

# Hart County Homemaker Newsletter

 Cooperative  
Extension Service

Family & Consumer Sciences

## May-June 2025

### Upcoming Events

**Healthy Living**  
Every Monday at 1 pm at the  
Extension Office

**Bonnieville/ Crafty Friends**  
May 7  
June 11

**Cub Run Club**  
May 21  
June 18

**Outreach Too**  
May 20  
June 17

**Quilt Club- Sew & Sew**  
May 22  
June 26

**Waterloo**  
May 8  
June 12

**Hardyville**  
May 15  
June 19

**Annual Day July 10 at 11AM**

### A Note from Sonya

Summer is almost here! In May, we have a day trip planned to Octogan Hall. Be sure to make plans to come and call to register.

In July we will be having our Annual Day when we will be selecting officers for the upcoming year. Mark your calendar for this event.

It's time to make some summer plans together. See inside the newsletter for more details!

*Sonya Carter*

Extension Agent for  
Family and Consumer Sciences



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# HAPPENINGS IN MAY & JUNE

## LEADERSHIP ROLES

At the Homemaker Council May meeting, we discussed the Hart County Homemaker 2025-26 officers.

According to the Hart County Homemaker constitution, "The County President shall appoint a three-member nominating committee prior to the annual meeting. The committee shall select a slate of candidates from those whose names and credentials have met the necessary qualifications and have been submitted by the club and shall report its slate of candidates to the membership of the county at the annual meeting."

The committee consists of Salli Meredith, Sheryl Bailey and Hailia Curry. Please contact them if you are interested in a position or would like to nominate someone. Please contact them by May 30.

Salli Meredith (502) 609-7809  
Sheryl Bailey (270) 537-5724  
Hailia Curry (270) 528-6755



## Hart County Homemaker Annual Day

Save the date for the Hart County Homemaker Annual Day! It will be held at Hart County Library on Thursday, July 10, 2025 at 11AM. The meal will be catered by White's Catering. Watch for more details about registering and cost.





## EARTH DAY 2025

In honor of Earth Day, The Hart County Homemakers participated in a blub swap. Homemakers enjoyed swapping bulbs with one another. It was a wonderful project that we can all remember each year as the bulbs appear. We can reminisce and think about how wonderful our homemaker clubs are!

# DAY TRIP

We are going on a Day Trip to Octagon Hall to see the historic building in Simpson County. We will also dine at a quaint restaurant in Franklin. It's just a fun outing for us to enjoy being together. Call the office to sign up to ride in the van.

Space is limited.

We will leave the Extension office at 9:30A.M. on May 16.



The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity.

Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Visit the CES Program and Staff Development website for additional guidance.

Questions may be directed to Stacy Miller at [Stacy.miller@uky.edu](mailto:Stacy.miller@uky.edu) or (859) 257-1727



# ADULT HEALTH BULLETIN



**MAY 2025**

Hart County  
Extension Office

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

# TICK PROBLEM PREVENTION



**S**pring has officially sprung in Kentucky, with flowers in full bloom and the horses off to the races! While we may be excited to get outdoors and enjoy the sunshine, the warm weather also draws out other critters ... ticks. Ticks are tiny arachnids that need to feed on blood to go through their life cycle, putting the ICK in tick. These critters can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife. While not every tick bite will lead to disease, it can take just one bite in some circumstances. That is why reducing your risk of tick bites is important. You should include these simple steps outdoors, especially when working or playing in a "tick-risky habitat."

### Ways to reduce your risk of tick bites

- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grasses.

Continued on the next page ➔

**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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



# Ticks can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife.

## ➔ Continued from the previous page

- Buy pre-treated clothing or treat clothes with permethrin.
  - If you treat your clothes, follow all label instructions and keep cats away from the wet clothing as it is toxic to cats when wet (but safe when dry!)
- Re-treat clothing after the number of washes shown on the label.
- Use DEET or other repellents before going into a risky habitat.
  - Find the right repellent for you and your family members by using the Environmental Protection Agency (EPA) tool: <https://www.epa.gov/insect-repellents/find-repellent-right-you>.
  - Remember to spray your socks and (non-rubber) boots!
- Do a tick check periodically while outdoors and soon after returning home.
  - It is easiest to do a full tick check in the shower; this will help dislodge any ticks that may not have fully attached yet.
  - Do a tick check on your pets too.
  - Focus on areas where ticks could find an easy blood meal — “hidden” locations and spots with increased blood flow are ticks’ favorites, such as the scalp, armpits, belly button, groin, behind the knees, and in between toes (especially on pets).
- Throw clothes in the wash, then the dryer, on HIGH heat.
  - Heating clothes on high for 10 to 15 minutes will kill ticks.

