



FAMILY & CONSUMER SCIENCES NEWS

FEBRUARY 2024

A MESSAGE FROM YOUR FCS AGENT:

Hi friends!

January brought us plenty of snow during the middle of the month to slow things down. I hope everyone was able to stay nice and warm. I'm already counting down the days until Spring! As we look ahead at February, it reminds us of all things Valentine's Day and heart health...

Take a look inside to see what's coming soon!

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Katie Fryman



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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Lexington, KY 40506



Disabilities accommodated with prior notification.



LEARN. LEAD. SERVE.

Homemakers News

- **February 5th** - Homemaker Council Meeting 6:00pm @ the FCEO
- **February 6th** - Spring Leadership Training 10:00am @ Mason County Extension Office (*must have registered by Feb. 1st by calling 606-845-4641*)
- **February 12th** - Neighborhood Kids Club 6:00pm @ the FCEO
- **February 13th** - Hillsboro Homemakers Meeting 12:00pm @ Hillsboro Christian Church
- **February 15th** - Country Neighbors 6:00pm @ the FCEO
- **February 26th** - Treasures of the Heart 6:00pm @ the FCEO

UPCOMING!

2024 KEHA State Meeting is @ the Sloan Convention

Center & Holiday Inn University Plaza in Bowling Green!

May 7-9, 2024

Blazing the Way with KEHA



February 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
						
4	5 Homemaker Council Meeting	6 Spring Leadership Training	7	8	9	10
11	12	13 Hillsboro Cooking Through the Calendar Hillsboro HM Meeting	14 <i>Happy Valentine's Day</i> Heart Health Awareness Event	15 FCEO Cooking Through the Calendar	16 Homebased Micro-processing Workshop	17
18 79th Anniversary of the flag raising for Iwo Jima & meal @ VFW 1834 1:00pm	19 	20	21	22	23	24
25	26 Treasures of the Heart	27	28	29 Baby Quilt Day		

PARENT

HEALTH BULLETIN



FEBRUARY 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>

Fleming County Extension Office
1384 Elizaville Ave
Flemingsburg, KY 41041
(606) 845-4541

THIS MONTH'S TOPIC

LIMIT YOUR CHILD'S EXPOSURE TO CAFFEINE



Many adults drink a cup of coffee in the morning to help wake up or a soda in the afternoon for a pick-me-up. That's because of the caffeine. Caffeine is a natural chemical found in tea leaves, coffee beans, cacao (used to make chocolate), and kola nuts (gives cola its flavor). Caffeine is classified as a drug because it stimulates the central nervous system. It can make people feel more alert and energetic, and has similar effects in kids and adults. While food and drinks with caffeine are everywhere, it is wise to limit caffeine consumption, especially in children.

Continued on the next page ➔



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Children should consume water throughout the day and milk as a part of some meals. Fruit-flavored water, club soda, and seltzer are other drink alternatives that are low in sugar and do not contain caffeine.

➔ Continued from the previous page

In both children and adults, too much caffeine can cause negative health effects such as:

- jitters and nervousness
- upset stomach
- headaches
- problems with concentration
- trouble sleeping
- faster heart rate
- higher blood pressure

Especially in young children, it doesn't take a lot of caffeine to produce these effects. Caffeine sensitivity refers to the amount of caffeine that will cause an effect in someone. Caffeine sensitivity is mostly related to daily caffeine intake, but the smaller the person, the less caffeine you need to produce side effects. Kids are more sensitive to caffeine than adults.

Caffeinated drinks, like sodas, coffee, tea, and energy drinks, often also contain lots of sugar. Kids and teens who fill up on them get lots of empty calories without the vitamins and minerals they need for their bodies to grow and develop. Children ages 12 and younger do not need any caffeine at all; teens are encouraged not to consume any more than 100 mg daily.

Parents can help children look at food and drink labels to determine if the item contains caffeine, help monitor how much they consume, and guide children toward alternative drink and treat choices. The list below contains common sources of caffeine and how much caffeine a serving contains.

