

FLOYD COUNTY

BUILDING STRONG FAMILIES

NEWSLETTER



Cooperative
Extension Service

Summer 2024

SAFE AND HEALTHY PICNICS

Warm sunny weather encourages outdoor activities like walking, cycling, swimming, or a friendly game of wiffle ball. Take advantage of a local or state park and all their offerings this summer by planning a picnic with family or friends. Summer is also peak season for many fruits and vegetables. It makes sense to combine them. But bacteria can grow rapidly in warm weather. Keep your family and friends from getting sick by following these food safety picnic tips.

Have a way to wash your hands. It's not always easy to wash your hands at a picnic. You may be in an area where restrooms or hand-washing facilities are not available. Pack extra bottled water, soap, and disposable towels for hand-washing. You can use hand sanitizer or hand sanitizing wipes (these are different than disinfecting wipes used for cleaning) as a backup option if necessary.

Pack smart. Take only the amount of food you'll eat. Pack small quantities of food so there is no food waste or leftovers to worry about. You can plan a picnic with simple nutritious menus like peanut butter and jelly on whole-grain bread or crackers, fresh fruits and vegetables, yogurt-based dips, baked chips or pretzels, and mixed cheeses. Bring bottled water or try flavored or infused water to keep hydrated while outside.

Keep food out of the danger zone. When traveling with food, keep cold foods cold and hot foods hot. Bacteria multiply quickly between 40 degrees F and 140 degrees F - the danger zone. Use a cooler when transporting perishable food to keep temperatures at 40 degrees or below to limit bacterial growth. This includes cut fruits and vegetables.

You can use frozen water bottles, gel packs, or zipper bags of ice to keep food cold. Place the cooler inside the air-conditioned car when traveling and not in the trunk. Store it in the shade once you've arrived. Do not take hot food on a picnic unless you have a way to keep it 140 degrees F or above during transport and serving.

Separate raw from ready to eat food. If you plan to grill during your picnic, make sure to transport raw meat in a different cooler than other foods. Bring plenty of plates and utensils so you don't place cooked meat (or other food) on the same plate that held raw meat or its juices. Remember to bring a meat thermometer to ensure grilled food reaches the proper internal temperature. Cook beef burgers to 160 degrees F, pork chops to 145 degrees F, chicken to 165 degrees F, and hot dogs according to the package directions. Consider grilling vegetables too. You can cook them right on the grill or in a foil packet to your desired doneness.

Don't let food sit out. Food should not remain at room temperature for more than two hours. Throw away any leftovers that have been sitting out for more than two hours, 1 hour if the temperature is above 90 degrees F.

With a little planning, you can make your next picnic a safe and healthy outdoor event. For more information on food safety and dining outdoors, contact your local Extension office.

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

Reference

<https://www.foodsafety.gov/keep-food-safe/food-safety-by-events-and-seasons#spring>

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Andrea Slone

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Disabilities
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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>

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.

Continued on the next page →



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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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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

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

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



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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FLOYD COUNTY HOMEMAKER SCOOP

HOMEMAKER CLUB NEWS

The 2024-2025 Kentucky Extension Homemaker year is set to start September 2024! The Floyd County Extension Homemakers Council will resume normal/regular schedule club meetings starting September. Please contact your club president for more details about club meetings.

Facebook: <https://www.facebook.com/groups/floydcohomemakers>

Floyd County Homemaker Club Meetings will be held monthly at the Allen Baptist Church on the first Monday of each Month at 11 AM.

SAVE THE DATE

July 30th 2024

Audit



Homemakers planting herbs and making herb vinegar. Taught by Carol Blackburn.



Homemakers touring Haven of Rest in Martin County, KY.



SPECIALTY CLUB NEWS

Nimble Thimble Quilt Guild

The Nimble Thimble Quilt Guild will be meeting on first Wednesday of June & July. From 10 AM at the Floyd County Extension Office. For more information about this group, contact the office at (606) 886-2668.

Woolies

The Woolies will be meet on Second Wednesday of June & July at 10 AM at the Floyd County Extension Office. For more information about this group, contact the office at (606) 886-2668.

Evening Quilt Group

The Evening Quilt Group will meet on the third & fourth Monday of the month at 5:00 PM at the Martin Church of Christ. For more information about this group, contact the office at (606) 886-2668.

Family & Consumer Sciences Programming

www.facebook.com/floydfcs



Like us on Facebook & stay up to date on FCS programming!



FLOYD COUNTY

CANNING BASICS 101

Join us for a FREE in-person, hands-on workshop. Learn the basics of canning, safety, and proper practices. We will be demonstrating proper pressure canning and waterbath canning techniques. Four classes will be offered with each class limited to 10 participants. Each participant will be taking home their very own canned product, canning information, and more!

WATER BATH CANNING WORKSHOPS

JULY 9, 2024

1 PM - 3 PM

JULY 16, 2024

5:00 PM - 7:00 PM

PRESSURE CANNING WORKSHOPS

JULY 11, 2024

1 PM - 3 PM

JULY 18, 2024

5:00 PM - 7:00 PM

ALL WORKSHOPS WILL BE HELD AT THE FLOYD COUNTY EXTENSION OFFICE.

You MUST call and register for the workshops at (606) 886-2668.

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June 2024

Sun Mon Tue Wed Thu Fri Sat

						1
2	3	4	5 <u>Nimble Thimble Quilt Guild</u> 10 AM	6	7	8
9	10	11	12 <u>Woolies</u> 10 AM	13	14	15
16	17 <u>Evening Quilt Group</u> 5:30 pM	18	19 <u>Nimble Thimble Quilt Guild</u> 10 AM	20	21	22
23	24 <u>Evening Quilt Group</u> 5:30 pM	25	26	27	28	29
30						

July 2024

Sun Mon Tue Wed Thu Fri Sat

	1	2	3 <u>Nimble Thimble Quilt Guild</u> 10 AM	4	5	6
7	8	9 <u>Canning Basics</u> 1 PM <u>Heart Healthy Cooking</u> 5:00 PM	10 <u>Woolies</u> 10 AM	11 <u>Canning Basics</u> 1 PM	12	13
14	15 <u>Evening Quilt Group</u> 5:30 pM	16 <u>Canning Basics</u> 5 PM	17 <u>Nimble Thimble Quilt Guild</u> 10 AM	18 <u>Canning Basics</u> 5 PM	19	20
21	22 <u>Evening Quilt Group</u> 5:30 pM	23 <u>Kids Cooking Camp</u> 10 AM-2 PM	24 <u>Kids Cooking Camp</u> 10 AM-2 PM	25 <u>Kids Cooking Camp</u> 10 AM-2 PM	26	27
28	29	30	31			



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