

# March 2025

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

Cooperative Extension Service  
Woodford County  
184 Beasley Drive  
Versailles, KY 40383  
(859) 873-4601  
Fax: (859) 873-8936  
<https://woodford.ca.uky.edu/>

## Woodford County Family and Consumer Sciences Newsletter

Hello Everyone,

It is one of my favorite months here in the bluegrass--March! Outside is warming up, and March Madness is heating up as well. We have lots going on in the FCS world in March too! Little ones have the opportunity to join us at Laugh and Learn and Understanding Disability, while grown ups can enjoy Butter Me Up: Biscuit Making Fun, Exercise Bingo and Move Your Way: Exercise for everyone. There is something for everyone, so come one, come all! Don't forget to check the two-month calendar at the end to see what is coming in April. March is also the National Nutrition Month. There is a wonderful publication from the Academy of Nutrition and Dietetics attached. See what health tips you can add into your everyday!

All My Best,

*Hannah Thornsberry*  
County Extension Agent for  
Family and Consumer Sciences  
[hannah.thornsberry@uky.edu](mailto:hannah.thornsberry@uky.edu)



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WOODFORDCOUNTYCS](https://www.facebook.com/woodfordcountycs)

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# Laugh and Learn

A free playdate that engages your child(ren) in playful activities that are designed to prepare them for kindergarten. At the program, your child(ren) will listen to a story, sing songs, make crafts, play games and enjoy a healthy snack.

**March 14th**

**10:30am-11:30am**

**Theme: Rainbows**

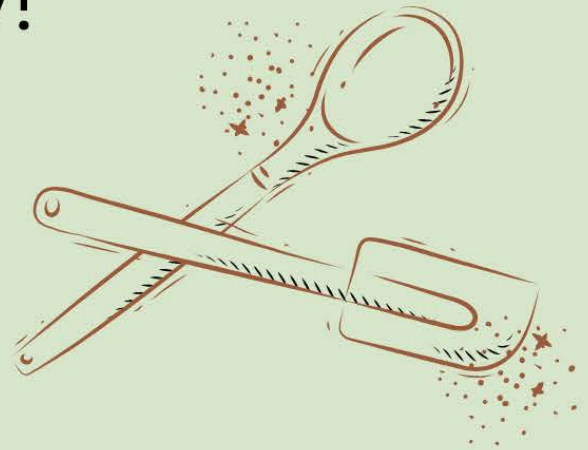
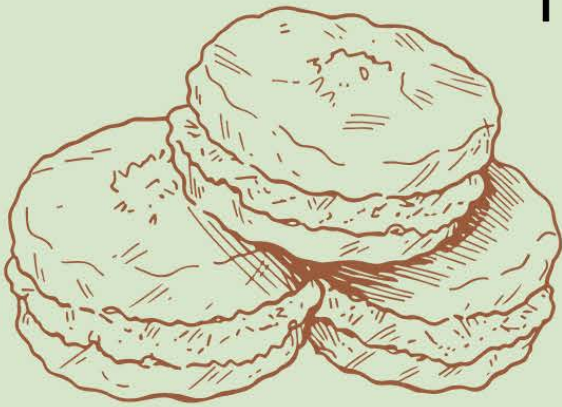
**Woodford County Library  
Midway Branch**



To register for the March Laugh and Learn play date,  
call 859-873-4601 or email  
[hannah.thornsberry@uky.edu](mailto:hannah.thornsberry@uky.edu)

# Butter Me Up: Biscuit Making Fun!

Learn the art of biscuit making with two sisters who are seasoned in the business. We will be baking and learning kitchen and food safety!



**Woodford County Extension Office**  
**March 14th @ 3pm-4pm**

To register, call 859-873-4601 or email  
[hannah.thornsberry@uky.edu](mailto:hannah.thornsberry@uky.edu) by March 7, 2025.  
15 person limit





# Understanding Disability



Each month we will be learning about a unique disability. Each session identifies a specific disability that is illustrated through reading. After reading the book, there will be five to ten questions that ask listeners about certain aspects of the story, so that we can better discuss the topic. Most lessons will also include a hands-on activity that will further advance the attendees' learning!

