

MARCH 2025

# FCS NEWS & NOTES

## MAIN TOPIC

# Spring cleaning for your mental health!

**B**eyond the physical benefits of a clean and organized home, spring cleaning can offer mental health rewards. Clutter can lead to feelings of anxiety, overwhelm, and even depression, while a tidy space can help mental clarity and a sense of calm.

To boost the benefits of spring cleaning, try these strategies:

- **Plan your tasks:** Start with smaller, easy tasks to avoid feeling overwhelmed. This could involve decluttering a drawer, organizing a bookshelf, or washing windows.
- **Focus on one room at a time:** Instead of getting bogged down, clean one area at a time. This can help prevent burnout and give you a sense of success as you finish each space.
- **Use a timer:** Set time limits to keep your focus and stop procrastination. This can also help you break down larger tasks into



- smaller, more workable chunks.
- **Spread out the cleaning:** Don't try to do everything at once. Spread out the cleaning process over days or weeks to avoid feeling overwhelmed and to allow for rest and recovery.
- **Ask for help:** Reach out to friends or family for help, especially with heavy or time-consuming tasks. This can make cleaning more fun and efficient.
- **Mindful cleaning:** Practice

- mindfulness while cleaning by focusing on the present moment and the sensations of your body. This can help lower stress and aid relaxation.
- **Celebrate your progress:** Thank and reward yourself for your accomplishments along the way. This can help boost your drive and keep a positive outlook.

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Disabilities  
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with prior notification.

# HEALTHY RECIPE

## Asparagus Ham Quiche

- 1 pound fresh asparagus, trimmed and cut into 1/2-inch pieces
- 1 cup finely chopped ham
- 1 small, finely chopped onion
- 2 (8 inch) unbaked pie shells
- 1 egg white, slightly beaten
- 2 cups shredded, reduced-fat cheddar cheese
- 4 large eggs
- 1 container (5.3 ounces) plain Greek yogurt
- 1/3 cup 1% milk
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

**SCAN**  
TO VIEW  
MORE RECIPES



1. Preheat oven to 400 degrees F.
2. Place asparagus in a steamer over 1 inch of boiling water and cover. Cook until tender but still firm, about 4 to 6 minutes. Drain and cool.
3. Place ham and onion in a nonstick skillet and cook over medium heat until lightly browned.
4. Brush the pie shells with beaten egg white.
5. Spoon the ham, onion, and asparagus into the pie shells, dividing evenly between the 2 shells.
6. Sprinkle 1 cup of shredded cheese over the mixture in each shell.
7. In a separate bowl, beat together eggs, yogurt, milk, nutmeg, salt, and pepper. Pour egg mixture over the top of the cheese, dividing evenly between the 2 shells.
8. Bake uncovered in a preheated oven until firm 25 to 30 minutes. Allow to cool approximately 20 minutes before cutting.

Servings: 16

Serving size: 1/8 of pie

Nutrition analysis per serving: 200 calories; 11g fat; 4.5g saturated fat; 65mg cholesterol; 370mg sodium; 14g carbohydrate; 1g fiber; 3g sugars; 10g protein.

Source: Plate it up! Kentucky Proud Project

## Continued from page 1

By adding these tips, spring cleaning can become a refreshing and calming experience. Remember, the goal is not just to clean your space but also to help your mental well-being.

### References

- <https://newsroom.clevelandclinic.org/2024/03/18/spring-cleaning-for-your-mental-health>
- <https://acendahealth.org/4-ways-spring-cleaning-impacts-your-mental-health>
- Source: Dr. Natese Dockery, Clinical Assistant Professor and Extension Specialist for Mental Health and Well-Being



## KEHA Updates

### Registration open for the KEHA State Meeting

Registrations arrive daily in March for the Kentucky Extension Homemakers Association (KEHA) State Meeting. This year's meeting will be May 6-8, 2025, at Hyatt Regency Lexington. Visit the KEHA State Meeting website for information on making room reservations, registering for the event, and other details. The following are a few meeting-related dates to keep in mind:

- **March 15:** Area Showcase forms due to 1st Vice-President (see KEHA Manual Appendix, page 31 or the fillable form on the website). Each area can have up to two displays, featuring club, county, or area projects. Each state educational chair also can submit one display. KEHA Development Grant winners also may submit a showcase display.
- **April 5:** Postmark deadline for state officer and chair credentials. State officers and chairs are elected by delegate vote at the State Meeting business meeting. For more information about the three positions up for election, as well as links to the forms, visit <https://keha.ca.uky.edu/2025-state-board-elections>.
- **April 7:** Reservation deadline for conference lodging rate at State Meeting hotel.
- **April 7:** Postmark deadline for early registration fee for 2025 KEHA State Meeting.
- **April 21:** Final postmark deadline for 2025 KEHA State Meeting registration.
- **May 6-8:** KEHA State Meeting in Lexington!

