

Family and Consumer Sciences



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



Jessamine County
95 Park Drive
Nicholasville, KY 40356
(859) 885-4811
jessamine.ca.uky.edu



Calendar of Events

- June 17 5:00 p.m. Homemaker Council in the John Nickel Room
- Jun 26 12:00 p.m. Lunch N Learn with Lisa Lamb
- Jul 4 Independence Day, Office is Closed
- Jul 7 2-4 p.m. Fair Entry Check-Ins
- Jul 8 9-11:30a.m. Fair Entry Check-Ins
- Jul 13 10am.-12p.m. Fair Entry Check-Outs


Cooperative Extension Service

Lunch N Learn

taught by Lisa Lamb, Garrard County NFP Assistant

Fruited Coleslaw
June 26th at 12 p.m.

Join us at the Jessamine Co. Extension Office at 95 Park Dr. Registration required so please call us at 859-885-4811



Martin-Garrison College of Agriculture, Food and Environment

FORT HARROD AREA HOMEMAKERS

DAY TRIP

Maysville, KY
September 13th 2024
Details are coming soon!

SAVE THE DATE!!!

Reservations are being accepted for this trip. Space is limited. Reservations are being accepted on a first-come, first-served basis. Reservations are being accepted on a first-come, first-served basis. Reservations are being accepted on a first-come, first-served basis.

Follow us Online!

**We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.



Jessamine County Family and Consumer Sciences on Facebook: <https://www.facebook.com/JessamineCountyFCS/>



University of Kentucky Family and Consumer Sciences Extension Podcast: <https://ukfcsext.podbean.com/>



Check out our county website for information on all program areas: <http://jessamine.ca.uky.edu/>

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

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Jessamine County Extension Homemakers

Homemaker Council Meeting

June 17th
5:00 p.m.
Ag Center C

KEHA State Meeting

**Congratulations to Peggy Mitchell
and Etta Smith for receiving Blue
Ribbons at the KEHA State
Meeting.**

Jessamine County Fair
July 8th-14th

The Jessamine Co. Hearth and Home and
Floriculture Fair
<https://jessamine.ca.uky.edu/jessamine-county-fair>
Check the Website for Catalog

Jessamine County Fair Volunteers

We need volunteers to help take in
entries at the Jessamine County Fair
on July 7th from 2 p.m. -4p.m. and July 8th
from 9 a.m.- 11:30 a.m.

If you are available to help, please call the
office at 859-885-4811

Jessamine County Extension Homemaker Club*

HeartsN' Hands

First Tuesday of the month, 10 a.m. at the Extension Office

Town N' Country

First Tuesday of the month, 6 p.m. at the Extension Office

Happy

Second Tuesday of the month, 6:00 p.m. in a member's
home

4-H Mothers

Third Wednesday of the month, 9:30 a.m. in a member's
home

Edgewood Evening

Fourth Monday of the month, 6:00 p.m. at the Extension
Office

Piece Quilters

Every Tuesday, 9:30 a.m., Ag Center Room A

* Some Clubs may not meet during the summer. Please call
if interested in any Club Meetings

Homemaker Scholarship Winners

Congratulations to our Extension
Homemakers' Scholarship Recipients! Two
\$750 scholarship were awarded to Cooper
Longhofer and Allison Coy.

Thanks to all Extension Homemakers
who helped with our fundraising efforts
this past year. Your donation of time
and baked goods to the Farmers' Bank
Christmas baskets made these scholarships
possible.

Steve Musen



Jessamine County Agent
For Ag and Natural Resources

Shaking Down on Sodium

Sandra Bastin, Dietetics and Human Nutrition; revised by Heather L. Norman-Burgdorf, Dietetics and Human Nutrition



Sodium is an important mineral to the body. It helps keep body fluids in balance, helps the body absorb certain nutrients, aids in muscle performance, and contributes to nerve activity. Excessive sodium in the diet is linked to high blood pressure or hypertension. Hypertension can contribute to diabetes, heart disease, kidney failure, and stroke.

Sodium and salt are mistakenly thought to be the same ingredient. Actually, sodium is a mineral, and salt is a naturally occurring chemical compound made up of 40 percent sodium and 60 percent chloride. Salt is a major source of sodium in the diet.

Too much sodium in foods pulls excess water into the bloodstream and increases blood pressure. With high blood pressure, it is recommended to reduce the amount of sodium in foods. This can be done by using the salt shaker less, reducing restaurant and packaged foods eaten, and reaching for salt-free seasoning to flavor foods.

