

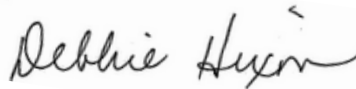
Calloway County Family & Consumer Sciences **MAY 2024 NEWSLETTER**

Happy May, FCS Family!

When researching what I will put in my newsletter each month there always seems to be some crazy item I come across. I discovered May 11th is Eat What You Want Day. I know for some of us that would be every day, but if you are counting your calories, here's the day for you to let yourself experiment with new foods and make some different choices. Life is an adventure, and we sometimes forget to let loose and have fun. Enjoy the simple pleasures, dance like nobody is watching, laugh until your sides hurt and relish the moments of pure joy.

So go ahead, embrace the whimsy, allow yourself to let go of the weight of seriousness, eat the pie!!

Debbie



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

Calendar of Events

May 1	Homemaker County Advisory Council	9:30 am	Meeting Hall
May 1	May Day		
May 2	Potpourri <i>Homemakers meeting</i>	9:30 am	Meeting Hall
May 2	Marshall Co. Sewing W/ Robynn Garrett	11-3 pm	Sewing Cabin 1
May 4	Kentucky Derby		
May 5	Cinco De Mayo		
May 7	Marshall Co. Sewing W/ Robynn Garrett	1-3:30 pm	Sewing Cabin 1
May 7-9	State Homemaker Meeting	Bowling Green	
May 8	Comfort Quilt group	9-4	Meeting Hall
May 8	Deadline for Spring into Green registration		
May 9	<i>Town and Country Homemaker</i>	5:00 pm	Paula Compton Home
May 10	WITS Workout	10 am	Murray Senior Center
May 12	Mother's Day		
May 13	<i>Modern Homesteading meeting</i>	6:00 pm	Meeting Hall
May 14	Cooking Through the Calendar	10:30 am	CCPL
May 14	CEC meeting	5:00 pm	Meeting Hall
May 15	<i>Spring into Green Event</i>	9-1:45 pm	McCracken
May 19	<i>Friendship Homemaker Meeting</i>	6:30 pm	Judy Stahler home
May 20	<i>Quilt Lovers Retreat</i>	9 am-9 pm	Meeting Hall
May 21	<i>Quilt Lovers Retreat</i>	9 am-9 pm	Meeting Hall
May 21	<i>Quilt Lovers Homemaker meeting</i>	5 pm social 6pm meeting	Meeting Hall
May 22	<i>Quilt Lovers Retreat</i>	9 am-5 pm	Meeting Hall
May 23	<i>Happy Hearts Homemaker Meeting</i>	11:00 am	Meeting Hall
May 24	WITS Workout	10:00 am	Murray Senior Center

May 27 *Memorial Day*

Office closed.

MAY



Calloway County Homemakers Corner

Club Information:

Friendship Club will meet Tuesday, May 19 at 6:30 pm at the home of Judy Stahler.

Happy Hearts will be meeting on Thursday, May 23rd at 11:00 am in the meeting hall. The group will be doing a craft project and lunch will be their usual yummy potluck.

Modern Homesteading will be meeting Monday, May 13th at 6:00 pm in the meeting hall. Modern Homesteaders will be having a potluck meal.

Potpourri will be meeting at 9:30 am on Thursday, May 2nd. Eve Adams will be doing a lesson on art and color. Don't miss it, Eve's lessons are awesome. She can bring the artist out in everyone.

Quilt Lovers have a very busy month in May. They will be hosting a local retreat May 20-22 from 9-9 Monday and Tuesday, and 9-5 on Wednesday. Their regular meeting will be on Tuesday night at 6 pm, social hour is at 5 pm.

Town and Country will be having their salad supper at the home of Paula Compton at 5:00 pm on May 9th. Paula will also be presenting the lesson on Osteoporosis.

Purchase Lesson Schedule 2023-2024

Graves Hickman Marshall McCracken

Lesson	Strong Bones for Life: Prevent Osteoporosis				
MAY	Anna Morgan	5/1	4/30	5/2	5/3
Lesson	Radon: A Silent Killer				
JUNE	Mail Out No County Hubs with Mail Out Lessons				



Information

Nurturing Families

With summer quickly approaching, it is sometimes difficult to have everyone in the family at the same place and time. Families are often rushing to get from one activity to another. Eating together as a family is more than just sharing a meal; it's about nourishing connections and fostering a sense of belonging. These shared moments around the table provide opportunities for open communication, bonding, and the strengthening of familial relationships. Research suggests that families who dine together regularly tend to have children who perform better academically, exhibit healthier eating habits, and have lower rates of substance abuse. In today's fast-paced world, prioritizing family meals offers a valuable chance to slow down, reconnect, and savor the simple joys of togetherness.

