

# NEWSLETTER



ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

Robertson County Cooperative Extension  
39 E Walnut Street  
P.O. Box 283  
Mt. Olivet, KY 41064

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### IMPORTANT DATES

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Homemaker Meeting	Feb. 17
FCS WEEK Training in Carter Co.	Feb. 18-20
God's Pantry Food Drive	Feb. 20
Crafts & Crumbs	Feb. 24



#### THIS MONTH'S TOPIC CAN YOU STOP CANCER BEFORE IT STARTS?



The Red Cross, the American Association for Cancer Research, and other groups recognize February as National Cancer Prevention Month, a time to tell people about ways you can fight cancer.

For many years, we thought you got cancer just by chance, bad luck, or only because of family traits or certain behaviors. Now we have more research. We know more about what causes cancer. We know how a person's life and environment can play a major role in keeping away cancer. There are things you can do to cut the odds of getting cancer. This will lower the overall rate of cancers moving forward.

The National Cancer Institute says prevention and testing efforts have been the major factors to saving lives, stopping 4.75 million deaths from

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### 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.



SEE YA

Around Town

# Mount Olivet

## BEER CHEESE & PRETZEL CLASS

Six Robertson County residents recently participated in a unique culinary experience: the first-ever beer cheese and pretzel making class, hosted by Britney Poe, the Robertson County Family and Consumer Sciences (FCS) Agent. Held at the Robertson County Extension Office, the class gave locals the chance to learn how to make two beloved comfort foods—beer cheese dip and soft pretzels—from scratch.

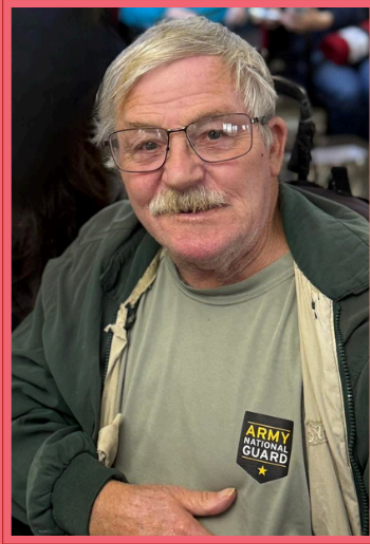
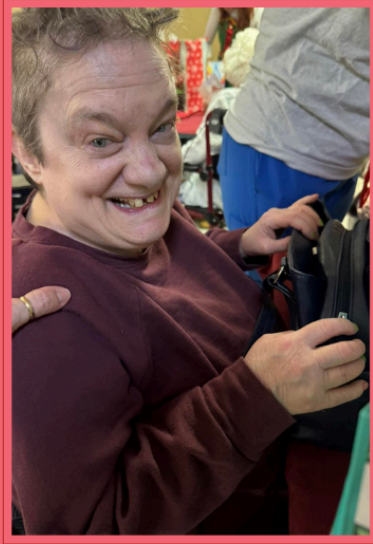
Britney led the group through the process of making creamy beer cheese, explaining how different types of beer can influence the flavor. Participants learned to melt cheese into a rich, smooth dip.

Next, the class tackled soft pretzels. Britney demonstrated how to prepare the dough and shape it into classic pretzel twists, then showed the essential step of boiling the dough in a baking soda solution before baking. The result was golden, salty pretzels that paired perfectly with their homemade beer cheese.

The class wasn't just about learning new recipes—it also brought the community together. Participants shared tips, stories, and a sense of camaraderie as they created their dishes.

With future culinary classes on the horizon, Robertson County residents are excited to continue exploring new ways to cook and connect.





# ADOPT A RESIDENT

Robertson County Health Care Facility is home to 60 residents. All of which call Robertson County home.

This Valentine's Day you can sponsor one resident who will receive a beautiful arrangement and personalized card.



To sponsor a resident please call the Robertson County Extension Office.

606-724-5796

Cost is \$15.00

Please adopt by February 7



Free Delivery



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# COOKING THROUGH THE CALENDAR

FEB. 13

11 A.M.

Robertson County  
Senior Citizen's  
Building

Each attendee will receive a free 12 month recipe calendar and will be able to taste-test each dish.

Participants must be 60 years of age to participate.

