

Family & Consumer Sciences

June 2024 Newsletter

 Cooperative Extension Service

Martin County



Welcome to the June edition of our Family and Consumer Sciences Newsletter!

As we step into the warmth of summer, it's the perfect time to explore new avenues of learning and growth within our households. In this edition, we're excited to bring you a plethora of insights, tips, and resources to enhance your family life and consumer savvy.



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Calendar of Events

- June 4th 5pm Pieceful Stitchers
- June 5th 10:30am Hometown Homemakers
- June 11th 5pm Pieceful Stitchers
- June 18th 5pm Pieceful Stitchers
- June 20th 1:30-3:30 Pollinator Garden
- June 25th 5pm Pieceful Stitchers
- June 25th Carnival Camp Orientation

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.

ADULT HEALTH BULLETIN



JUNE 2024

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

THIS MONTH'S TOPIC

STEP INTO NATURE, SUMMER EDITION



As the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

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Disabilities
accommodated
with prior notification

When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

➔ **Continued from the previous page**

There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

REFERENCE:

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

**ADULT
HEALTH BULLETIN**

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JUNE 2024

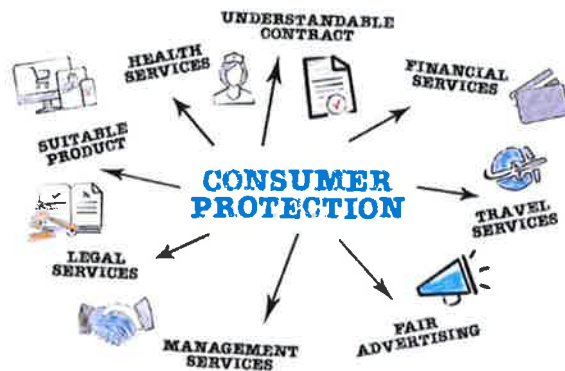
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FAIR AND SAFE: THE ROLE OF CONSUMER PROTECTION AGENCIES

When you shop, you probably expect that the seller will treat you fairly, offer a reasonable price, and sell a safe product. Consumer protection agencies exist to ensure that these expectations are true. They safeguard your rights and interests as a buyer. Three of these agencies are the Federal Trade Commission (FTC), the Consumer Financial Protection Bureau (CFPB), and the Food and Drug Administration (FDA). Let's explore how these agencies help keep the marketplace balanced and secure.

FEDERAL TRADE COMMISSION (FTC)

The FTC makes sure that competition is fair and that buyers are protected in different industries. They investigate and stop unfair competition, scams, and misleading advertising. For example, if someone tries to trick people into buying something with false claims, the FTC steps in to stop it. They also help people who have had their identity stolen by providing resources, assisting in recovery, and raising awareness. In 2021, they helped nearly 24 million identity theft victims, according to the Bureau of Justice Statistics. By promoting fair competition, the FTC encourages lower prices and better-quality products, giving consumers more choices. They also teach people about their



rights and give information to help them make smart choices, especially with big purchases or money matters.

CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)

The CFPB is a government agency that monitors how consumers interact with banks, mortgage companies, payday lenders, and other financial businesses. Their main job is to make sure consumers are treated fairly by enforcing laws that protect them from being financially harmed or deceived. If you have a problem with a financial product or service, like a bank account or a loan, you can reach out to the CFPB for help. By filing a complaint online or over the phone, they will investigate and try to resolve the issue. The CFPB also provides educational



THE FTC, CFPB, AND FDA ARE ONLY A FEW U.S. CONSUMER PROTECTION AGENCIES.

CONSUMER

FINANCIAL

PROTECTION

resources to help people better understand their financial choices. They offer tools and programs to teach consumers about important financial topics such as managing money, understanding credit, and avoiding financial scams. For instance, the CFPB ensures that mortgage companies follow rules to prevent people from losing their homes through foreclosure. They also require credit card companies to clearly explain their fees and terms so consumers can make informed decisions.

