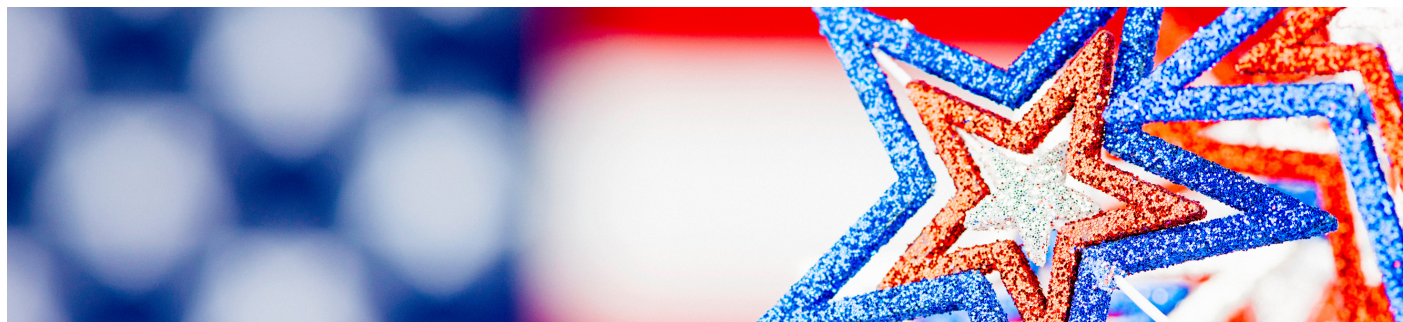


Hopkins County Extension

Family and Consumer Sciences

HOPKINS COUNTY
COOPERATIVE
EXTENSION
SERVICES

75 CORNWALL DRIVE
MADISONVILLE, KY 42431-8780
(270)821-3650
WWW.CA.UKY.EDU/CES



HAPPY 4TH OF JULY!

Hello,

The time has come to think about preserving those delicious fruits and vegetables you are growing in your garden or buying at the Farmers Market. If you have a pressure canner you would like to have tested before the canning season begins, please bring the lid only to the Extension Office. Please note that we can only test canning lids that have a dial gauge. I will also be hosting a 3-day summer food preservation workshop at the Extension Office. Look for more details in the newsletter!

If you are looking for ways to cook those delicious fresh fruits or vegetables stop by the Extension Office to pick up a few Plate It Up Ky Proud recipes! You will also see us for a few days at the Farmer's Market passing out samples of some of these great recipes!

Lastly, it is time to start thinking about the Hopkins County-Madisonville Fair!! Mark your calendars for July 26 through July 30. You can enter in your canned fruits/vegies among many other things. More details will be coming out soon!

Have a great July!
Amanda Dame



Following us online is an easy way to keep up with [Hopkins County Extension Family and Consumer Science](#)

What's in this issue:

Grilling Safety & Nutrition Reminders

Upcoming Events & Classes

Homemaker Happenings

Piecemakers

July 9th & 16th from 8:00-3:00

July 26th from 2:00-8:00

Needles & Yarn

July 13th from 12:00-2:00

Happy Homemakers

July 20th at 1:00

Money Wise

Tips to increase productivity and stop procrastination

Health Bulletin

Sunscreen Safety



Amanda Dame

AMANDA DAME

County Extension Agent for
Family and Consumer Sciences



GRILLING SAFETY & NUTRITION REMINDERS

The scent of charcoal and delicious meats and marinades cooking on the grill are sure signs of summertime. As we spend more time cooking outdoors, it is important that we also remember food safety and nutrition.

Food safety ensures that food is prepared and cooked in a way that kills harmful bacteria that cause foodborne illness. Many grilling food safety practices are the same as with indoor food preparation.

Wash your hands for at least 20 seconds with soap and warm water before and after handling all food. Do not cross-contaminate raw and cooked foods. Wash cutting boards, utensils and dishes before preparing each new item and always use a clean platter when removing foods from the grill.

Safely defrost frozen foods in the refrigerator, microwave or in cold water. Never thaw food at room temperature. If your recipe requires you to marinate your food, do so in the refrigerator. Make enough marinade to divide between raw meats and the sauce. Do not reuse marinade that was placed on raw meats as a sauce on cooked foods. Juices from raw meats can contaminate cooked food.

