35 minutes, or until it does not jiggle. Remove from oven and let cool completely (about 45 minutes). For best results, refrigerate 1 hour before cutting.
9. Store in the refrigerator.



Grown-Up... AND ME



Congratulations to the new Chefs in Campbell County. We are so proud of all the participants in Grown-Up and Me who graduated from the program tonight. Welcome to the world of cooking each month they learned new recipes, new kitchen skills and about horticulture. Congrats!!





2023

Flower Buds



University of Kentucky
College of Agriculture,
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Cooperative Extension Service
Family and Consumer Sciences

A Laugh and Learn Playdate

Flower Buds meet for story time, tours of our educational gardens, an engaging activity for the child and parent or relative to make together and a light snack.

Family Time for preschoolers (age 3-5).
Older children are also
welcome to join with prior notification.

Space is limited to 15 children
plus 1 parent or relative.

Registration for each class is required
859-572-2600 or online at
campbell.ca.uky.edu



Location:

Campbell County Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076

2023 Flower Buds Schedule:

10:00 a.m.-11:30 a.m.

- Thursday, August 3
- Thursday, September 7
- Thursday, October 5
- Thursday, November 2
- Thursday, December 7

If you have questions, please contact Kate Thompson or Terri Turner.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

FORT THOMAS

Farmer's MARKET



University of Kentucky
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Cooperative Extension Service



Wellness Challenge

Wednesday's

We are asking families to attend 3 of the 4 sessions for this program.

June 21, 28, July 5, 12, 2023

4:00 to 5:00 p.m. (at Tower Park)

Sponsored by

Campbell County Cooperative Extension

Limited to 10 families.

Call the Extension Office to Register

859-572-2600

or online at: www.campbell.ca.uky.edu



- Join us for some Family Wellness activities each week and earn vouchers for a few vendors at the Fort Thomas Farmer's Market.
- We will email you each week so you know the location and activity planned for that week.
- Earn up to seven (7) vouchers per family, good for \$7.00 toward your purchase at participating vendors.



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.