



# Living Well

## Family & Consumer Sciences Newsletter

Volume 1 - Issue 2

Winter 2008

### Is Your Resolution to Be HEALTHIER in 2009?



The way we think of food has been a part of us since we were born. We grew up in times where cleaning your plate was a must, not only to get dessert, but because “there are starving children in other countries”. We have grown to love foods our mothers or grandmothers cooked for us. We were rewarded for our triumphs with ice cream

sundaes and scolded for not eating our spinach. We were taught that to comfort someone, you offer food. A death, illness, or birth in the family was a cue to start cooking and to start eating. When you are stressed out, bored, or anxious, is food the only comfort? Many people eat for reasons other than hunger, which is a primary reason why American waistlines are growing larger. To successfully manage our weight we must develop a healthy relationship with food. If hunger was the only motivation to eat, then the eating process would consist of the physical cue to eat, finding and eating food, and stopping at the first sign of being full. However, that

can't explain the cravings, “munchies”, or overeating. Appetite comes from not only being hungry, but also from the sensory qualities of foods and individual food preferences. Even satiety, the feeling of fullness, has both physical and mental aspects. It is this combination of physical and psychological circumstances that can lead us to overeat. Managing weight is a very individualized process. To be successful, you must find what works for you and what you find enjoyable, other than food! It is important to remember to take things slowly, starting with one lifestyle change at a time. Only after each new change has been mastered and has become part of your daily routine, should you move on to another.

To learn more, register for the **Weight ~The Reality Series** program that will begin on January 13<sup>th</sup>. Registration is limited to 30 participants, so hurry up and reserve your spot by calling the Extension office and mailing in your registration by January 9, 2009.



## Pocket Fruit Pies

Makes 4 servings

- |                          |                                   |
|--------------------------|-----------------------------------|
| 4 8-inch flour tortillas | 2 medium peaches, pears or apples |
| 1/4 t. ground cinnamon   | 2 T. brown sugar                  |
| 1/8 t. ground nutmeg     | 2 T. milk                         |
| Sugar (optional)         |                                   |

Warm tortillas in microwave or oven to make them easier to handle. Peel and chop fruit into small pieces. Place 1/4 of the fruit on half of each tortilla. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle on fruit. Roll up the tortillas, starting at the end with the fruit. Place on a ungreased baking sheet with seam side down and make small slashes on top to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired. Bake at 350 degrees Fahrenheit for 8 to 12 minutes or until lightly brown. Allow to cool slightly before tasting.

*Nutrition Facts: 210 calories; 4g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 320mg sodium; 40g carbohydrate; 3g fiber; 13g sugar; 4g protein*

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.  
UNIVERSITY OF KENTUCKY, KENTUCKY STATE UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE, AND KENTUCKY COUNTIES, COOPERATING

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Disabilities accommodated with prior notification.



## & Possibly Win Some Cash!

The Barren River District Health Department is partnering with several local agencies, including the Cooperative Extension Service, to encourage families to eat healthier in 2009. "Take the Challenge- Eat More Fruits & Veggies" will be open to anyone who eats and records consumption of 5 or more fruits and veggies everyday for seven days in a row.



Check out [www.barrenriverhealth.org](http://www.barrenriverhealth.org) or visit the Warren County Cooperative Extension Service to find out how to enter the contest.

## Healthy Snacking with Fruits & Vegetables

### January Homemaker Leader Training

Wednesday, January 7, 2009

10:00 am

Warren County Extension Office



Join Lynn Blankenship, Metcalfe County Extension Agent for Family & Consumer Sciences, as she guides a workshop with educational materials on nutrition and healthy snacking. As always, Homemaker Leader Trainings are open to anyone!



## Food Drive



The Warren County Cooperative Extension Service will also be hosting a Fruit & Veggie Can Drive in January. Bring in any fruit or vegetable canned item that will be donated to a local food pantry. January 30th will be the final day for the food drive!

## Bowling Green American Sewing Guild



### Next Meeting

January 21, 2009

10am - 12pm

Barnes and Noble

Contact: Maureen Harrison for more information  
270-991-4431  
[mkh63@insightbb.com](mailto:mkh63@insightbb.com)

Visit: [www.asg.org](http://www.asg.org) for more information.

The Bowling Green affiliate meets the 3rd Wednesday of every month at the Warren County Extension Office to create and discuss sewing related items and topics.

## Getting Children Started Doing Household Chores

As a new year begins, why not commit yourself to helping your children learn to share responsibility for the upkeep of the family home? Sometimes it is hard to know how to teach them "the ropes." Here are some specific ideas:

**First**, select jobs that your children are likely to complete successfully. Be ready to supervise closely and to have lots of patience while they learn. Match your expectations with your children's abilities. Give choices when possible.

**Second**, you do the job while your children watch you. Explain SPECIFICALLY the movements you want them to do.

**Third**, stay right with them while they try out the task and learn the skills. Compliment their efforts with specific words, such as "Wow, you dried the dishes and put them away so quickly!" Don't do the job over again, even if it is not done to perfection.

**Fourth**, to avoid grumbling and nagging, set up a weekly chart of jobs that vary from child to child. Use pretty stickers for completion. When the week's jobs are completed, rewards are in order. Hugs work well!



# Weight The Reality Series

Tuesdays

January 13 - February 24, 2009

Time: 6:00 - 7:30pm

Place: Warren County Extension Office

Cost: \$20 per person for series

Each week of this 7 week series, we will explore an aspect of weight control through healthy eating and living, share healthy recipes and ideas, weigh in, and engage in some form of physical activity. Please wear comfortable clothing to class.



Limited to 30 Participants

► Registration Deadline: January 9th ◀

## Questions?

Contact: Betsy Ann Tracy  
270-842-1681  
betsy.ann.tracy@uky.edu

County Extension Agent for  
Family and Consumer Sciences



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Make \$20 checks payable to the Warren Co.  
Extension Office

Send To:

Warren County Extension Office  
c/o Weight - The Reality Series  
3132 Nashville Road  
Bowling Green, KY 42101

Registration Due: January 9, 2009

## Five Ways to Dig Out of Budget Problems



**Step 1.** Break your debt into small pieces. Paying off the highest interest rate first saves you the most money. If you feel overwhelmed, focus on your smallest debt first. You will feel good when you have one less debt to pay.

**Step 2.** Keep track of every penny you spend. Write down everything you spend. Over time, you will see those spending leaks or extras that you can do without to help you have enough money to pay your necessary expenses.

**Step 3.** Make your payments on time. Lenders raise interest rates and charge large fees for late payments. If your payment date does not work for you, call the creditor and ask to change the payment due date to one that works for you.

**Step 4.** Increase your income. Find a part-time job to give you some extra cash to pay off your debts and be debt free. You might end up with a whole new career.

**Step 5.** Seek help. There are several trustworthy credit counseling agencies that can help you enroll in a debt management program if you are in over your head in debt. You can try to do it on your own first. Extension publication FCS 5-104 Money Management-How To Get Out of Debt, explains how to do it. You can find a credit counseling agency at [www.nfcc.org](http://www.nfcc.org).



### For More Information On Living Well Contact