

August
2023
FCS
Newsletter



VOL. 23-08

Cooperative Extension Service

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Enclosure: MONEYWISE Volume 14-Issue 8	

The Wayne County Extension Office will be closed on Monday, September 4th, for Labor Day Holiday!

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506





Nutrition Notes.....

(Alta) Gaye Hutchison,
EFNEP Assistant

(Expanded Food and Nutrition Education Program)

Taken from
February 2015
Food and
Nutrition
Calendar

SOUTHERN FISH IN A FOIL

- 1 pound white fish, cut into 4 servings
- 1 medium lemon, cut half into thin slices and save the other half
- 1 tablespoon hot sauce
- 2 tablespoons Italian spices
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon olive oil

1. Preheat oven to 550 degrees F. Cut 4 (12-by-20-inch) sheets of foil.
2. Combine Italian spices, garlic powder, salt and pepper into a small bowl. Squeeze lemon and rub a couple of drops of hot sauce onto each fish filet. Then, rub the spice mixture on the fish filet.
3. Place each piece of fish on one sheet of foil. Drizzle the remaining oil on the fish and top with lemon slices.
4. Fold foil over fish, crimping edges tightly to seal packets. Remember to leave enough room for packets to expand.
5. Place packets on a large baking sheet. Bake in oven for 9-11 minutes. Fish should be just opaque in center. You can test doneness by sticking a toothpick through the packet. It should slide through the fish easily. Carefully open packets; hot steam will escape.



Makes 4 servings
Serving size: 1 pouch

Source: Becky Freeman,
Social Marketing Research Project
Coordinator, Nutrition Education
Program, University of Kentucky
Cooperative Extension Service

Nutrition facts per serving: 160
calories; 6g total fat; 1.5g saturated fat;
0g trans fat; 60mg cholesterol; 320mg
sodium; 1g carbohydrate; 0g fiber;
26g protein; 0% Daily Value of vitamin
A; 4% Daily Value of vitamin C;
2% Daily Value of calcium;
4% Daily Value of iron

GROCERY LIST

- White fish (need 1 pound)
- Lemon
- Hot Sauce
- Italian Spices
- Garlic Powder
- Olive oil

MAKE IT A MEAL

- **Fish in a Foil**
- Steamed vegetables
- Orange sections
- Rice pilaf
- Low-fat milk

TIP

Women of childbearing age, children 6 years of age or younger, pregnant and nursing women and women who plan to become pregnant should follow advisories for eating locally caught fish found at <http://fw.ky.gov/FishBoatGuide/Pages/General-Information.aspx#4>

Especially for local
fishermen or
fisherwomen!

Skillet Pork Chops with Peaches



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

- 1 tablespoon oil
- 4 center cut pork chops (about 1/2 inch thick), trim visible fat*
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon butter
- 2 cups diced canned peaches, drained**
- 2 tablespoons apple cider vinegar
- 2 tablespoons sugar

*Boneless pork loin chops can also be used in this recipe.

**Fresh in-season or frozen peaches may be substituted for canned peaches.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. If using fresh peaches, wash under cool running water, gently rubbing the skin. Dry. Dice for the recipe.
3. Heat a large skillet over medium-high heat. Add oil.
4. Season pork chops with garlic powder, salt, and black pepper. Add to pan.

5. Rewash hands after handling raw meat.
6. Brown both sides of pork chops, cooking until the meat reaches an internal temperature of 145 degrees F as measured on a meat thermometer. Remove from pan to rest.
7. Return skillet to the stove and increase heat to high. Add butter, peaches, apple cider vinegar, and sugar. Cook quickly, stirring often, allowing peaches to slightly turn brown and sauce to thicken (about 2 to 4 minutes).
8. Return pork chops to the pan with peaches and continue cooking until the mixture coats the pork chops (about 2 to 3 minutes).
9. Serve each pork chop topped with peaches.
10. Refrigerate leftovers within 2 hours.

Makes 4 servings

Serving Size: 1 pork chop

Cost per recipe: \$7.78

Cost per serving: \$1.95

Nutrition facts per serving:

280 calories; 10g total fat; 3g saturated fat; 0g trans fat; 70mg cholesterol; 400mg sodium; 21g total carbohydrate; 2g dietary fiber; 19g total sugars; 6g added sugars; 28g protein; 6% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source:

Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

Taken from: August 2023 Food and Nutrition Recipe Calendar



Extension Homemaker Club Meetings

Sunnybrook - No meetings in June, July, & August

Country Charmers - No meetings in June, July, & August

Pots & Pans - No meetings in June, July, & August

Charity - No meetings in June, July, & August

Crafter's Anonymous - August 9th @ 1:30 p.m. - Downstairs Meeting Room

Odds 'N Ends - No meetings in June, July, & August

Creative Characters - August 15th @ 12:30 p.m. - Downstairs Meeting Room

Happy Chippers - August 17th @ 12:30 p.m. - Downstairs Meeting Room

Mudslingers - August 28th - Assigned Appointments Only - Contact Seth Hart

Mudslingers - August 29th @ 12:30 p.m. - Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!