CAULIFLOWER  
BITES







**Hearty Lentil and Sausage Soup**

# **UK** Cooperative Extension Service **CRAFTS & CRUMBS**

**February 24**

Robertson County Extension Office

**5:00 p.m.**

Call to Register 606-724-5796

Limited to 10 Spots

**Homemakers \$7.00**  
**Community Members \$10.00**

Includes all material and instructions.

Registration must be paid by Feb 14.



**Wall Hanger**

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# ADULT HEALTH BULLETIN



**FEBRUARY 2025**

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

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(606) 724-5796

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**Our bodies are made to move.**

**Cut your cancer risk**

**by being active for at least**

**150 minutes per week.**

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five of the most common cancers (breast, lung, colorectal, cervical, and prostate) from 1975 to 2020. The number of lives saved keeps growing yearly as more people learn how they can prevent cancer or find cancer early while it is most treatable.

**Testing**

Cancer screenings can look for signs of disease before you have warnings. Some screenings can even look for signs that cancer could likely grow later. All people should be screened for the most common types of cancer (breast, cervical, colorectal). You might need extra or earlier screenings if a parent or family member has cancer, or if you have been exposed to certain other risks.

**Avoid tobacco and limit alcohol**

Tobacco use is a risk for many cancer types, as is drinking too much alcohol. If you do not smoke or drink, do not start. If you use tobacco products, try to quit. There are many ways to help you quit. Ask your doctor, pharmacist, or local health department. If you drink alcohol, stay within the recommended limit of one drink per day for women or up to two drinks per day for men.

**Keep a healthy weight**

Obesity is also a cancer risk. You can cut your risk for cancer by reaching and keeping a healthy body weight. Eating a wide variety of healthy

food and being active can help reach a healthy body weight. Talk to your doctor about what is a healthy body weight for you, and how to reach it.

**Eat healthy foods**

Eating a diet of mostly vegetables, fruit, whole grains, and lean proteins limits your cancer risk, and gives your body fuel to feel its best.

**Be active**

Our bodies are made to move. Cut your cancer risk by being active for at least 150 minutes per week.

**Protect your skin**

Skin cancer is still a leading cancer in the United States. Limit sun exposure by using sun screen, SPF clothing, and sunglasses. Be careful of spending too much time in direct sunlight. Avoid tanning beds.

Cooperative Extension has a wide variety of information on cancer. Talk to your local Extension agent for more tips about the basics of cancer, cutting your cancer risks, and living a healthy life.

**REFERENCE:**  
<https://prevention.cancer.gov>

**ADULT  
HEALTH BULLETIN**

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**Edited by:** Alyssa Simms  
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**Stock images:** Adobe Stock



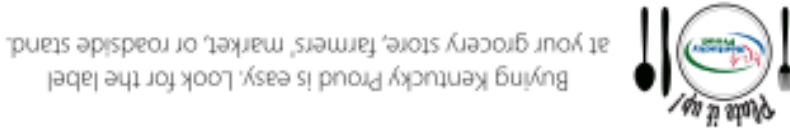


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PERMIT 2110

# Cheesy Broccoli! Potatoes

- 5 slices turkey bacon
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 2 tablespoons chopped chives
- Salt and pepper to taste
- 4 large potatoes, cubed
- 2 cups fresh broccoli florets
- 1 cup fat-free, shredded cheese

**Preheat** oven to 425° F. **Cook** bacon until crispy, crumble and set aside. **Spray** 9x13-inch baking dish with non-stick cooking spray. In a small bowl, **combine** olive oil, garlic, chives, salt and pepper; **stir** to blend. In a large bowl, **toss** together potatoes and broccoli. **Pour** olive oil blend over potato mixture; **stir** to coat. **Pour** into baking dish and **cover** with foil. **Bake** for 35 minutes or until potatoes are tender; **remove** from oven. **Sprinkle** cheese and bacon on top and place back in oven until cheese melts. **Yield:** 8, ½ cup servings. **Nutritional Analysis:** 140 calories, 5 g fat, 1 g saturated fat, 20 mg cholesterol, 470 mg sodium, 15 g carbohydrate, 2 g fiber, 2 g sugar, 10 g protein.



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

