

Healthy, Happy Homemakers



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

The latest updates for the Hardin County Extension Homemakers

Newsletter

Highlights

2023 County Annual
Meeting - call
270-765-4121 to RSVP!

Blessing Box Update

Homemaker Lesson Grid
for 2023-2024

Community Events!

Save these Date:

May 23 - Annual Meeting

August 30 - Homemaker
Kickoff

September 27- Golden
Years Wellness and
Awareness



Hello Homemakers!

If you've been around the office lately, you may have noticed a lot of change. You may not have noticed also. They aren't changes in decor (although that's coming soon), they aren't changes in layout, or anything material. It's been changes in people.

In November, our new 4-H Youth Development Agent Jocelyn Kemp started. You may remember Jocelyn from a few years ago when she served as the FCS Program Assistant after Holly left. Then in December, Doug had his last day after almost 40 years of service. When Doug retired, we opened his position quickly and hired Daniel Carpenter to be our new Ag and Natural Resources agent. Then soon after that, Matt Adams announced his last day. Right around the same time, Mason Crawford, a small farms regional agent with KSU starting renting a space here, as well as Tarrah Hardin with Farm Business Analysis. This is right after a year span where Bonnie left, Joni left, Brittney came, Holly left, Cassie came, Marla left, Sue Ann came, and more!

Like everything, change is inevitable. Seasons come and go, as coworkers do, as good does, as bad does, and more. Some changes are harder than others, some are anticipated, others are dreaded (the seasons, not the coworkers!), some are a long time coming, and some come without warning.

Luckily, I've been blessed with great coworkers here through all the changes. I miss some of the coworkers I used to work with, I am really, really enjoying some of the ones we have now, and I think we have a promising chance at getting some even more great people in the future.

All to say, if you haven't been around in a while, there are several new faces! And they're all doing a great job.

Dayna Fentress

Dayna Fentress
Family and Consumer Sciences Agent





Make plans to

TAKE A HIKE

with the Hardin County Extension Homemakers!

- ▶ MAY 23, 2023
- ▶ MEAT PROVIDED, BRING A SIDE OR DESSERT!
- ▶ RSVP BY MAY 19TH!

COUNTY ANNUAL MEETING
 MAY 23, 2023
 Registration at 11:00 am
 Meeting begins at 11:30 am

We will be accepting donations for the Ovarian Cancer Screening project at the annual meeting!



Thank you to everyone who made the Spring Bazaar a success!

You're All Invited To:

Winona Skees'

90th Birthday!

Party

Saturday

June 3, 2023

OPEN HOUSE

2:00 - 5:00 pm

St John Community Building

no gifts please!



Blessing Box Update

We will begin accepting donations for blessing boxes to be distributed around town.

**We will accept donations from the
1st - 14th of each month.**

Volunteers will distribute on the 15th.

*With the exception that you may bring June donations to the county annual meeting.

PEANUT BUTTER TO GO
CRACKERS
TRAIL MIXES
BABY FOODS & SNACKS
100% FRUIT CHEWS
PULL TAB CANNED VEGETABLES
RICE
BEANS
VIENNA SAUSAGES
TUNA TO GO PACKS
CANNED SOUPS
BOTTLES OF WATER

TOOTHBRUSHES
FEMALE SANITARY NEEDS
DIAPERS
CHILDREN'S BOOKS
PENCILS
SOCKS
JUICE BOXES
BEEF STICKS/JERKY
BABY RICE CEREAL
CANNED BEEF STEW
FRUIT PACKED IN JUICE
WATER FLAVORING PACKETS

ITEMS NEED TO BE WITHIN THE SELL BY DATES, AND UNOPENED.



We are currently accepting "adopters" of the 20 blessing boxes around town. See Carol Parrett if you are interested.

Soon to be 21!

We're getting a blessing box here at the office! CHHS FFA and CEC members are building one to be installed soon!