# Attention job seekers!

If you are a motivated professional and currently out of work, underemployed or looking to make a career transition, Job Club is for you!

*Note: Job Club will be meeting by Zoom only.*

**March 11, 2025, 9 -10:15 a.m.**

## **Mastering the Art of Interviewing: Effective Strategies for Success in Your Job Search**

This presentation will provide practical tips and techniques to help you excel in job interviews. Learn how to prepare effectively, present your best self, and navigate challenging questions with confidence. Whether you're a first-time job seeker or looking to advance your career, these strategies will equip you with the tools to stand out and succeed in the interview process.

*Presented by Christie Jackson, Hanna Resources*

**March 25, 2025, 9 -10:15 a.m.**

## **Essentials of Kentucky Entrepreneurship**

Essentials of Kentucky Entrepreneurship is a comprehensive workshop designed for aspiring entrepreneurs. This session will cover the foundational elements of starting a business in Kentucky, including key startup basics, effective market entry strategies, essential financial considerations, and guidance on business formation structures.

*Presented by JC Phelps, Statewide Training Coordinator, Small Business Development Center and Tonya Parsons, Business Coach, Small Business Development Center*



**CENTRAL  
KENTUCKY**  
*Job Club*

**FREE  
and open  
to the  
public!**

**Register for the  
Zoom webinars**



 **Alumni  
Association**

 **Human  
Resources**  
*Temporary Employment*

# BIG BLUE BOOK CLUB

After so many sessions and reading so many books together, we have reached our 10th book. We are pleased to announce that in 2025 we will read "My Old Kentucky Road Trip - Historic Destinations and Natural Wonders" by Cameron M. Ludwick and Blair Thomas Hess.



This delightful book is filled with locations throughout our great state. Some might be familiar to you, but you will learn about many for the first time.

In the spirit of the book, we will be taking Big Blue Book Club "on the road." We're offering our kickoff session in our traditional format via Zoom, but also LIVE from the Thomas D. Clark History Center in Frankfort. The book's authors will join us there for an informative session about some of their favorite Kentucky destinations, and we will also hear from Dr. Jim Seaver about the Historical Marker Program. This session will be on March 13 at 11 a.m. Eastern. During the next few months, we will travel across the state where you can join us LIVE as we share this book and our great state.

So put on your reading glasses, buckle up, and let's go on an "Old Kentucky Road Trip" together!

Visit our new **Big Blue Book Club website to register for our next session or to learn more about sessions of the past at <https://ukfcs.net/BigBlueBookClub>.**

# LOCAL EVENTS

Martin-Gatton College of Agriculture, Food and Environment

## GARDEN BITES

A Crop-Focused Gardening Series

### Microgreens & Lettuces

March 11th at 11:00am

Martin-Gatton College of Agriculture, Food and Environment

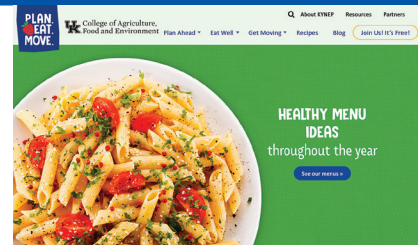
## Casey County Farmers Market Scale Certification

All scales put into service in Kentucky after July 1, 2003, must have an NTEP certificate of conformance.

Scales may be dropped off anytime before or on April 7th at the Casey County Extension Office. Scales can be picked up on April 9th. Call 606-787-7384 if you have any questions.

## Connect with us!

-  [FCS.uky.edu](https://FCS.uky.edu)
-  [Facebook.com/UKFCSExt](https://Facebook.com/UKFCSExt)
-  [Instagram.com/UKFCSExt](https://Instagram.com/UKFCSExt)
-  [UKFCSExt.podbean.com](https://UKFCSExt.podbean.com)
-  [YouTube.com/UKFCSExtension](https://YouTube.com/UKFCSExtension)



Feeling better happens one small step at a time.

We know, because that's what we've done -- and we're here to show you how you can do it too. A step here, a step there and soon you'll be eating well, planning good meals, and moving more. Most of all, you'll be feeling good. So take a look at some of our useful tips and maybe even take a free class for free tips. You can do it! Small steps make a world of difference.

## PLANEATMOVE.COM

Connect with or contact your county to learn about free classes in your community! Visit [PlanEatMove.com/free-classes](https://PlanEatMove.com/free-classes) to learn more.

# *Living On a Few Acres*

## **Turning Your Backyard Into a Homestead.**

### **Session 1: Where Do I Start?**

**January 27th at 2:00pm**

Is homesteading for me? What resources are there? How do I decide what I would like to do?