When grilling, use a meat thermometer to make sure the meat is cooked to a high enough temperature to kill any bacteria. Cook ground meats, including beef, pork, lamb and veal, to an internal temperature of 160 degrees F. Other cuts of these meats, including steaks, roasts and chops, need to reach 145 degrees F after a 3-minute rest period. Grill all chicken and poultry to an internal temperature of 165 degrees F. Without using a meat thermometer, you may be tricked into thinking a meat is cooked before it actually reaches a safe temperature, because the outside of meat browns quickly on the grill. All grilled meats need to maintain a temperature of 140 degrees F before serving. Accomplish this by keeping meat on the side of the grill away from direct heat or placing it in an oven warmed to 200 degrees F.

While meats are the first foods that often come to mind when we talk about grilling, they are not the only foods that are tasty when cooked on the grill. You can grill a lot of fruits and vegetables. Peaches, pears, pineapples, bananas, apples and melons grill well. Select firm fruit that is not too ripe. Over-ripe fruit can end up too soft when grilled. You can enhance their flavor by applying olive oil or lemon juice before placing them on the grill.

Place firm vegetables like corn on the cob, asparagus and eggplant directly on your grill's cooking grid. Brush with olive oil and season with fresh herbs. Frequently turn vegetables to keep them from burning. Wrap smaller or chopped vegetables, along with a little oil and seasoning, in aluminum foil before grilling.

Cooked food should not set outside for more than two hours. If it is warmer than 90 degrees F, then food should not set out for more than one hour.



More information about nutrition and food safety is available at the Hopkins County office of the University of Kentucky Cooperative Extension Service.

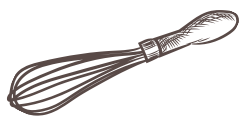
join us for our
UPCOMING EVENTS

COOKING

through the Calendar
WITH MELISSA WEBB

DATES

July 27
August 24
September 28
October 26
November 30
December 14

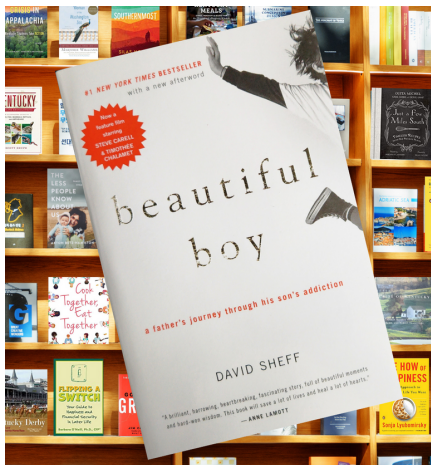


Join us on Facebook Live at

**HOPKINS COUNTY NUTRITION
EDUCATION PROGRAM**



on Wednesday at 12:00 P.M. CT



BIG BLUE BOOK CLUB

You are invited to join us on Tuesdays,
July 12-26, 2022
6:30pm central

Register at
<https://ukfcs.net/BBbc2022Book2>

The first 200 registered participants
will receive a free copy of the book.

College of Agriculture,
Food and Environment
Family and Consumer
Sciences Extension

Our next book in the Big Blue Book Club series is *Beautiful Boy: A Father's Journey through his Son's Addiction* by David Sheff. Through this honest account of one family's experience with addiction, we see moments of tenderness, anguish, and despair, but most of all we see hope for those living with addiction and the people who love them. Moreover, *Beautiful Boy* sheds light on many of the most important aspects of addiction including the complicated mix of factors that cause addiction as well as how families can respond to support their loved ones. This series will be led by Dr. Alex Elswick, Extension Specialist for Substance Use Prevention and Recovery, on July 12, 19, and 26 at 7:30 pm ET/6:30 pm CT. As in the past, we will share the Big Blue Book Club via Zoom, so you are free to participate from your living room, your backyard, the beach, or wherever you may be.