Take a “tick kit” with you while out and about. This will include items that help you locate, remove, and collect ticks and clean the bite site. When removing ticks, pull the skin tight, grab as close to the skin as possible with your tweezers, and pull straight up and out. Do NOT twist ticks to remove, that can break ticks and leave the mouthparts attached, potentially leading to infection.

## Tick kit items

- Magnifying glass to find ticks

- Tweezers or forceps
- Bottle (a small pill bottle works well, with identifying information removed) or zip-top bag to keep ticks if you want them identified or tested
- Hand sanitizer or cleaning towelette to clean the bite site after removing the tick

## Tick testing

Kentucky residents can send in ticks (found on people and pets) for testing by following instructions through the UK’s Tick Submission Program: <https://entomology.ca.uky.edu/ticksurveillance2022>

## What makes a location “tick risky”?

While many different tick species live in Kentucky and prefer different habitats, they are generally found in “wilder” areas — think brush, tall grasses, or leaf litter. You can reduce your risk by walking in the middle of hiking trails, limiting time in tall grass and brush, and using personal protection measures when in these habitats.

But don’t let ticks keep you from enjoying all the beauty that Kentucky has to offer! Using a combination of these methods, you can reduce your risk of tick bites whenever you and your family are working or recreating outdoors.

**For more information** on reducing your tick and mosquito bite risk and creating “bite safe” spaces around your home, check out UK’s Extension Resources: <https://entomology.ca.uky.edu/ef618> and UK’s From the Woods Today series, episodes 212 and 214.

• **Episode 212:** [https://youtu.be/pr2\\_\\_iPdndI?si=z1u72TXK556QQAOL](https://youtu.be/pr2__iPdndI?si=z1u72TXK556QQAOL)

• **Episode 214:** [https://youtu.be/DNTXX\\_DIGA4?si=F-EsaDdTMW-XFdUT](https://youtu.be/DNTXX_DIGA4?si=F-EsaDdTMW-XFdUT)

---

**Written by:** Hannah Tiffin, Ph.D.,  
Assistant Professor, Dept. of Entomology

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:** Adobe Stock



MAY / JUNE 2025

# HEALTHY CHOICES FOR HEALTHY FAMILIES



This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

## Yogurt's hidden benefits: From digestion to heart health

**N**ational Dairy Month is in June each year. This is the month that highlights the value of dairy.

Despite the wholesome paybacks, a lot of us do not eat enough dairy products. Yogurt is a food most people can put in their food plan. Here are some of the benefits of eating yogurt:

- **Gives key nutrients:** Most types of yogurts are a great source of protein, riboflavin, vitamin B12, calcium, and phosphorus. It is also a good source of potassium, pantothenic acid, magnesium, and zinc.
- **Helps gut health:** Yogurt has special bacteria called probiotics that are good for your gut. They help to keep your digestion running smoothly and may help your immune system.
- **Builds strong bones:** Yogurt is packed with calcium and



vitamin D, which are vital for making your bones strong.

- **Good for your heart:** Eating yogurt often is linked to lower blood pressure and reduced risk of heart disease.

- **Easy to digest:** Yogurt is well tolerated by people with lactose intolerance. This is because the live active cultures in yogurt help to break down lactose. This makes it simpler to break down food compared to other dairy products.
- **Helps you feel full:** Yogurt can help you feel full and satisfied. This is helpful if you are trying to keep a healthy weight.
- **Easy to enjoy:** Yogurt comes in many flavors and types. Enjoy yogurt by itself, with fruit, or use it in smoothies.

Yogurt is a healthy food. Choose yogurts made with low-fat milk and less added sugar. Try adding yogurt to your meals and snacks.

Source: Adapted from Colorado State University Extension's Yogurt: Health and Probiotic Benefits

### 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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.



## BASIC BUDGET BITES

### Finding the best buy on food

**F**inding the best deal on food is a skill, and one anyone can learn. You must know what to look for and where to find it. Learn how to find the best deal for your family.

The first step in being a smart shopper starts with the price tag. Each price tag that appears on the front edge of the grocery shelf shows a lot of helpful facts. It shows the size of the item, the retail price, and the unit price.