FOOD AND DRUG ADMINISTRATION (FDA)

The FDA is another federal agency that looks after the safety and effectiveness of products that we use every day, like food, medicines, and medical devices. They play an important role ensuring the food we buy is safe to eat and food labels are accurate. The FDA also verifies the safety of new medicines and medical devices before they are sold to the public. This protects consumers from using products that could be dangerous or might not work as they should. Along with their role in product safety, the FDA teaches

people about important health topics. They provide information on how to use medications safely and how to handle food to avoid getting sick. They also warn about the dangers of risky behaviors like smoking. By setting rules and making sure companies follow them, the FDA plays a key part in keeping consumers healthy and informed.

The FTC, CFPB, and FDA are only a few U.S. consumer protection agencies. Understanding the functions and roles of agencies like these helps consumers make informed decisions and avoid or address problematic issues with services and products.

REFERENCES:

Federal Trade Commission,
<https://www.ftc.gov/>

Consumer Financial Protection Bureau,
<https://www.consumerfinance.gov>

U.S. Food and Drug Administration,
<https://www.fda.gov/>

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Strawberry Green Tea

13 cups water

13 green tea bags, regular size

1 pound fresh strawberries

1 cup honey

1 lemon, optional

1. Wash strawberries and remove the tops.

2. Chop the berries with a hand chopper in a large pot.

3. Add water to the chopped berries and bring to a boil, stirring occasionally.

4. Remove from heat and let mixture cool for 5 minutes.

5. Add tea bags and submerge. Steep tea for 2 to 3 minutes.

6. Strain the tea through a mesh

strainer or cheesecloth lined colander into a 1 gallon pitcher.

7. Add honey and stir until dissolved.

8. Chill and serve.

9. Garnish with a lemon slice or a fresh strawberry if desired.

Yield: 16, 8 ounce servings.

Nutrition Analysis: 70 calories, 0 g fat, 0 mg cholesterol, 5 mg sodium, 19 g carbohydrate, 1 g fiber, 17 g sugar, 0 g protein. 30% Daily Value for vitamin C.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Strawberries

SEASON: May through June

NUTRITION FACTS: Strawberries are low in calories and high in nutrients. One cup contains 55 calories. They are a great source of vitamin C and also contain vitamin A, iron, fiber and folic acid.

SELECTION: Choose fully ripened, bright red berries. Berries should be plump and have a natural shine and bright green, fresh-looking caps.

STORAGE: Store in the refrigerator, covered, unwashed, and with the cap on. Do not crowd. Use berries within two to three days.

HANDLING: Handle gently. Never remove the caps before washing.

Source: www.fruitsandveggiesmatter.gov

To Wash: Cover berries in cold water and gently lift out of the water to drain. Dry by placing in a single layer on paper towels. After washing, remove the caps if necessary. Give the cap a gentle twist or use the point of a sharp paring knife.

Serve whole, sliced, fresh or cooked.

STRAWBERRIES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

March 2012

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COOPERATIVE
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Food and Environment

Fruited Coleslaw

Servings: Makes 6 Serving Size: 1/2 cup Recipe Cost: \$1.57 Cost per Serving: \$0.26



Ingredients:

- 2 tablespoons mayonnaise
- 1/2 teaspoon apple cider vinegar (or any type of vinegar)
- 2 teaspoons sugar
- 3 tablespoons crushed pineapple canned in 100% juice, including juice
- 2 cups shredded or finely chopped cabbage
- 1/2 cup chopped apples (or fruit of choice: orange, mandarin oranges, pear)
- 1/2 cup raisins or dried cranberries

Directions:

- Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 - Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
 - Combine mayonnaise, vinegar, sugar, and pineapple in a small bowl. Stir to mix well.
 - In another bowl, combine cabbage and other fruit.
 - Pour dressing over cabbage and fruit. Stir to mix.
 - Serve right away.
 - Refrigerate leftovers within 2 hours.
- Source: Adapted from Iowa State University Extension

Nutrition facts per serving: 100 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 16g total carbohydrate; 2g dietary fiber; 14g total sugars; 1g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium