



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

September 2022

Family and Consumer Sciences News

WHAT'S IN THIS MONTH'S ISSUE:

- Homemaker News
- Lunch and Learn Schedule
- Make and Take Schedule
- Keys to Aging Schedule
- Farm and Family Field Day
- September Playdates
- Hike and Learn
- Northeast Area Homemaker Meeting
- Savoring the Eating Experience
- Homemaker Enrollment Form

From your FCS Agent

August was an exciting month! This summer we really took advantage of kids being out of school and focused on youth programs. With homemaker groups not meeting, this was a perfect opportunity to partner our 4-H and ANR agents to reach the youth population. A highlight in August was our Kid's Days at the Farmers Market. All summer, kids earned Kids Bucks by participating in Extension programming. We've had former playdate participants who have grown up and now participating in 4-H and we have started back Laugh and Learn Playdates to a new generation of families. It was so rewarding to see all of these kids from the Super Star Chef Camp and Playdates come with their parents to the Farmers Market to spend their bucks and select local foods. Some of the cooking camp participants even used their foods to prepare recipes they learned at the camp. Seeing all of our programming come together and really influence families was so rewarding!

We also had a busy month with the Fair, Laugh and Learn Playdates, Hike and Learn, and several special Homemaker trainings. Four Carter County Homemakers attended the Leadership Toolbox training in Boyd County. We opened up our Homemaker year with "Nacho Average Homemakers" where we celebrated being together once again with a Nacho Bar, council meeting, and leadership training. The first three month's leader lessons were also taught in Greenup county for our area.

These lessons will be offered again at our "Lunch and Learns". The schedule is included in this newsletter.

There are many opportunities to volunteer and be involved. Please take advantage of what we have available to you and don't hesitate to let me know how I can better serve and support you as your agent.

Graciously,

Whitney Morrow

Cooperative
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Carter County
94 Fairground Dr
Grayson, KY 41143-9520
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www.ca.uky.edu/ces



Whitney Morrow
CEA for Family and
Consumer Sciences
Carter County

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4-H Youth Development
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Homemaker News

Upcoming Events

Lunch and Learn -
September 6 at Noon

Area Annual Meeting -
October 1st Magoffin
County. Registration form is
included. Please let Whitney
know if you are attending
and if you need a ride.

Homemaker Week- Oct. 9-15
This would be a perfect
opportunity to do a
membership drive and reach
out to your community.

PECAN orders have to be in
by Thursday, October 13th.
As always, we will not know
the cost until the first of
October.

Homemaker's Night Out is
October 13th! We will meet at
the Hogs Trough in Grayson
5:00-7:00 for dinner, an
activity, and prizes! Dinner is
on your own. Please let
Whitney Know by October 7th
if you will be attending.

November 19th- Craft Fair
(location TBA)

Club visits

It's my goal to visit all the clubs this fall! I plan on
visiting the following clubs in September. If you
are not meeting or your time/location has
changed please let me know!

Gregoryville
Grayson Day
Grahm SCC
Hitchins
Wilson Stinson
Denton/ Willard

Thank you Upper Tygart Homemakers for having
me in August! I will see Carter Caves and Lindsey
Pactolus in November

Reminders

Don't forget the Field Day! Bring those desserts
for the dessert contest! If you are not entering
the contest, I will need judges! Judges will
receive a prize! Please let me know if you can do
it!

Dues and Enrollment forms are due November
30th! Dues are \$8 this year.

**Please make sure you are a
member of our Facebook Group**

Carter County Homemaker
Members





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Make and Take

Workshops

Charcuterie Boards-October 24, 5:30pm

Cookie Decorating-November TBA

Fresh Winter Centerpieces and Bows-December 14, Noon

Basic Quilting- January 27, 9am-3pm

Edible Arrangements- February 9, 5pm

Embroidery- March 23 11am & 5pm

Tie Dye- April 6, 1:00

Mother's Day Floral Arrangements-May 11, Noon

Workshops are offered at the Carter County Extension Education Center for all ages. Pre-Registration is required, and cost of supplies will vary. Collaboration between ANR, 4-H, and FCS Extension. Schedule is subject to change.

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LUNCH AND LEARNS

AND MAILOUT LESSONS
JOIN US FOR LEARNING, LUNCH,
AND FELLOWSHIP

AUGUST (MAILOUT)-SAVORING THE EATING EXPERIENCE

SEPTEMBER 6-SAVOR THE FLAVOR: COOKING WITH OILS AND VINEGAR

OCTOBER (MAILOUT) HUNGER IN KY

NOVEMBER 1-KITCHEN GADGETS

DECEMBER 6-TYPES OF SCAMS (HOLIDAY GET TOGETHER)

JANUARY (MAILOUT)-DAY TRIPS

FEBRUARY 7-MAKING THE MOST OF MEALS WHILE TRAVELING

MARCH 7- MANAGING STRESS EATING

APRIL (MAILOUT)- ENTERTAINING LITTLE ONES

MAY 2- LESSON TBA

LESSONS ARE OPEN TO THE PUBLIC, YOU DO NOT HAVE TO BE A HOMEMAKER MEMBER TO ATTEND. ALL SESSIONS WILL BE AT 12:00 NOON. MAILOUT MONTHS WILL BE MAILED/ONLINE LESSONS AND NOT IN PERSON

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SAVE THE DATES

Keys to Embracing Aging



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September 22-Chapel House
Positive Attitude

February 23- Friendship House
Brain Activity

October 27-Friendship House
Eating Smart and Healthy

March 23- Chapel House
Social Activity

No sessions in Nov. and Dec.
for Holidays

April 27- Friendship House
Safety

January 26- Chapel House
Physical Activity

May 25-Chapel House
**Taking Care of you and your
Mental Health**

**All lessons will be presented by Carter
County Family and Consumer Sciences
Agent, Whitney Morrow at 1:00 pm and
will include a Bingo Game and prizes!
Schedule is subject to change**

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Upcoming Events

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Laugh and Learn Playdates September

7th-Carter County Extension Education Center **21st-Grayson Walking Track/StoryWalk**

10am-Noon

Cooperative Extension Service is an equal opportunity institution. Persons with disabilities are encouraged to attend all programs. For more information, contact your local Extension office or call 1-800-477-6899.