- **Retail Price** is the price you pay for each item.
- **Unit Price** is used to compare the price of the same unit (pound, ounce, quart) between two items. Look for the lowest price per unit. You can use the

32 OZ LF YOGURT	
UNIT PRICE	RETAIL PRICE
<b>\$0.05</b> per oz	<b>\$1.62</b>
	
846519725548123	

6 OZ LF YOGURT	
UNIT PRICE	RETAIL PRICE
<b>\$0.12</b> per oz	<b>\$0.72</b>
	
84651978466659	

unit price to compare brands and sizes. Then, you can figure out which one costs less.

Source: NEP/PEM



## SMART TIPS

### Using Greek yogurt in recipes

**Y**ou can use Greek yogurt in both sweet and savory dishes. It is thicker and creamier than regular yogurt. This makes it a good choice in recipes instead of items like sour cream, mayonnaise, heavy cream, cream cheese, and buttermilk. These items are often higher in fat and calories. Check out the Loaded Beef Stroganoff recipe on page 3 using Greek yogurt to replace sour cream.

## COOKING WITH KIDS

### Whole-Grain Strawberry Pancakes

- Cooking spray
  - 1 1/2 cups whole-wheat flour
  - 3 tablespoons sugar
  - 1 teaspoon baking powder
  - 1/2 teaspoon baking soda
  - 1/2 teaspoon salt
  - 3 eggs
  - 1 6-ounce container low-fat vanilla yogurt
  - 3/4 cup water
  - 3 tablespoons canola oil
  - 1 3/4 cups strawberries, diced
  - 1 6-ounce container strawberry low-fat yogurt
1. Heat griddle to 375 degrees F or heat a 12-inch skillet over medium heat. Spray with cooking spray before heating.
  2. In a large bowl, mix flour, sugar, baking powder, baking soda, and salt; set aside.
  3. In a separate medium bowl, beat eggs, vanilla yogurt, water, and oil with a wire whisk until well blended.
  4. Pour egg mixture all at once into flour mixture; stir just until moistened.
  5. For each pancake, pour slightly less than a 1/4 cup of batter from a cup or pitcher onto the hot griddle. Cook pancakes for 1 to 2 minutes or until bubbly on top, puffed, and dry around edges. Turn and cook the other side 1 to 2 minutes or until golden brown.
  6. Mix strawberries and strawberry yogurt together in a small bowl. Top each serving (2 pancakes) with approximately 1/2 a cup of the fruit and yogurt mixture.

**Servings:** 7

**Serving size:** 2 pancakes

**Recipe cost:** \$3.76

**Cost per serving:** \$0.54

Nutrition Facts per serving: 250 calories; 9g total fat; 1.5 saturated fat; 0g trans fat; 80mg cholesterol; 380mg sodium; 36g total carbohydrate; 4g fiber; 13g sugar; 5g added sugar; 8g protein; 6% Daily Value vitamin D; 10% Daily value calcium; 10% Daily Value iron; 6% Daily Value potassium

Source: NEP/PEM





## Honey Raisin Muffins

<b>½ cup + 2 tablespoons</b> all purpose flour	<b>¼ teaspoon</b> baking soda	<b>1 cup</b> skim milk
<b>½ cup + 2 tablespoons</b> whole wheat flour	<b>1 teaspoon</b> ground cinnamon	<b>½ cup</b> honey
<b>¾ teaspoon</b> baking powder	<b>¼ teaspoon</b> salt	<b>2</b> egg whites
	<b>2 cups</b> bran flake cereal with raisins	<b>3 tablespoons</b> unsweetened applesauce
		<b>2 tablespoons</b> canola oil

- 1. Combine** flours, baking powder, baking soda, cinnamon and salt in a bowl and set aside.
- 2. In** a large mixing bowl, **combine** cereal, milk and honey; let stand for 2 minutes to soften. **Stir** in egg whites, applesauce and oil; **mix** well.
- 3. Add** dry ingredients and stir until moistened.
- 4. Fill** a greased or paper-lined muffin pan  $\frac{2}{3}$  full.
- 5. Bake** at 400°F for 15-18 minutes.
- 6. Cool** 10 minutes before removing from pan.

**Yield:** 12 muffins.

**Nutrition Analysis:**  
150 calories, 3 g fat, 0 mg cholesterol, 170 mg sodium, 30 g carbohydrate, 2 g fiber, 15 g sugar, 4 g protein.

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



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



Hart County Extension Office  
505 A.A. Whitman Lane  
P.O. Box 367  
Munfordville, KY 42765-0367  
RETURN SERVICE REQUESTED