This program is designed for children, but everyone is encouraged to come. You are never too young or too old to learn about a friend's disability!

**Thursday, March 20 @ 10:30am**  
**A Likely Story, Downtown Midway**  
**February Topic: Autism**





# Exercise Bingo!

**Exercise is more fun with friends... it is lots more fun with friends *and* BINGO! Join us to get moving, have fun while exercising, meet new friends, learn about falls prevention and even win prizes!**

**March 20 & 27 @ 1pm  
Midway Branch Library**



# Homemaker Happenings

Below you will find the ballot for potential leader lessons for next year. Please fill this out and either email it to Hannah at [hannah.thornsberry@uky.edu](mailto:hannah.thornsberry@uky.edu) or bring it in to the office. We can also print it for you if you do not have access to a printer.

## MARCH LEADER LESSON

This month's leader lesson is different than normal. We will be going **in person** to Mercer County to learn to play pickleball! If you would like to ride in the county van, please contact the office **no later than March 17**. Please see the flyer below!





# Homemakers Learn Pickleball

**Pickleball is fun and interactive for ALL ages  
and a GREAT way to move your body! Join us for  
a hands on explanation of how to play!**

Tara's leader lesson will be available as a video  
on the Fort Harrod FCS YouTube OR you can  
join her at the Mercer County Office on March  
24th to learn how to play Pickleball HANDS  
ON! **RSVP IS REQUIRED 859-734-4378**

**3/24/2025**

**At 10.00AM**

**Mercer County  
Extension Office**

1007 Lexington Road, Harrodsburg

## 2025-2026 Fort Harrod Area Extension Homemakers Lesson Ballot



Please check one: Individual Ballot \_\_\_\_\_ Club Ballot, Club Name \_\_\_\_\_

Please choose the top 8 lessons you would like taught in the 2025-2026 Extension Homemaker year. Return your ballot to your County Extension Office **no later than March 30, 2025**.

### Cultural Arts and Heritage

\_\_\_\_\_ **Composition in Photography** – Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography.

### Environment, Housing, and Energy

\_\_\_\_\_ **Carbon Monoxide** – Carbon monoxide (CO) is a poisonous gas that you can't smell or see. Every year, hundreds of people die from carbon monoxide poisoning and thousands more become ill from it. In this lesson, learn what steps you can take to keep you and your loved ones safe from this dangerous gas that is all around us.

\_\_\_\_\_ **Radon: A Silent Killer** – Do you know which cancer is the nation's leading cause of deaths? It may surprise you. The answer is lung cancer. And something in Kentucky homes may be contributing to the cause. Kentucky leads the nation in the number of new cancer cases and lung cancer deaths. Not only is this because of Kentucky's high smoking rates, but also because of Kentucky's high radon levels.

### International

\_\_\_\_\_ **Creating Welcoming Communities** - All societies experience shifts in culture, and modern America is no exception. With this lesson, become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of both ourselves and of others, and gain an understanding of oppressive experiences and their effects. As we seek to build a stronger Kentucky, KEHA volunteers can lead the way in making the state more welcoming to all newcomers in the Commonwealth.

### Family and Individual Development

\_\_\_\_\_ **Mental Health Matters** - Mental health is important for overall health at every life stage—from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being.



\_\_\_\_\_ **Navigating Trauma After a Natural Disaster** - This lesson will focus on coping with trauma that may occur after a natural disaster. However, leaders should keep in mind that trauma can result from other forms of loss besides a natural disaster. Trauma is our body's response when we experience an event that is life-threatening or emotionally hurtful. The lesson will provide valuable tips and skills to aid in recognizing and coping with trauma as well as how to help others in the community who might experience trauma.