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Carver County Nut Conservation District

Thursday, September 8, 2022

Farm & Family Field Day

Matt & Tracy Prichard's
6584 S St. HWY 1
Grayson, KY 41143

Heading south on route 1 out of Grayson toward Willard, you will go past Heritage Elementary. Shortly after you pass Mullins Pallet Mill, you will cross a concrete bridge and Matt & Tracy's driveway will be on your right.

BRING YOUR OWN CHAIR

- Equipment Displays **8:00**
 - Pop-Up Farmer's Market (Cash, Senior & WIC Vouchers accepted) **8:00**
 - Display Booths from local businesses & organizations **8:00**
 - Pesticide Jug Rinse & Return Program through KDA **8:00**
 - Youth Activities **8:00**
 - Door Prizes **8:00**
 - *Counts for CAIP Educational Credit & 4-H Youth Livestock Hours **8:00**
- Please bring your favorite dessert to accompany the meal & as an entry for the Dessert Contest. Categories are: Cake, Pies, Cookies, KY Proud & Youth

Guest Speakers:
Dr. Jeff Lehmkuhler, UK Extension Beef Specialist;
Topic: Fence-Line Weaning

Dr. Steve Higgins, UK Biosystems & Agricultural Engineering Director of Animal and Environmental Compliance;
Topic: Farm Efficiency

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

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HIKE & LEARN

THIRD FRIDAYS

GRAYSON LAKE US ARMY CORP OF ENGINEERS PRIMITIVE TRAIL

SEPTEMBER 16 @ 1:00 PM

Upcoming Dates & Locations:
 October 21st @ 1:00
 Laurel Gorge Cultural Heritage Center

The Details for this Month:
 Grayson Lake US Army Corp of Engineers (Spillway)
 September 16 @ 1:00 PM **DIFFICULTY: Moderate**

WALKING DISTANCE: 2.2 miles

Hikes may be cancelled due to bad weather or trail conditions. Cancelled hikes will not be rescheduled.
 Sign up to receive Hike & Learn reminders, updates, and cancellation notifications by scanning this code.

All activities are FREE!

Meet in the gravel parking lot on the right before you get to the picnic shelters.
 Closed-toe shoes are required. Bring your own snacks & drinks.
 All ages welcome! Youth participating in this month's Hike & Learn will earn Kid\$ Bucks to spend at the Farmer's Market!

Reservations include: Hike, water, and a picnic lunch. All activities are FREE! This event is open to all ages. For more information, contact your local Extension office or call 1-800-477-6899.



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ADVENTURE

AWAITS!

North East Area Homemakers Annual Meeting

Lloyd M. Hall Community Center
150 South Church Street
Salyersville, KY 41465

Saturday, October 1, 2022

Cultural Arts & Registration 9:00-10:00 AM

Program begins at 10:00 AM

Menu: Pulled pork BBQ sandwich, potato salad, baked beans,
cole slaw, drinks, assorted desserts

Registration Fee is \$20/person

(Registration deadline: September 23, 2022)

Mail payments to Magoffin County Extension Homemakers, P.O. Box 349, Salyersville, KY 41465

Name: _____

County: _____

Please indicate if you have any special dietary requirements: _____

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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.



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.

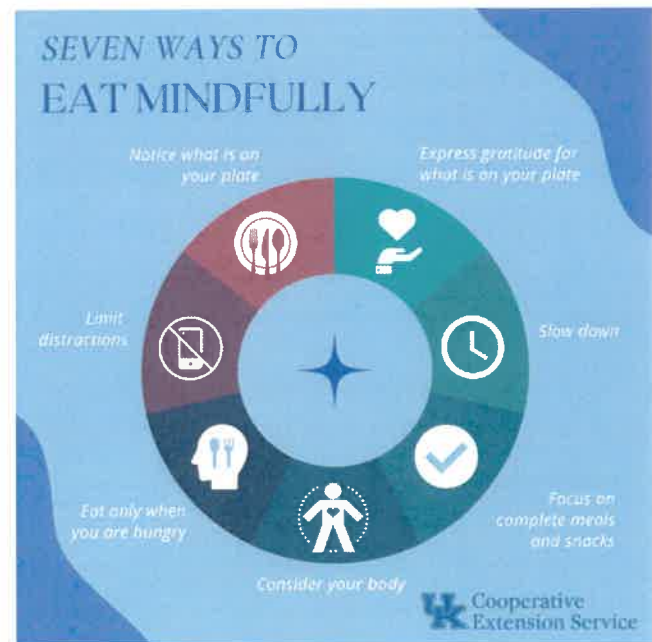


Figure 2. How to eat mindfully.

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.

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* Dues \$ 8.00

Date: _____

**Enrollment Form
for**

Carter County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (*Optional*): _____

Race (*Optional - circle one*): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (*Optional - circle one*): Hispanic Non-Hispanic

Gender (*Optional - circle one*): Female Male

Total years of membership: _____

I, (print full name) _____, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

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