CANNING SALSA BATH

LEARN HOW TO BOIL WATER BATH FOR CANNING SALSA

Thursday, June 30th from 10:00-1:00
R.S.V.P. by calling 270-821-3650

Canning GREEN BEANS

LEARN HOW TO PRESSURE CAN GREEN BEANS

Thursday, June 7th at 10:00-11:00
R.S.V.P. by calling 270-821-3650



Freeze CORN & Dry APPLES

LEARN HOW TO FREEZE CORN AND DRY APPLES
Thursday, July 14th at 10:00-1:00
R.S.V.P. by calling 270-821-3650





COOPERATIVE EXTENSION

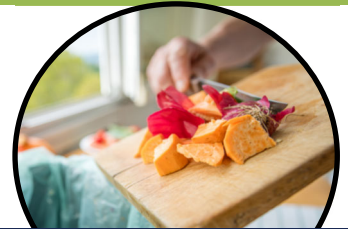
University of
Kentucky
College of Agriculture,
Food and Environment



Sustainable Kentucky

Shopping, Preparing and Eating Foods for Environmental *and* Human Health

Receive recipes and explore food habits for your health and the environment in this 5-part program. We'll explore sustainable foods from production through consumption.



Healthy and sustainable food habits are:

| Protective and respectful of biodiversity and ecosystems | Culturally acceptable | Accessible
| Economically fair and affordable | Nutritionally adequate | Safe and healthy |

Hopkins County Extension Office
75 Cornwall Drive, Madisonville, KY 42431

Tuesday, August 2, 2022, 10:00a.m. — *A Win-Win for Our Health and the Environment*

Thursday, August 4, 2022, 5:30p.m. — *A Win-Win for Our Health and the Environment*

Tuesday, August 9, 2022, 10:00a.m. — *Feed People, Not Landfills*

Thursday, August 11, 2022, 5:30p.m. — *Feed People, Not Landfills*

Wednesday, August 17, 2022, 10:00a.m. — *Your Community, Your Food*

Thursday, August 18, 2022, 5:30p.m. — *Your Community, Your Food*

Tuesday, August 23, 2022, 10:00a.m. — *Mindful MyPlate*

Thursday, August 25, 2022, 5:30p.m. — *Mindful MyPlate*

Tuesday, August 30, 2022, 10:00a.m. — *Be a Savvy Sustainable Shopper*

Thursday, September 1, 2022, 5:30p.m. — *Be a Savvy Sustainable Shopper*

Hopkins County Cooperative Extension
Call 270-821-3650 to register
Please plan to attend all sessions.

Note: This series is a pilot test of a new curriculum being developed by University of Kentucky Cooperative Extension. You'll receive incentives for each session attended and be asked to complete evaluations throughout the series.

Puzzle Pieces



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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JULY 2022

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC:

TIPS TO INCREASE PRODUCTIVITY AND STOP PROCRASTINATING

The biggest obstacle to getting things done is often procrastination. Procrastination means avoiding a task (or even several tasks) we should be focusing on. There are four general reasons we procrastinate:

- **Emotional procrastination.** We can use procrastination to try to soothe our emotions about a task. People may feel frustrated or bored with a task, anxious about the end results, or insecure about being able to complete the project successfully. Fear of failure adds stress that can fuel procrastination.
- **Physical procrastination.** When we don't feel the best physically, it's hard to be productive. Being hungry, tired, or sick makes it hard to focus. By looking at our physical state, we can see if any underlying factors are halting our productivity.
- **Procrastination as protection.** When our bodies experience stress, we want to protect ourselves. Maybe you've heard of the fight, flight, or freeze response to perceived danger. Today, our bodies think work stressors are as "dangerous" as attacks by wild animals were to our ancestors. Procrastination, in the short term, protects us from emotional or physical "dangers" associated with whatever task we



are putting off. Procrastination is an example of the freeze response as it helps us avoid feeling anxious or overwhelmed.

- **Procrastination from uncertainty.** Sometimes we put off tasks because the directions are unclear. We might delay a task or project because we don't have enough information, resources, or guidance. Perhaps this is your first time working on a topic and you are not sure where to start. When working on something new, it may be frustrating or confusing, especially without proper training or instructions.

Of course, sometimes we may dread a task simply because of what it is, such as cleaning or paperwork. It is common to put off chores that do not hold our interest, even if they are simple or necessary.



