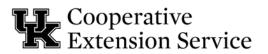
NEWSLETTER



ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

INSIDE THIS ISSUE

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

IMPORTANT DATES

State Extension Conference

Tasty Tuesday

Farm & Family Night

Cloverbuds

Cooking Through the Calendar

4-H Cooking

Homemaker Meeting

God's Pantry

Homemaker Skills Day

Crafts & Crumbs

Mar. 3-5

Mar. 11

Mar. 11

Mar. 11

Mar. 13

Mar. 13

Mar. 17

Mar. 20

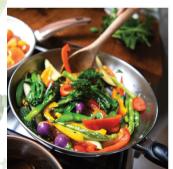
Mar. 26

Mar. 31.



THIS MONTH'S TOPIC

THE POWER OF POSITIVE LANGUAGE AROUND FOOD



The way we talk about food can have a big impact on how we feel about it and how v take care of our bodies. When we use positive, respectful language around food, it helps us be a healthier relationship with what we eat. A he relationship with food means not feeling guilt stressed about what we eat but instead enjoyi food as something that nourishes and energize

Words have a lot of power. The language we use can shape our thoughts and feelings. If we call food "bad" or "unhealthy," we might start feeling bad about eating it. For example, saying things like, "I shouldn't eat this," or "this is so unhealthy," can make us feel guilty when we enjoy our favorite foods. But when we use words like "balanced" or "nourishing," it remind

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Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

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HOMEMAKER SKILLS DAY

Join Us for Homemaker Skills Day in Fleming County
On March 26 at 10:00 AM, Fleming County will host the
much-anticipated Homemaker Skills Day. This exciting
event brings together homemakers from surrounding
counties for a day filled with creativity, learning, and
community. Whether you're an experienced crafter or
just looking for a fun way to spend the day, there's
something for everyone!

Participants will have the chance to take part in a variety of craft sessions, including button art, suncatchers, painting, paper quilling, Swedish weaving, and much more! Each activity offers a unique opportunity to explore new hobbies, enhance your crafting skills, and create beautiful handmade items. Lunch will be provided by the Family and Consumer Sciences (FCS) Agents, featuring a delicious selection of soup and sandwiches, ensuring attendees stay energized throughout the day.

To attend, please contact Britney at the Robertson County Extension Office to register for this fun-filled day. Don't miss out on the opportunity to meet new people, share ideas, and learn some fantastic new crafting techniques.

Mark your calendars and prepare for a day of creativity and camaraderie at Homemaker Skills Day in Fleming County. We look forward to seeing you there!







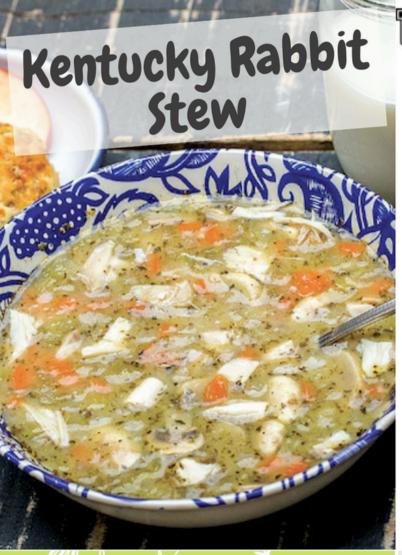
COOKING **THROUGH** THE **CALENDAR** MARCH 13 11 A.M.

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.





Cooperative Extension Service CRAFTS & CRUMBS March 31

Robertson County Extension Office

5:00 p.m.

Call to Register 606-724-5796
Limited to 15 Spots

Homemakers \$7.00 Community Members \$10.00

Includes all material and instructions.

Registration must be paid by Mar. 24





Cooperative Extension Service

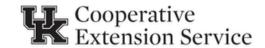
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ADULT

HEALTH BULLETIN



MARCH 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 Robertson County Extension Office 39 East Walnut Street Mt. Olivet, KY 41064 606-724-5796

THIS MONTH'S TOPIC

THE POWER OF POSITIVE LANGUAGE AROUND FOOD

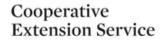


The way we talk about food can have a big impact on how we feel about it and how we take care of our bodies. When we use positive, respectful language around food, it helps us build a healthier relationship with what we eat. A healthy relationship with food means not feeling guilty or stressed about what we eat but instead enjoying food as something that nourishes and energizes us.

Words have a lot of power. The language we use can shape our thoughts and feelings. If we call food "bad" or "unhealthy," we might start feeling bad about eating it. For example, saying things like, "I shouldn't eat this," or "this is so unhealthy," can make us feel guilty when we enjoy our favorite foods. But when we use words like "balanced" or "nourishing," it reminds

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us that food is not the enemy — it's something our bodies need to stay strong and healthy.

We often talk about food in ways that make it seem like some foods are "good" and others are "bad." While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad. All foods can be good for us in one way or another. Whether it's the nutrients it provides us or the enjoyment we get from eating it. The key is to focus on balance, not perfection. If we can learn to talk and think about food without judgment, it can help us feel more relaxed and less stressed about eating.