Making Healthy Lifestyle Choices

With May designated as Skin Cancer Awareness month, it is important to highlight its risk factors and the significant hazard to public health. As one of the most common types of cancer globally, its incidence continues to rise due to factors like excessive sun exposure, tanning bed use, and genetic predisposition. Because of the angle of the sun, and the fact we have not had much exposure to the sun, late April and May sun rays are more direct and the UV radiation is stronger. Melanoma, the deadliest form of skin cancer, can metastasize rapidly if left untreated and non-melanoma skin cancers, including basal cell carcinoma and squamous cell carcinoma, while less aggressive, can still cause disfigurement and require invasive treatments. Prevention through sun protection measures like sunscreen use, seeking shade, and wearing protective clothing remains crucial in reducing the risk of developing this potentially life-threatening disease. Stay safe in the sun!!

Information

Celebrating Diversity

May 5 is **Cinco de Mayo** (“The Fifth of May”). This day celebrates the victory of the Mexican army over the French army at The Battle of Puebla in 1862. Discover Mexican American recipes and ways to celebrate Cinco de Mayo! Try this one!

#freshfundsformoms

MORE AT foodashealthalliance.ca.uky.edu

THE FOOD AS HEALTH ALLIANCE PRESENTS

FRESH FUNDS *for* MOMS

IN PARTNERSHIP WITH INSTACART HEALTH

STUFFED POBLANO PEPPERS

MAKES 4 SERVINGS

INGREDIENTS

- 1 tablespoon olive oil
- 1/2 white onion, diced
- 1 lb ground turkey
- 1 can low sodium black beans, drained and rinsed
- 1 can diced tomatoes and chilis
- 1 tablespoon tomato paste
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon garlic powder
- 1/2 cup hot water
- 1/2 cup shredded Mexican style cheese
- 8 poblano peppers, tops and seeds removed

DIRECTIONS

1. Preheat the oven to 350 degrees
2. Heat the olive oil in a large pan over medium heat
3. Sauté the onion for 5-7 minutes or until tender
4. Add the ground turkey and cook until browned
5. Add the black beans, diced tomatoes, tomato paste, chili powder, cumin, garlic powder and hot water then stir well to fully combine
6. Allow the mixture to simmer uncovered for 5-10 minutes until most of the liquid is gone
7. Remove from heat and stir in the cheese until melted
8. Line a sheet pan with foil and lightly coat with cooking spray
9. Spoon about 3 tablespoons of the mixture into each of the peppers
10. Place peppers on their sides evenly across the baking sheet and roast for 25-30

NUTRITION BREAKDOWN

CALORIES

370

CARBS

35G

PROTEIN

40G

FAT

9G

FIBER

11GRAMS

You can subtract the dietary fiber from the carb count!
 $35g - 11g = 24g$ of carbohydrates.

Find shopping lists at: <https://foodashealthalliance.ca.uky.edu/freshfunds>

instacarthealth

FOOD AS HEALTH *Alliance*

University of Kentucky

Information

Free Grocery List Apps Help You Organize

Apps have taken on the grocery list! Use one of these free apps and say good-bye to the days of leaving your list on the kitchen table...and trying to re-create it in the grocery store parking lot. Choose the set up that works best for you. Did we mention that all the apps are free?

[AnyList](#)

AnyList allows you to create grocery shopping lists that can easily be shared with anyone in the family. Changes to lists show up instantly on all group devices.

[Out of Milk](#)

Fun feature: the Cart helps you keep track of what you've purchased, what you still need to pick up, and then refreshes your list for next time.

[Grocery Pal](#)

The Grocery Pal app helps you find weekly sales at your local supermarkets and discount stores.

[Grocery IQ](#)

Grocery IQ helps you build grocery lists from their database, add frequently purchased items, find nearby [grocery stores](#) and add your loyalty card, and more.

[Favado](#)

Use Favado to discover the best deals and compare prices across your local grocery stores.

From: Plan, Eat, Move Blog, University of Kentucky

Events

Spring Into Green

It's not too late to get your reservations in for the Spring into Green event at the McCracken County Extension Office. Stop by the office and give us your information and registration fee, \$15 so you won't miss out on the fun. May 8th is the deadline for the Spring into Green registration. I hope to see you there!