## **Food, Nutrition, and Health**

\_\_\_\_\_ **Yoga-ta Try This!** - Yoga is far from a new practice but has become popular today as a mainstream form of exercise. There also are many health benefits of doing yoga beyond physical activity. This lesson introduces yoga – what it is, why you might be interested in trying it, and some poses.

\_\_\_\_\_ **How to Get Out of a Mealtime Rut** - When you or a family member find out what is on the menu for dinner, is the typical response “Again?” If you dread the thought of cleaning another dish or you just can't think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that you can use to overcome mealtime ruts and prepare meals at home. Participants will be able to explain why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas, and identify ways to reduce barriers related to preparing meals at home.

\_\_\_\_\_ **Inspiring Grandchildren to Become Grand Cooks** - Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. The decrease in kitchen skills over generations means grandparents are an important resource for helping grandchildren navigate the kitchen. We'll share ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

\_\_\_\_\_ **Gardening Safely** - Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. This lesson focuses on the health benefits of gardening, using proper motions for repetitive movement, and appropriate tools for the job at hand. If this lesson does not sound exciting at first, maybe it will grow on you!

\_\_\_\_\_ **Using your Air Fryer** - The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and also is popular for reheating leftovers. This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when buying an air fryer.

\_\_\_\_\_ **Planning Thrifty and Healthy Holiday Meals** - Cooking during the holidays doesn't have to be stressful or expensive. This lesson will focus on healthy meal planning strategies and ways to stay within your budget when preparing for a large holiday meal. You will learn kitchen time management strategies to reduce the hassle of cooking, ways to prepare low-cost and delicious recipes, holiday food safety tips, and how to maximize your leftovers to avoid waste.



## Leadership Development

\_\_\_\_\_ **The Power of Civic Engagement: Strengthening Our Communities** - Ready to make a difference? In this session, we'll dive into the power of civic engagement and discover how each of us can help shape a more vibrant, inclusive community. Participants will learn about different ways they can get involved — whether through volunteering or participating in local boards and organizations. This lesson is designed to inspire action and provide tools for making a positive difference in your community.

\_\_\_\_\_ **Sharing Your KEHA Message** - Have you ever been asked “What does your group DO?” KEHA members are so vibrant, sometimes it can be hard to include everything in a brief statement. This lesson will help you prepare an “elevator speech” that can quickly summarize what your club or council has to offer! In addition, you will prepare responses to have ready when barriers might get in the way of inviting others to join in active membership.