Talking about food in a mindful way can also help us enjoy it more. Mindful eating means paying attention to what we're eating, how it makes us feel, and how much we're eating of it. When we use words like "enjoying," "savoring," or "appreciating," we remind ourselves to slow down and notice the flavors, textures, colors, and smells of our food. This helps us be more aware of when we're full and prevents overeating. Instead of rushing through a meal or eating while distracted, we can focus on the experience of eating and truly enjoy it.

Language around food is also important in the way we talk about it with others. If we constantly talk about dieting, weight loss, or food rules, it can create stress and pressure around food. Instead, focus on how food makes us feel good, how it helps our bodies grow, and how it brings people together. When we talk about food in a positive, relaxed way, it can help create a more supporting environment for everyone.

The words we use around food matter. They can help create a healthy, positive relationship with food. By avoiding judgment, focusing on balance, and practicing mindful eating, we can build a better relationship with food.

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- Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute https://www.ellynsatterinstitute.org/ how-to-eat/the-joy-of-eating-being-a-competent-eater

ADULT
HEALTH BULLETIN

Written by: Anna Cason, RDN Edited by: Alyssa Simms Designed by: Rusty Manseau Stock images: Adobe Stock





MARCH 2025

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THIS MONTH'S TOPIC:

STRETCHING YOUR DOLLAR: WHAT TO DO WHEN THE "ENDS" DON'T MEE"

"Making ends meet" is getting harder in today's economy. If you've ever wondered how to make your dollars and resources go farther, think about these tips for managing your money in tough financial times.

SPENDING WISELY

There are two basic ways to balance a budget: either **increase your income** or **reduce your expenses**. Scaling back on spending may be the quicker and easier of the two strategies. Start by taking a look at your spending habits to see where your money goes each pay period. List small purchases (like fast food, hobbies, and othe "wants") and large expenses (like housing, insurance, and your family's "needs").

Next, use a highlighter to mark more **flexible** categories where you can cut back (or cut out altogether). While not always pleasant, looking for small ways to save in the present allows you to redirect that money where it matters most. This increases your family's future financial stability. Cancel "wants" until you can make ends meet again, like streaming services or monthly subscriptions. Or, cut back on things like eating out or buying name brands. For example, saving



\$10 a week is \$520 a year; saving \$20 weekly is \$1040 annually; saving \$50 a week is \$2,600 a year; and so forth. Small savings really do add up.

PRIORITIZING YOUR FINANCES

Household expenses fall along a continuum of fixed and variable costs. **Fixed costs** are the same amount each month. These may include bills such as mortgage or car payments, insurance premiums, cell phone plans, internet and streaming services. You can budget fixed expenses more precisely because you know the exact amount that will be due and when.

Variable costs, on the other hand, include charges that are different each month. Food costs, utility bills, revolving credit card

Cooperative Extension Service

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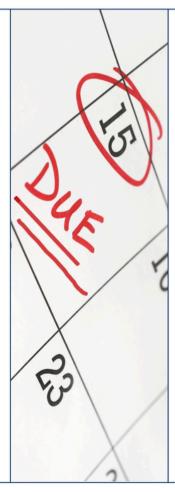
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Operation services and the contract of cooperative Extension serve all people regardless of economic or sexual action of the contract of the c



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NOTE EACH MONTHLY "PAY DAY" (OR ANY DATE YOU EXPECT MONEY TO COME INTO YOUR ACCOUNT)



payments, and "extras" are all variable costs Some of these expenses may be necessary (e.g., food and electricity are essential), but often there are ways to cut costs in each category.

To begin prioritizing your finances, use a blank calendar and note every recurring monthly payment your family has (fixed or variable) on its due date. Also keep a running list of family expenses that are due quarterly or annually, like property taxes or insurance.

Next, note each monthly "pay day" (or any date you expect money to come into your account rather than go out of it). Do you have enough income to cover the required payments in between pay periods? If not, talk with the collector about the due date. Most companies offer flexibility in choosing a payment date that works for your financial situation. Be sure to pay bills on time to avoid late fees and additional finance charges or interest

SAVING WHEN EXPENSES ARE TIGHT

To save on groceries, gas, utilities, clothing and other household essentials, begin by

shopping your home. For example, don't go grocery shopping until you've shopped your pantry, fridge, and freezer. Eat or repurpose leftovers, get creative with the ingredients you have on hand, and use food before it expires. When we toss food in the trash, we're trashing our cash too.

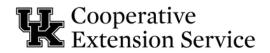
The same goes for clothing or other household goods. Look for items to sell, trade, refresh, or repurpose before going shopping. To save money on gas, group your errands and limit your shopping trips to one day a week or certain days a month. You can also carpool or use public transportation. For utilities, use energy-saving practices to lower your costs (like wearing layers and monitoring the thermostat).

LOOK TO THE PAST

As you explore ways to save, consider the penny-pinching practices of past generations. They used what they had and weren't wasteful. They borrowed from friends and neighbors. They sold and traded goods. They repurposed furniture, fabric, and clothing. They lived within their means and considered "a penny saved is a penny earned."

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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