Check This Out

- The body needs less than 500 milligrams of sodium, or one teaspoon of salt, per day.
- The average American consumes more than seven times the amount of sodium they need each day.
- The American Heart Association recommends a maximum daily intake of 2,300 milligrams of sodium, or about one teaspoon, of salt per day. For those with high blood pressure, that limit should be 1,500 milligrams or less per day.

When You Cook

- Plan meals that contain less sodium.
- Balance low- and high-sodium choices.
- Gradually reduce salt in favorite recipes. Most can be reduced by half or more.
- Look for low-sodium recipes. There are a variety of good cookbooks that feature low-sodium choices.
- Cut out or cut back on salt in cooking water.
- Try no-salt or reduced-sodium spice mixes.
- Look for condiments and sauces with less sodium.
- Use spices and herbs for added flavor.
- Rinse canned beans and vegetables and cook in tap water.

At the Table

- Taste food before you salt.
- Use one shake instead of two. Salt is an acquired taste. Our taste buds will adjust to less and less salt.
- Beware of added sauces and condiments. These are usually very high in sodium.

When Eating Out

- Choose food without sauce or ask for the sauce on the side.
- Ask for food to be served without added salt, or request that it be prepared without added salt.

- Balance low- and high-sodium choices.
- Watch out for the top-six common foods that add the most salt to your diet, according to the American Heart Association. These are bread and rolls, pizza, sandwiches, cold cuts and cured meats, soup, and burritos and tacos.
- Beware of fast food; it is often very high in sodium.

Where Is the Sodium?

Processed Foods

Between one quarter and one half of the sodium in the diet is added during the processing of foods. Sodium is added for seasoning, leavening, and preservation.

Table Salt

About a third of the sodium in the diet is added in the form of salt during food preparation or at the table.

Natural Content

Most foods in their natural state contain some sodium; however, most unprocessed, unseasoned food is generally low in sodium.

Read Food Labels

- Check for added sodium on food labels. Key words or symbols include salt, sodium, soda, Na⁺, NaCl, MSG, and brine.
- When shopping, look for specific claims, such as “low in sodium” or “reduced sodium.” Low-sodium foods have 140 milligrams or less of sodium per serving.

- The processing of canned or frozen foods can add sodium. Reach for no-salt-added or low-sodium options when you can. Remember to rinse all varieties!
- Sodium, usually in the form of salt, is added to most processed or prepared convenience foods, such as soup, salad dressing, canned or dry dinner mixes, sauces and condiments, dessert mixes, canned vegetables, frozen entrees, and processed meats.
- Pickled foods, packed in vinegar or brine, are exceptionally high in sodium.
- Some varieties of cookies, ready-to-eat cereals, cheese, and colas contain sodium.
- Sodium occurs naturally in drinking water; softened water contains more.
- Medication can be a source of hidden sodium. Check with your doctor or pharmacist concerning the use of antacids, seltzers, laxatives, aspirin, and other non-prescription drugs.

References

Institute of Medicine (2013). Sodium Intake in Populations: Assessment of Evidence. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3884094/>

Academy of Nutrition and Dietetics (2015). The Facts on Sodium and High Blood Pressure. <https://www.eatright.org/health/health-conditions/cardiovascular-health-heart-disease-hypertension/the-facts-on-sodium-and-high-blood-pressure>

American Heart Association (2017). Sodium and Salt. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/sodium-and-salt>

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Lexington, KY 40506 Revised 03-2024



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ADULT HEALTH BULLETIN



JUNE 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>

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000 Street Road
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Zip
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THIS MONTH'S TOPIC

STEP INTO NATURE, SUMMER EDITION



As the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

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Disabilities accommodated with prior notification.

When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

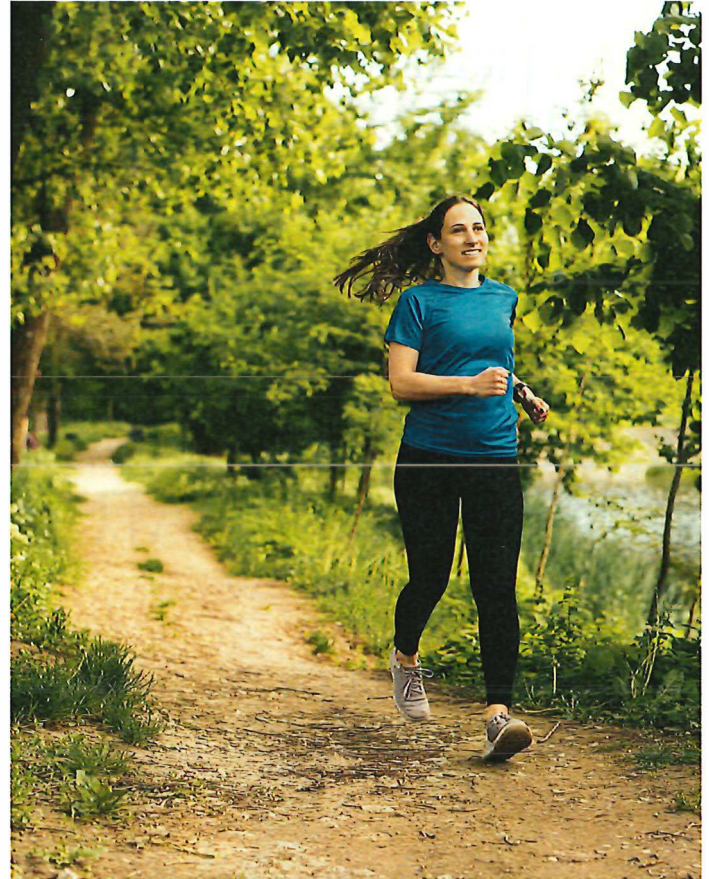
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There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