Purchase Area FCS Agents present...



SPRING INTO GREEN: PRIDE OF KENTUCKY

featuring...



Dava Hayden

LaToya Drake

Chuck Collins

****Session Topics****

Local Flowers - Local Honey Plate it up!--Kentucky Proud

Register at your local
Extension Office
by May 8.
\$15 registration
includes catered
lunch from
Artisan Kitchen.

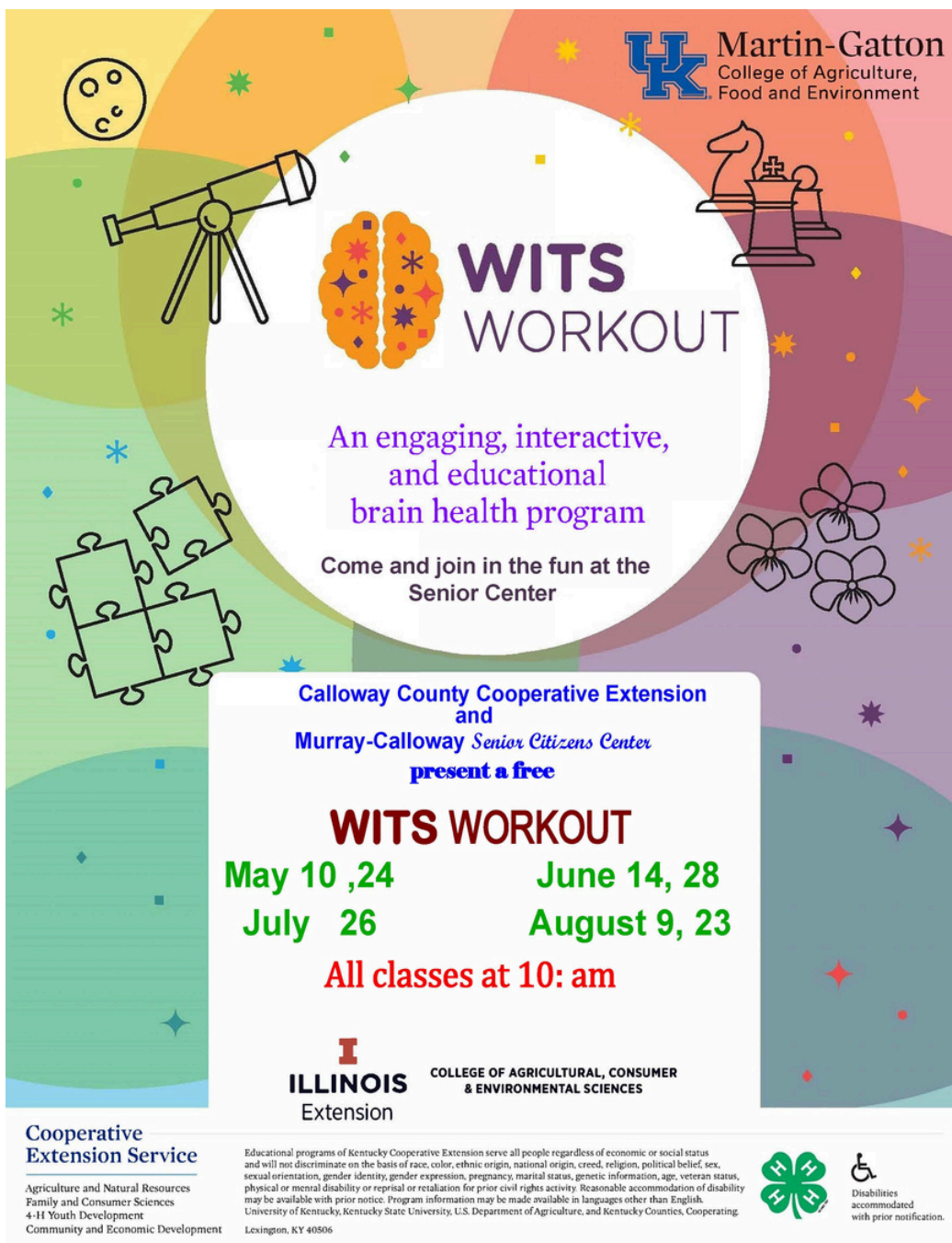
May 15, 2024
9:30-1:45
McCracken Co.
Extension Office
2025 New Holt Rd.
Paducah KY 42001

- Educational Resources
- New Ideas
- Catered Lunch
- Door Prizes
- Lots of Fun!