2023-2024 Homemaker Lesson Schedule

Homemaker Kickoff! Identity Theft and Avoiding Fraud + Leadership Training	August 30 10:30 - 12:30 ET	Hardin County
Coping with Trauma after a Disaster	September 28 10:30 am ET	LaRue County
Self Care	October 25 1:30 pm ET	Hardin County
Organizing Tips for Increased Productivity	January 4 1:30 pm ET	LaRue County
Healthy Eating Around the World	January 31 10:30 am ET	Hardin County
Emergency Health Information Cards	February 28 1:30 pm ET	LaRue County
Herbs & Spices	March 28 10:30 am ET	Hardin County
Understanding and Preventing Suicide	April 30 Time TBD	Hardin County

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Program of Work Reminders

**Program of Work Reports from each CLUB will be due July 1.
County educational chairman will compile these reports and turn them in
to area chairman!**

If you have any questions, please contact these educational chairmen:

Environmental -- Carol Parrett

Family Life -- Regina Goodman

International -- Anna Miserendino

Cultural Arts -- Hedi McNutt

Leadership Development (VSUs) -- Amy Labriola

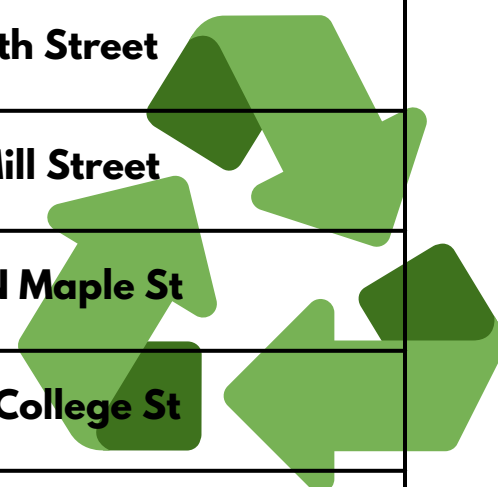
Management and Safety -- Bettye Mae Raymer

Food & Nutrition -- Connie Hickey

**Or you are always welcome to call Fran or Dayna with questions! Reports can
be turned into the office anytime.**

**Do Your Part:
HC Recycling Centers**

Hardin County Farmers' Market	200 Peterson Drive
Elizabethtown Lions Club	2520 Ring Road
West Point	S 4th Street
Vine Grove	S Mill Street
Sonora	121 N Maple St
Glendale	129 College St
Eastview	21129 Sonora Hardin Springs Rd



BINGOcize is every Monday and Friday at 10:00 a.m. in May at Griffin Manor Senior Center. Anyone over age 60 is welcome to attend! It is FREE to attend. Lunch is served by the facility at 11:30 a.m. for those who wish to stay. Dayna facilitates BINGOcize and we have prizes! Come join us!

Bingo with a Twist!



May 13th—Sam Avery, retired solar installation company
 "Everything that you wanted to ask about Solar Power but did not know Whom to Ask"
 (10AM-NOON) Location-- First Pres* Back entrance

May 21—Dr. Paul Gerard, amateur herpetologist
 "The Turtle Walk Talk" (2:00 PM) Sports Park—park near soccer pavilion

June 3--Susan Bell, Certified in Composting & Co-owner of S&B Bell Farms
 "The Why, What, Who, When, and HOW of Composting"
 (9AM-11AM) First Pres* Back entrance

July 15—Richard Hoffman MS, Biologist at Round Stone Native Seed
 "Prairie Grasses which will Thrive in a Hotter KY Climate"
 (10AM-NOON) First Pres* Back entrance

August 12--Hugo Davis MS, owner of Blue Grass Gardening Center
 "Native Plantings; 'What will thrive in this Environment?'"
 (10-NOON) First Pres* Side-front entrance

Sept. 23—Bryan Lewis, Park and Forest Manager
 "Ridding Your Property of Invasive Plant Species"
 (10AM—NOON) First Pres* Back entrance

Note: For updates, changes, cancellations, check these websites: <https://greenspaceky.com/eventpage>;

<https://www.ETownPres.org/creation> *First Presbyterian Church, 1016 Pear Orchard RD, Elizabethtown KY (270)765-7666

Nature Nurture Series



Senior Celebration hosted by Lincoln Trail Area Development District (LTADD) will be on Thursday May 25th from 9AM-2PM. This event is to celebrate aging! This event will be hosted at the Pritchard Community Center at 404 South Mulberry Street in Elizabethtown. Senior Celebration will have various senior vendors, speakers, workshops, exercise bingo, live entertainment, door prizes and much more. Lunch will also be provided.