REFERENCE:

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

**ADULT
HEALTH BULLETIN**

Written by:

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Adobe Stock



MONEYWISE

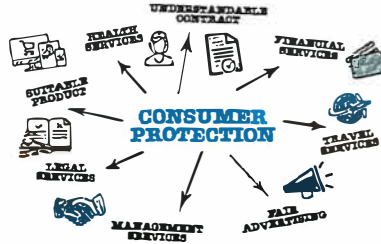
VALUING PEOPLE. VALUING MONEY.

JUNE 2024

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FAIR AND SAFE: THE ROLE OF CONSUMER PROTECTION AGENCIES

When you shop, you probably expect that the seller will treat you fairly, offer a reasonable price, and sell a safe product. Consumer protection agencies exist to ensure that these expectations are true. They safeguard your rights and interests as a buyer. Three of these agencies are the Federal Trade Commission (FTC), the Consumer Financial Protection Bureau (CFPB), and the Food and Drug Administration (FDA). Let's explore how these agencies help keep the marketplace balanced and secure.



rights and give information to help them make smart choices, especially with big purchases or money matters.

FEDERAL TRADE COMMISSION (FTC)

The FTC makes sure that competition is fair and that buyers are protected in different industries. They investigate and stop unfair competition, scams, and misleading advertising. For example, if someone tries to trick people into buying something with false claims, the FTC steps in to stop it. They also help people who have had their identity stolen by providing resources, assisting in recovery, and raising awareness. In 2021, they helped nearly 24 million identity theft victims, according to the Bureau of Justice Statistics. By promoting fair competition, the FTC encourages lower prices and better-quality products, giving consumers more choices. They also teach people about their

CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)

The CFPB is a government agency that monitors how consumers interact with banks, mortgage companies, payday lenders, and other financial businesses. Their main job is to make sure consumers are treated fairly by enforcing laws that protect them from being financially harmed or deceived. If you have a problem with a financial product or service, like a bank account or a loan, you can reach out to the CFPB for help. By filing a complaint online or over the phone, they will investigate and try to resolve the issue. The CFPB also provides educational

THE FTC, CFPB, AND FDA ARE ONLY A FEW U.S. CONSUMER PROTECTION AGENCIES.



resources to help people better understand their financial choices. They offer tools and programs to teach consumers about important financial topics such as managing money, understanding credit, and avoiding financial scams. For instance, the CFPB ensures that mortgage companies follow rules to prevent people from losing their homes through foreclosure. They also require credit card companies to clearly explain their fees and terms so consumers can make informed decisions.

FOOD AND DRUG ADMINISTRATION (FDA)

The FDA is another federal agency that looks after the safety and effectiveness of products that we use every day, like food, medicines, and medical devices. They play an important role ensuring the food we buy is safe to eat and food labels are accurate. The FDA also verifies the safety of new medicines and medical devices before they are sold to the public. This protects consumers from using products that could be dangerous or might not work as they should. Along with their role in product safety, the FDA teaches

people about important health topics. They provide information on how to use medications safely and how to handle food to avoid getting sick. They also warn about the dangers of risky behaviors like smoking. By setting rules and making sure companies follow them, the FDA plays a key part in keeping consumers healthy and informed.

The FTC, CFPB, and FDA are only a few U.S. consumer protection agencies. Understanding the functions and roles of agencies like these helps consumers make informed decisions and avoid or address problematic issues with services and products.

REFERENCES:

- Federal Trade Commission. <https://www.ftc.gov/>
- Consumer Financial Protection Bureau. <https://www.consumerfinance.gov>
- U.S. Food and Drug Administration. <https://www.fda.gov/>

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