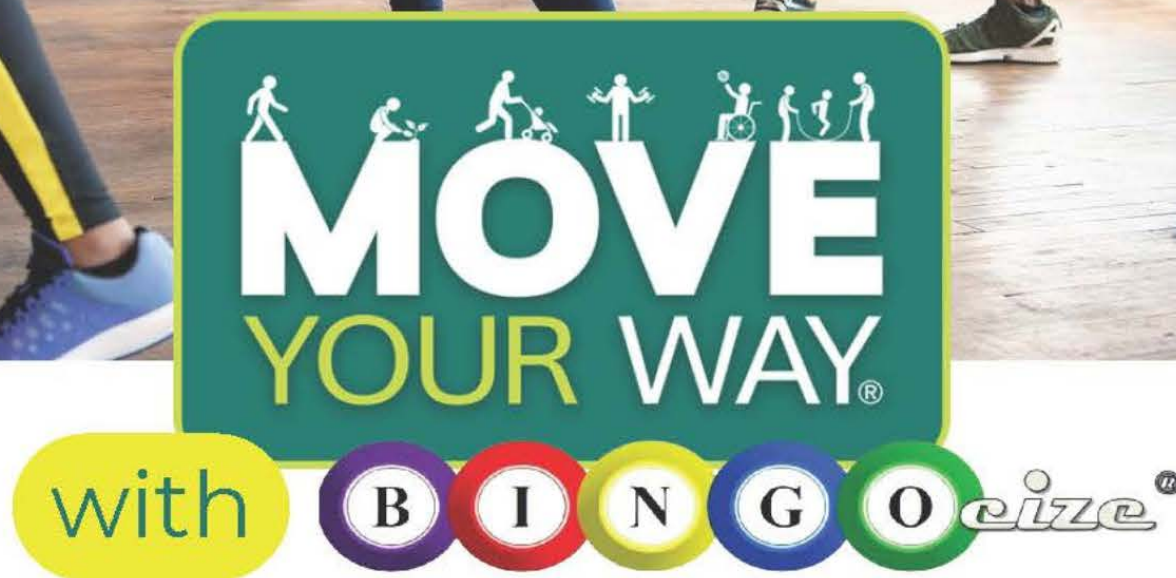
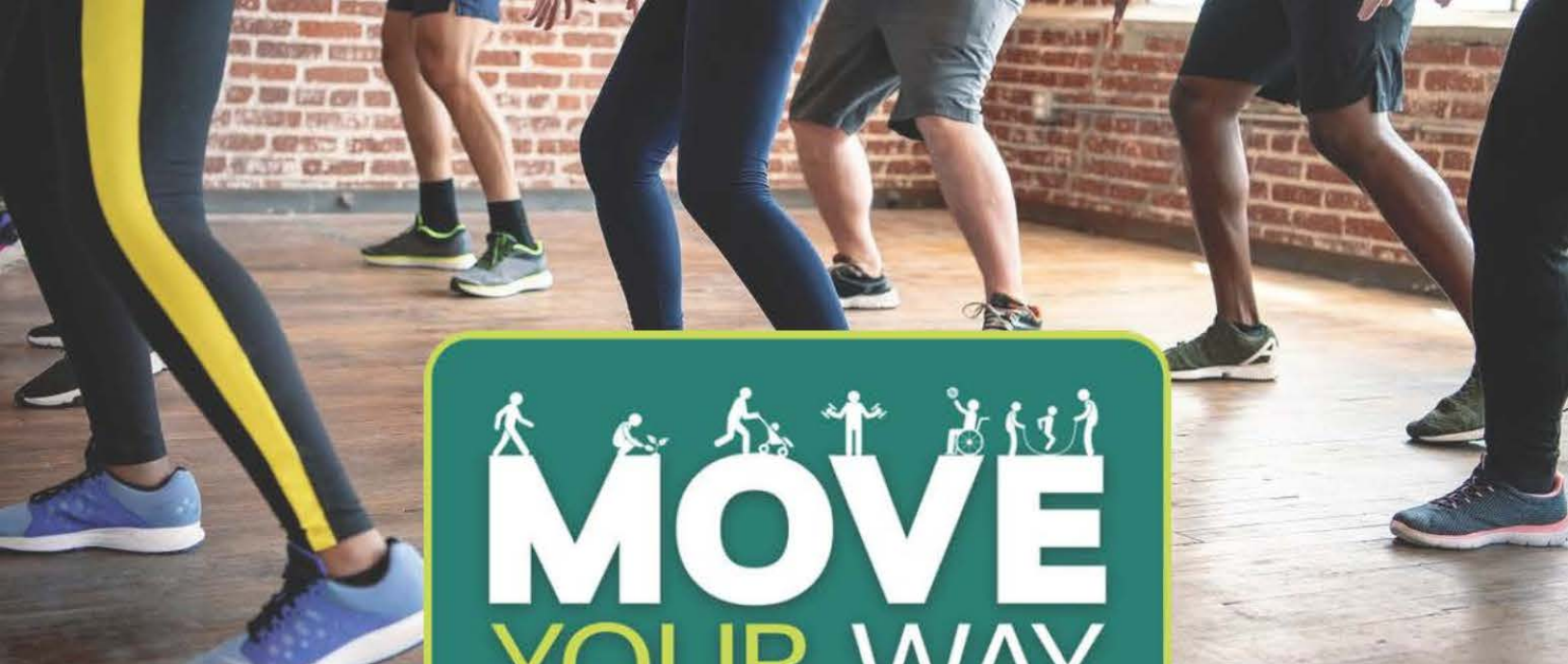
## Management and Safety

\_\_\_\_\_ **Stretching Your Dollar: What to Do When the “Ends” Don’t Meet** - “Making ends meet” is getting harder in today’s economy. This lesson will cover how to make your dollars and resources go farther. The lesson will provide tips for managing your money in financially tough times and offer strategies for saving on groceries, gas, utilities, clothing, and other household essentials. We will explore ways to manage fixed and variable household costs with tips on spending wisely, prioritizing finances, and saving when expenses are tight.