Free Aging Event





University of Kentucky
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KY Master Gardener Plant Fair

Hosted by the Lincoln Trail Area Master Gardeners

May 20, 2023

8 AM–2 PM ET

Hardin County Extension Office

111 Opportunity Way

Elizabethtown, KY 42701

Phone: 270-765-4121

Web: hardin.ca.uky.edu



Rain
or
Shine

SERVICE
ANIMALS
ONLY

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4-H Youth Development
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Savoring the Eating Experience: The Art of Eating Mindfully

Courtney Luecking, Dietetics and Human Nutrition, and Emily DeWitt, Family and Consumer Sciences

Have you ever found yourself eating a bag of popcorn while watching a movie only to realize you have eaten all of it before you made it past the previews? This is an example of mindless eating, or eating without even realizing it.

Mindless eating occurs when you eat with distractions or are unaware of the amount of food you are eating (Figure 1). When this happens, you tend to enjoy food less because you are not paying attention to the flavors, textures, or smells. Mindless eating can lead to feelings of guilt or shame around eating, creating a cycle of negative thoughts and often leading to overeating. Over time, overeating may result in increased weight gain, digestion troubles, or the development of other diet-related health conditions.

You can shift mindless behaviors toward more mindful approaches. Mindfulness is defined by the Greater Good Science Center at the University of California, Berkeley, as “maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.” Mindfulness practices have proven beneficial in decreasing stress and improving blood sugar and cholesterol levels. Mindfulness can be incorporated throughout the day in many areas including stress management, physical activity, sleep, and even eating experiences.

Mindful eating is “the non-judgmental awareness of physical and emotional sensations while eating or in a food-related environment,” according to *Mindful Eating: Principles and Practice*. Mindful eating is a practice that emphasizes the eating experience with an awareness of thoughts and feelings toward food choices. It brings attention to the smell, flavor, and texture of the food and the environment you are in without judgment or guilt. Mindful eating helps you become more aware of what you eat and why. Over time, this practice may help you reconnect with your internal signals about hunger and fullness and have more self-compassion. As you pay more attention to the food you eat, you may find yourself more aware of whether you are truly hungry, or if you are eating for another reason. Overeating is a normal part of life—we all do it. But eating mindfully may help avoid overeating to the point you feel uncomfortable on a regular basis.

MINDLESS eating	MINDFUL eating
DISTRACTED, MULTITASKING WHILE EATING	FOCUSED ON FOOD WITH NO DISTRACTIONS
EATS QUICKLY	EATS SLOWLY
IGNORES HUNGER AND FULLNESS CUES	HONORS HUNGER AND FULLNESS CUES
LABELS FOOD AS 'GOOD' OR 'BAD'	JUDGMENT- AND GUILT-FREE
EATS WITHOUT APPRECIATING FLAVORS, SMELLS, TEXTURES	NOTICES FLAVORS, SMELLS, AND TEXTURES

UK Cooperative Extension Service

Figure 1. Mindless vs. mindful eating behavior.

Why Mindful Eating

Mindful eating is about more than what you do or do not eat—it focuses on how you eat. Eating mindfully pays particular attention to your senses, including the taste, the smell, and the texture of the food you are eating. This leads to a satisfying experience, and often slows you down to enjoy the food and recognize when you are approaching fullness.

Slowing your eating behavior is important since it can take 20 minutes or more for your stomach to signal to your brain when you are full. When you eat too fast, your body does not have time to recognize the signals that indicate you have eaten enough. When you slow down, you are more likely to recognize when you are physically full. This allows for better digestion, which may lessen the cycle of overeating and overrestriction. When you slow down, you can savor each bite and develop a greater appreciation for the foods you enjoy.

Research indicates mindful eating is also beneficial for overall health and wellness. Over time, you may see

improved diabetes self-management and weight management. Additionally, you can see trends toward healthier eating habits including greater intakes of fruits, vegetables, and whole grains, and less uncontrolled eating behaviors.

How to Eat Mindfully

Mindful eating takes practice, but we can incorporate it into daily life to cultivate a healthy relationship with food. Here are seven practical steps to increase mindful eating in your life (Figure 2). If these tips are new to you, try to incorporate them into your daily routine one at a time.

Notice what is on your plate.

Before you take a bite of food, take a moment to observe what you are eating. How much is there? What ingredients are included? What does it smell like? Imagine you are a food critic describing the food to someone else.

Express gratitude for what is on your plate.