We will cover these common questions and more at our first meeting.

### **Session 2: Establishing Healthy Soils**

**February 24th at 2:00pm**

Homesteading starts from the ground up, literally. We will cover the basics of assessing your soil, reading a soil test, amending poor soils, and supporting healthy soils.

### **Session 3: Vegetable Gardening**

**March 24th at 2:00pm**

Whether you have a balcony or 15 acres you can grow your own vegetables. We will talk about gardening in small and large spaces.

### **Session 4: Sheep and Goat Production**

**TBA**

Participants will learn about the basics of selecting and raising small ruminants. Topics such as nutrition, breed selection, and proper care will be discussed.

### **Session 5: Raising Backyard Poultry**

**TBA**

We will discuss poultry production for both meat and egg consumption. From breed selection, to the basics of nutrition, care, and other aspects of poultry husbandry.

**All sessions will be held at the Casey County Extension Office Educational Building.**

**1517 S. Wallace Wilkinson Blvd**

**Liberty, KY 42539**

**Call 606-787-7384 to register.**

#### **Cooperative Extension Service**

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Lexington, KY 40506



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April 8th at 11:00am

## From Seed to Sprout: A hands-on seed starting workshop

Casey Co. Extension Office  
Educational Building

**CASEY & PULASKI COUNTY  
4-H CAMP 2025**



**Martin-Gatton**  
College of Agriculture,  
Food and Environment

# SAVE THE DATE!

**LAKE CUMBERLAND 4-H CAMP**

**21-25  
JULY**





Information about the Kentucky State University Cooperative Extension Program

## Seasonal CRD Preparedness Tips March: Canned Food Preparedness

February is National Canned Food Safety month. NIFA provides funding to the Supplemental Nutrition Education Program - Education (SNAP-ED) and Expanded Food and Nutrition Education Program (EFNEP). It is important to understand food safety when winter storms are likely. See the information below regarding canned food safety and the federally funded programs aimed at helping families obtain nutritional foods.



### Canned Food Safety - Botulism

#### Causes

- A rare but serious illness caused by a toxin that attacks the body's nerves. This can be caused from consuming cans that are spoiled and/or improperly stored.
- You cannot see, smell, or taste the toxin, but taking even a small bite of food containing it can be deadly.
- Symptoms: difficulty breathing, muscle paralysis, and even death.

#### Use the Correct Equipment

- Use USDA's proper canning techniques when canning fruits/vegetables.
- Low-acid foods are the most common sources of botulism in home canning.
  - » **Examples:** asparagus, green beans, beets, corn, potatoes, some figs and tomatoes, milk, all meats, fish, and other seafood
- Signs of contamination: the container is leaking, bulging, swollen, damaged, cracked, or spurs liquid/foam when opened; the food is discolored, moldy, or smells bad.



#### Water and Appliances

- Do not use a boiling water canner for low-acid foods. It will not protect against botulism.
- Do not use an electric, multi-cooker appliance, even if it has a "canning" or "steam canning" button on the front panel.

## Federally Funded Programs:

### SNAP-Ed:

- NIFA's involvement with SNAP-Ed began in 1999, as Land Grant University administrators identified the need for national leadership through their federal partner.
- NIFA supports SNAP-Ed by promoting well-trained staff; effective program planning, identification and use of effective and appropriate resources; and improved consistency and clarity of communication among SNAP-Ed's many partners.

### Expanded Food and Nutrition Education Program (EFNEP):

- EFNEP is a Federal Extension (community outreach) program that currently operates through the 1862 and 1890 Land Grant Universities in every state
- EFNEP uses education to support participants' efforts toward self-sufficiency, nutritional health and well-being.

## Program Impacts:

- The Plan. Eat. Move. Program through the University of Kentucky encompasses SNAP-Ed and EFNEP.
- This program will show individuals how to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills, and change behaviors necessary to have a healthy lifestyle.
- Plan. Eat. Move. provides resources surrounding healthy eating, adapting physically activity and numerous recipes.

### Source:

- <https://www.nifa.usda.gov/about-nifa/blogs/national-canned-food-month> - <https://www.cdc.gov/foodsafety/communication/home-canning-and-botulism.html>



# 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



**T**he 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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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.

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

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

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

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

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

**REFERENCES:**

- Satter, E. (n.d.). Are you feeling bad about your eating? Ellyn Satter Institute. <https://www.ellynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating>
- Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute <https://www.ellynsatterinstitute.org/how-to-eat/the-joy-of-eating-being-a-competent-eater>

**ADULT**  
**HEALTH BULLETIN**

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