- **Jolt soft drink** (12-ounce can): 71.2 mg
- **Mountain Dew** (12-ounce can): 55 mg
- **Coca-Cola** (12-ounce can): 34 mg
- **7-Up** (12-ounce can): 0 mg
- **Brewed coffee**, drip method (5 ounces): 115 mg
- **Iced tea** (12 ounces): 70 mg
- **Dark chocolate** (1 ounce): 20 mg
- **Milk chocolate** (1 ounce): 6 mg



Children should consume water throughout the day and milk as a part of some meals. Fruit-flavored water, club soda, and seltzer are other drink alternatives that are low in sugar and do not contain caffeine. You can still allow the occasional soda or tea — just make it decaffeinated.

If your child consumes a lot of caffeine, cut back slowly. Abruptly stopping caffeine may cause withdrawal symptoms (like headaches, low energy, and irritability), especially for those who consume a lot of it.

REFERENCE:

<https://kidshealth.org/en/parents/child-caffeine.html>

**ADULT
HEALTH BULLETIN**

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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 14 • ISSUE 2

Fleming County Extension Office | 1384 Elizaville Ave | Flemingsburg, KY | 41041 | (606) 845-4641

THIS MONTH'S TOPIC: PUT COMPOUND INTEREST TO WORK FOR YOU

The current rising interest rates may mean higher costs for mortgages and other variable rate credit, such as credit cards. However, it also means higher interest paid on savings. Take advantage of compound interest and put those rates to work for you to earn more on your money.

UNDERSTANDING COMPOUND INTEREST

When interest is compounded, you earn profit on the money you save, as well as on the interest you have already earned. The money you save is known as the principal. Compound interest offers an advantage over simple interest where you only earn profit on the principal and not any interest paid.

Compound interest helps your money to grow faster over time. The more frequently it is compounded, the greater the compound interest will be. For example, an account that compounds daily will build faster than an account that compounds monthly or annually.

PROS AND CONS OF INTEREST

Compounding interest can work for or against you, depending on the products you use. Compound interest on a savings account, especially a high-yield account, provides benefits. The larger the account or the higher the interest rate earned, the faster your money will grow. If you are able to withstand the risk, an investment account or retirement account may be able to offer this opportunity.

Investing



However, when used on a loan product or a credit card, compounding may cause your debt to build faster. Be aware of the terms of all accounts you have. If you have high-interest debt, work to pay that off as quickly as possible.

RISING INTEREST RATES

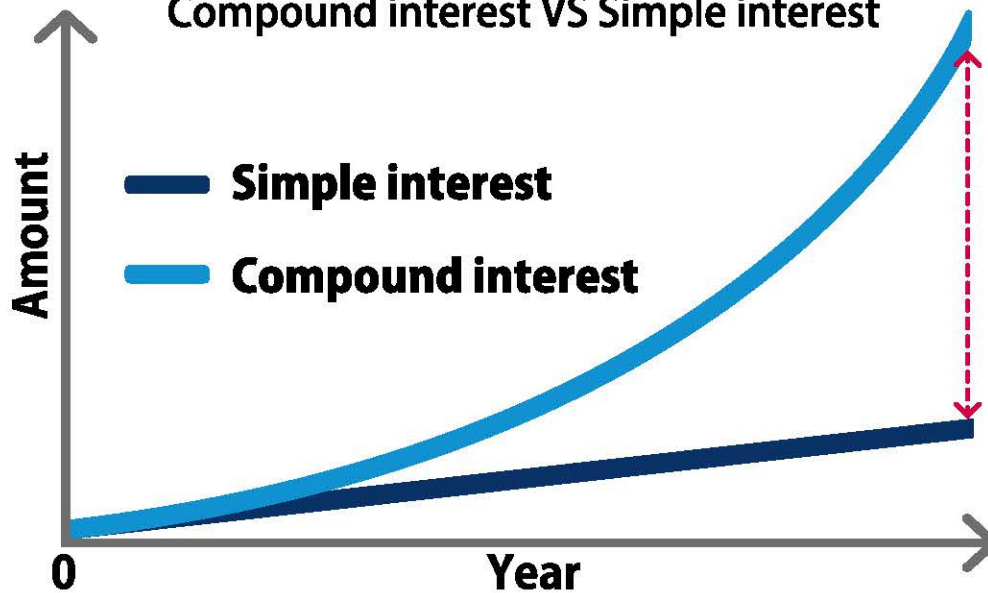
The Federal Reserve's Federal Open Market Committee has raised the federal funds rate seven times in 2022 to combat inflation. Currently it is between 4.25% and 4.5%, up from near zero in 2020 to combat the pandemic's effect on the economy. Average bank interest rates on savings accounts are still low in the U.S., at a national average annual percentage yield, or APY, of 0.30%. However, high-yield accounts may earn between 3% and 4% for those who qualify. Talk with a representative from your financial institution to see what products they offer with compounding interest.