Take a moment to pause and think about the things for which you are grateful. This can help you slow down and truly appreciate every bite of food. Consider the hands who harvested or prepared the food and the resources used to get the food from farm to fork.

Slow down.

We often eat on the go or quickly so we can move onto the next tasks. Slow the pace of eating and take time to be present to enjoy the food. Pay attention to the texture and flavor of the food. Take a break between bites or try to chew more slowly. Putting utensils down between bites can help.

Limit distractions.

It can be easy to turn on the TV or scroll through social media on your phone, but this keeps you from connecting with your food. The same is true for eating lunch at your desk while responding to emails or eating while driving. If your mind is preoccupied, this can interfere with the amount of food you eat without even realizing it. Make eating the main event, instead of a sideshow. When you remove the distractions, you can be more aware of your food. Sit at a table, put down the distractions, and put the food on a plate or bowl to limit mindless munching. Really look at the food and consider what is in front of you.

Consider your body.

Eat with curiosity. Pay attention to how the food you are eating makes you feel, how hungry you are, and what emotions you are feeling. Does the food give you energy? Does it make you feel sluggish? Remember, all foods can be part of a balanced diet. Choose foods that are pleasing

to you but also nourishing for your body.

Eat only when you are hungry.

Do not let the clock determine when to eat. Pay attention to your body and what it needs. We do not want to wait until we are famished to begin eating, as this can increase our chances of overeating. Use a scale of 1 to 10 to measure your hunger, with 1 being famished and 10 being overfull. We want to eat at around a 3 or 4, right before our stomach starts to grumble. We want to stop when we reach a 7 or 8, satisfied but not physically full, as this can give your brain time to catch up with your body's cues for fullness.

Focus on complete meals and snacks.

Incorporate a variety of foods that include protein, carbohydrates, and fats. Each macronutrient has a different purpose in your body and when you consume a mixture of the three, you are best able to nourish yourself. Start with smaller portions. You can always get more.



Figure 2. How to eat mindfully.

Incorporating Mindfulness: Jon Kabat Zinn's Raisin Exercise

Perhaps the most popular mindful eating exercise comes from mindfulness expert Jon Kabat Zinn: "Raisin Meditation." While Zinn uses a raisin in his example, you can try this activity with any food you enjoy. Here's how it works:



Krafla/iStock/Getty Images Plus via Getty Images

Holding:

First, take a raisin and hold it in the palm of your hand or between your finger and thumb.

Seeing:

Take time to really focus on it; gaze at the raisin with care and full attention. Imagine that you've just dropped in from Mars and have never seen an object like this before in your life. Let your eyes explore every part of it, examining the highlights where the light shines, the darker hollows, the folds and ridges, and any asymmetries or unique features.

Touching:

Turn the raisin over between your fingers, exploring its texture. Maybe do this with your eyes closed if that enhances your sense of touch.

Smelling:

Hold the raisin beneath your nose. With each inhalation, take in any smell, aroma, or fragrance that may arise. As you do this, notice anything interesting that may be happening in your mouth or stomach.

Placing:

Now slowly bring the raisin up to your lips, noticing how your hand and arm know exactly how and where to position it. Gently place the raisin in your mouth; without chewing, noticing how it gets into your mouth in the first place. Spend a few moments focusing on the sensations of having it in your mouth, exploring it with your tongue.

Tasting:

When you are ready, prepare to chew the raisin, noticing how and where it needs to be for chewing. Then, very consciously, take one or two bites into it and notice what happens in the aftermath, experiencing any waves of taste that emanate from it as you continue chewing. Without swallowing yet, notice the bare sensations of taste and texture in your mouth and how these may change over time, moment by moment. Also, pay attention to any changes in the object itself.

Swallowing:

When you feel ready to swallow the raisin, see if you can first detect the intention to swallow as it comes up, so that you consciously experience this even before you actually swallow the raisin.

Following:

Finally, see if you can feel what is left of the raisin moving down into your stomach and sense how your body as a whole is feeling after you have completed this exercise.

Mindfulness encourages compassion, bringing awareness to the emotions you experience without judgment. Mindful eating patterns give you permission to feel while also being more intentional with your behaviors. Taking the time to pause and reflect, to explore “why,” helps you connect with your body, making you more aware of your hunger and fullness cues. This allows you to be more mindful of your reactions and helps you to be proactive in your eating behaviors.