LIKE OTHER BAD HABITS, WE MUST BREAK THE CYCLE OF PROCRASTINATION INTENTIONALLY



COMBATING PROCRASTINATION

Like other bad habits, we must break the cycle of procrastination intentionally. To replace unproductive behaviors with more efficient ones, we must choose better routines. One method for breaking this cycle is to look at our urge to procrastinate when it first appears. What is causing you to procrastinate? Are you overwhelmed by expectations or confused by instructions for a project? Are you hungry, angry, lonely, tired? What about bored or stressed? Once you have an idea of what is fueling your procrastination, you can better fight it.

PITFALLS OF MULTITASKING

Multitasking may also be stalling your productivity. Research suggests that multitasking keeps our brains from deeply focusing on one topic. It is like our minds go to commercial break before the show's plot has time to fully develop. Instead, train yourself to fully commit to one task until you reach a stopping point. This could be a natural break, such as when you complete a portion of a larger project or fully complete a task. It also could be a designated amount of uninterrupted work

time. That means no emails, phone calls, social media, meetings, or toggling between browsers or projects.

MINIMIZE DISTRACTIONS

Like multitasking, distractions can derail our train of thought and stall our productivity. Each time we are distracted, we use mental energy to resume where we left off before the interruption. This takes effort and time. Like the commercial break example, interruptions eventually make us lose interest in the original show. Our minds tire from pushing "pause" then "play" over and over, and instead we tune out. Avoid this trap by regularly blocking time to work with few interruptions. The more you can limit distractions, the more productive you will be.

TIME WELL SPENT CURRICULUM

For more information on ways to increase productivity and maintain a better work-life balance, contact your county Cooperative Extension office. Ask your FCS agent about the program, *Time Well Spent: Productivity Skills for Success*, developed by Kentucky Family and Consumer Sciences Extension.

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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ADULT HEALTH BULLETIN



JULY 2022

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: SUNSCREEN SAFETY



Extended time outside, whether you are walking, gardening, or reading a book, puts you at risk of sun damage, which in turn can cause sunburn, skin cancer, and premature aging. One of the best ways to protect yourself from sun damage is by wearing sunscreen anytime you spend time outdoors.

Sunscreen is important for protection from sunburn, early aging, and skin cancer. It works by protecting you from the ultraviolet rays that come from the sun. Specifically, it protects the skin from two different types of radiation: UVA and UVB. UVA, or Ultraviolet A, is the type of ray that causes the skin to age and creates lasting skin damage. UVB, or Ultraviolet B rays, cause sunburns. They both can cause skin cancer. When you see a sunscreen that is labeled "Broad Spectrum," it means that the sunscreen protects from both UVA and UVB rays.

Continued on the back 



Put on broad spectrum sunscreen that has an SPF of 30 or higher before you go outside. Reapply every 2 hours.

→ Continued from page 1

When selecting a sunscreen, the Skin Cancer Foundation and the American Cancer Society recommend an SPF of 30 or higher. The SPF, or Sun Protection Factor, is a measure of how long the skin can be in the sun before it starts to burn. The higher the number, the greater the protection. For example, an SPF of 45 means that you can stay outside in the sun 45 times longer without getting burned. However, sunscreens lose their effectiveness over time and as you sweat, so you need to reapply every two hours.

Now that it is getting warmer outside, you may start thinking about wearing sunscreen. However, we should be wearing sunscreen every time we step outside. That includes even in the middle of winter. The sun and its accompanying UVA and UVB rays are working all year, not just in the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. Protecting yourself from the sun should be done from head to toe, including your face, lips, or any exposed skin. Follow these tips on how to enjoy time in the sun safely.

How to protect your skin from the sun

- **Wear sunscreen.** Put on broad spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 30 or higher before you go outside. Reapply every 2 hours.
- **UV protective clothing.** When possible, wear UV protective clothing. This can include shirts, long sleeves, arm sleeves, shorts, leg sleeves, and pants. If you do not have UV protective clothing, you can wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays.
- **Rock a hat.** Try to wear a hat that has a wide brim to shade your face, ears, and the back of your neck. A darker hat may offer more UV protection. If you wear a typical baseball-style cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas or applying sunscreen to exposed skin.



- **Use sunglasses.** Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

REFERENCES:

- https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm
- <https://www.hhs.gov/surgeongeneral/reports-and-publications/skin-cancer/consumer-booklet>

ADULT
HEALTH BULLETIN

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