Events

Embracing Life as We Age

Join us as we start a brand-new class for seniors. The WITS Workout is a brain health class that will be fun and exciting. Try to guess the correct answers before your friends. Get up and move about, have some lunch following the class. Won't you join us at the Murray Senior Center?



UK Martin-Gatton
College of Agriculture,
Food and Environment

**WITS
WORKOUT**

An engaging, interactive,
and educational
brain health program

Come and join in the fun at the
Senior Center

**Calloway County Cooperative Extension
and
Murray-Calloway Senior Citizens Center
present a free**

WITS WORKOUT

May 10, 24 June 14, 28
July 26 August 9, 23

All classes at 10: am



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Extension

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& ENVIRONMENTAL SCIENCES**

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Disabilities
accommodated
with prior notification.

Events



 Cooperative Extension Service

Summer Series COOKING THROUGH THE CALENDAR

With Calloway County FCS & CCPL

Come & learn how to make fun and nutritious University of Kentucky recipes!

FREE SAMPLES!

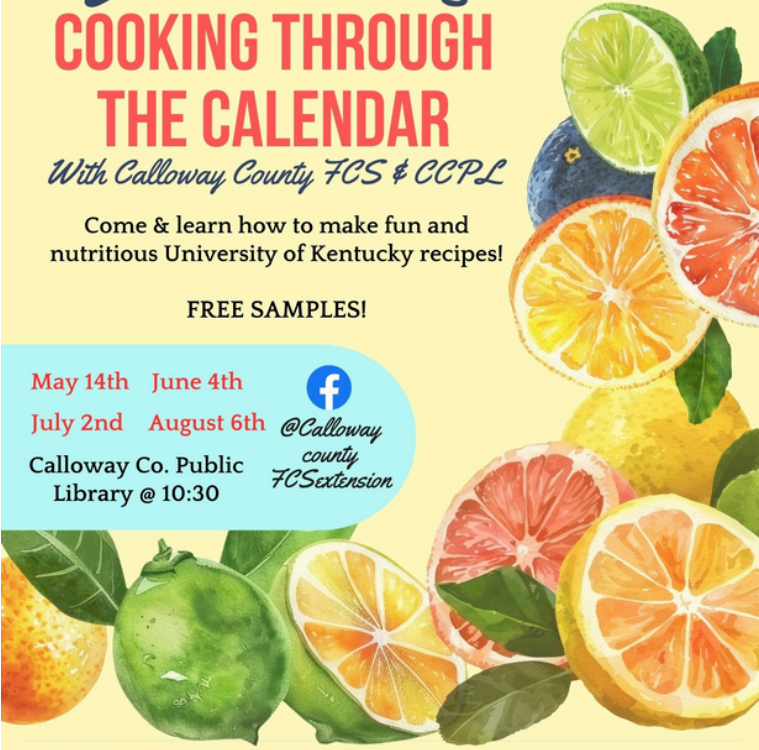
May 14th June 4th

July 2nd August 6th

Calloway Co. Public Library @ 10:30



@Calloway
county
FCSextension



Purchase Area Homemaker Annual Day




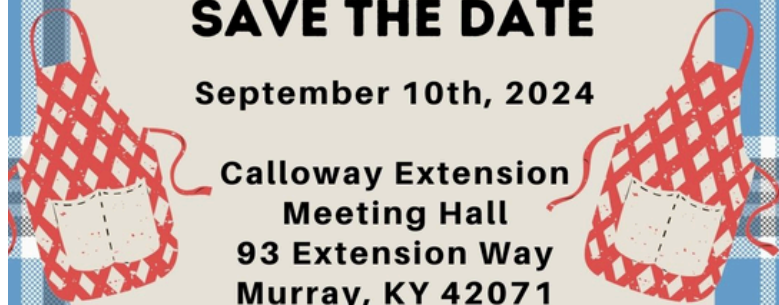
The Ties That Bind

SAVE THE DATE

September 10th, 2024

Calloway Extension Meeting Hall
93 Extension Way
Murray, KY 42071

 Cooperative Extension Service



OFFICE INFORMATION

93 Extension Way
Murray, KY 42071
270-753-1452
8:00am - 4:30pm
calloway.ca.uky.edu

FCS Agent: Debbie Hixon
debra.hixon@uky.edu



Calloway
FCS

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Lexington, KY 40506



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accommodated
with prior notification.