THE MORE OFTEN THE INTEREST COMPOUNDS, THE FASTER IT WOULD GROW

THE POWER OF COMPOUNDING

Compound interest VS Simple interest



COMPOUND INTEREST AT WORK

This chart shows how much money you would earn if you deposited \$500 in an account that earns 3% compounded annually. If no other deposits are made, the account owner would earn \$79.64 on the initial deposit after five years.

Years	Future Value (Compounded at 3% annually)
Initial Deposit (Year 0)	\$500.00*
Year 1	\$515.00
Year 2	\$530.45
Year 3	\$546.36
Year 4	\$562.75
Year 5	\$579.64

*Chart assumes no further deposits are made.

The more often the interest compounds, the faster it would grow. And if you add additional funds to the account, the interest would be compounded on the new principal as well.

Commit to saving today by taking the Kentucky Saves Pledge at www.kentuckysaves.org. The pledge is a personal commitment to save money, reduce debt, and build wealth over time. You simply type your name, choose a savings goal, and pledge how much you plan to save each month to reach your goal. There is no commitment, and you will receive free information on ways to save via email or text message.

REFERENCES:

Federal Open Market Committee meeting calendars, statements, and minutes (2022). Washington, DC. Board of Governors of the Federal Reserve System. <https://www.federalreserve.gov/monetarypolicy/fomccalendars.htm>

Personal savings rate (2022). Washington, DC: U.S. Bureau of Economic Analysis: <https://fred.stlouisfed.org/series/PSAVERT>

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FREE FOOD DEMONSTRATION
AND TASTING

COOKING THROUGH THE CALENDAR

With:

Katie Fryman

Fleming County FCS Agent

- February 13th 11:00am
@ Hillsboro Christian
Church
- February 15th 12:00pm
@ Fleming County
Extension Office

Recipe:
Everything Tuna Melts



HEART HEALTH WELLNESS EVENT

Hosted by the Fleming County Extension Homemakers and Fleming County Extension Office

FEBRUARY 14TH

11:00AM-1:00PM

FLEMING CO. EXT. OFFICE



TAKE CONTROL OF YOUR HEART HEALTH

- GUEST SPEAKER
- HEART HEALTH INFO
- FOOD SAMPLES & REFRESHMENTS
- GIVEAWAYS/DOOR PRIZES

REGISTER BY: 02/12/2023
CALL (606) 845-4641

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Registered Dietitian, Bridget Lykins, from the Buffalo Trace District Health Department is our guest speaker.



Each participant will be able to ‘Make and Take’ your own Salt-Free All-Purpose Blend.

Homebased Microprocessing Workshop



Friday, February 16th, 2023

9:30am - 2:30pm

Fleming County Extension Office

1384 Elizaville Road

Flemingsburg KY 41041



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

For more information & to register:

ukfcs.net/HBM

or call 606-845-4641

Join our workshop!
Homebased
microprocessors are
farmers who grow and
harvest produce to use in
their value-added products.

Homebased
microprocessors are
required to grow a
predominant ingredient in
the products they make.
The first step to becoming
certified as a homebased
microprocessor is to attend
a Homebased
Microprocessor (HBM)
workshop presented by the
University of Kentucky.

The cost of the workshop is
\$50.00.

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LEXINGTON, KY 40546



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Baby Quilt Making Day

hosted by the Fleming County Extension Homemakers

Utilizing Homemaker talents, we work to give to children that are dealing with medical challenges, by providing quilts at Shriner's Hospital.

Fleming County Extension Homemakers donated twenty (20) Baby Quilts to the Fleming County Sheriff Department on Wednesday, July 26, 2023.



THURSDAY FEBRUARY 29, 2024

9:00AM - 4:00PM

FLEMING COUNTY EXTENSION OFFICE
1384 ELIZAVILLE RD, FLEMINGSBURG

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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.