\_\_\_\_\_ **Understanding Your Credit Score** - Does one number define you? Find out about the meaning behind credit scores, what makes a good one, and how you can improve yours.

\_\_\_\_\_ **Selecting Sheets** - Cooling? Percale? Bamboo? Sateen? Can someone please tell us what that all means? With so many types of sheets available, it’s easy to get confused. Let’s put these questions to bed and unravel the mystery of thread count, too!





# Exercise for Everybody

Learn about non-impact exercises to help improve balance, posture, muscular strength, and ability to perform daily living activities.

**Date: April 24, 2025**

**Time: 10am**

**Location: Franklin Co. Extension Office**

**101 Lakeview Court, Frankfort KY**

**Please call (502) 695-9035 to register.**

**Registration deadline is April 17th.**

**Cooperative Extension Service**  
Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.





# Two-month glance!

**Mar 6**, Leadership Woodford County: Education Day

**Mar 7**, Cooking for One or Two 12:30pm @ Versailles United Methodist

**Mar 14**, Laugh and Learn 10:30am @ Midway Branch Library

**Mar 14**, Biscuit Making Class 3pm-4pm @ WCES

**Mar 20**, Understanding Disabilities 10:30am @ A Likely Story

**Mar 20**, Workout Bingo 1pm @ Midway Branch Library

**Mar 24**, Pickleball Leader Lesson 9:30am @ Mercer County CES

**Mar 27**, Workout Bingo 1pm @ Midway Branch Library

**Mar 28-29**, High Tea and Etiquette Course **RESCHEDULED (new dates will be in May)**

**Apr 2**, Cook Together, Eat Together 4:30pm @ WC Library

**Apr 3**, Homemaker Area Council Meeting 5:30pm @ Franklin CES

**Apr 5**, Homemaker Yard Sale 8am-2pm

**Apr 8**, Laugh and Learn 10:30am @ Midway Branch Library

**Apr 10**, Leadership Woodford County: Law and Justice Day

**Apr 15**, Last year's Cultural Arts winners' items due at WCES

**Apr 16**, Homemaker Area Cultural Arts (Garrard County)

**Apr 17**, Career Day with WCPS FRCs 8am-3pm @ KCTCS

**Apr 21-22**, Homemaker Area Trip to Brown County, Indiana

**Apr 23**, FCCLA STAR Events @ The Galt House Hotel

**Apr 24**, Homemaker Area Leader Lesson: Move Your Way! 10am @ Franklin CES

**Apr 25**, Pickleball 101 with Voices of Hope 1:45pm-4pm

**Apr 28-29**, Jewelry Upcycling class hosted by Garrard County @ 6pm



# Eat Right



Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

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## 20 Health Tips

### 1. Eat Breakfast

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

### 2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

### 3. Watch Portion Sizes

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

### 4. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.

### 5. Get to Know Food Labels

Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

### 6. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.

### 7. Consult an RDN

Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

### 8. Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at [eatright.org](http://eatright.org).

### 9. Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

### 10. Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.



### 11. Order Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

### 12. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

### 13. Banish Brown Bag Boredom

Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

### 14. Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.

### 15. Eat Seafood Twice a Week

Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

### 16. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

### 17. Experiment with Plant-Based Meals

Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

### 18. Make an Effort to Reduce Food Waste

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

### 19. Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

### 20. Supplement with Caution

Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

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**For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit [eatright.org](http://eatright.org).**

## Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Woodford County Cooperative Extension Office  
Family and Consumer Sciences