**Roll Call and
Thought of the Day
for KEHA Monthly
Club Meetings
August 2023**



Thought for the Day: "Outside of a dog, a book is a man's best friend. Inside of a dog, it's too dark to read." - Groucho Marx

Roll Call: Celebrate the "dog days of August" by naming your favorite book--or dog!

Blood Drive!

Tuesday, August 8, 2023

Aspire Center

Sunnybrook 11:45 a.m.-3:00 p.m.

Charity 3:00 p.m.-6:15 p.m.





**Crafter's Anonymous
Extension Homemaker Club
Wednesday, August 9, 2023
1:30 p.m.
Downstairs Meeting Room
Fairy Garden Stakes
Class Fee: \$5.00**

These make wonderful gifts and are very popular. There will be choices of beautiful glass and silver beads to select from. To receive a craft kit, PLEASE call and let us know if you will be attending.



**Creative Writing Class
Instructor: Ranny Grady
Thursday, August 10, 2023 @ 10:00 a.m.
Small Upstairs Meeting Room
Class is FREE & open to the Public.
Everyone is welcome to attend.
Please call to register.**



**In-Stitches Quilt Class
Unwinding Binding
Wednesday, August 16, 2023 @ 10:00 a.m.
Downstairs Meeting Room**

We will be demonstrating and sharing samples of a variety of types of binding styles and techniques. If you have a sample ready to practice binding on, please bring it to the class. Border designs and options will also be shared.

All Dried Out

Drying Your Foods for Preservation.

August 10, 2023 @ 5:00 p.m.

Upstairs Meeting Room

Registration Fee: \$5.00 (Prepaid)

Please call to register.

Fruits, veggies, herbs; drying produce for long term storage is an excellent and space saving way to preserve foods to feed your family.



KENTUCKY  **COOPERATIVE EXTENSION**

All Natural
DISTILLED WHITE
VINEGAR
5% ACIDITY

Are your home canned pickles safe?

Verify that you used vinegar with 5% acidity.

Produce must be preserved using vinegar with **5% acidity**.
Check the vinegar bottle to confirm that the product you used does not have a lower percentage of acidity.

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Many concerns have been raised about preserving produce in 4% acidity.

According to the National Center for Home Preservation, using vinegar with less than 5% acidity has not been proven as safe. If you have canned food in the last 24 hours using 4% vinegar and a valid recipe, jars should be stored in the refrigerator to maintain safety and quality of product. If it has been longer than 24 hours since the food was preserved, discard the product for safety reasons.

Recipes from UK Cooperative Extension are valid recipes. For more information, reach out to your local Family and Consumer Sciences Extension Agent.

Canning & Freezing Publications

The Cooperative Extension Service has FREE canning and freezing publications available for those who preserve home-grown food or fruits and vegetables purchased from Farmers' Markets or other producers. Call 606-348-8453 to request copies or stop by our office. We also check canner gauges for accuracy (the type with a numbered gauge with a needle, (Presto), not the "jiggler" type). This service is also FREE!



Community Service Opportunity



Our local National Guard Unit is being deployed in the very near future. We need your help sewing Soldier Pillow Buddies for children whose parents are being deployed. All the materials are provided, we just need some helping hands. We need volunteers willing to: Sew, stuff pillows, iron, pin, etc. You don't have to have sewing skills to help. Please let us know if you can help with this community service project. Our project day will be Wednesday, October 11, 2023 at 10:00 a.m. in the Downstairs Meeting Room.



"Book Towers"

We are very happy to report that our "**Book Towers**" are a HUGE success. Many families and community members are utilizing them.

The **Blue Book Tower** holds books and magazines.

The **Red Book Tower** holds games, puzzles, and media.

We are in need of puzzles for children, youth, and adults. Board games would be great too! We also need adult coloring books, coloring pencils, and puzzle books. We could use playdough, coloring books, crayons, markers, sketch paper, and puzzle books for children.

Thank you to everyone who has been donating! Stop by and check out what's available. Help spread the word it's FREE. Sharing & Caring!



***Participation in these community service projects can count as volunteer service hours.*

A BAD DEAL IN DISGUISE: TYPES OF SCAMS

Can you recognize common scams?

Join us to learn about scammers
and how to avoid their tricks!

August 22nd @ 5:30 p.m.

Wayne County Extension Office
Downstairs Meeting Room
255 Rolling Hills Blvd.
Monticello, KY 42633
Call to RSVP! 606-348-8453
by August 18th.



The Quilt Show of the Little Mountains

Friday, September 1, 2023 - 9 a.m.-5 p.m. EDT

Saturday, September 2, 2023 - 9 a.m.-4 p.m. EDT

The quilt show is hosted annually by the Contented Heart Quilt Guild at the Aspire Center in Monticello, Kentucky. The show features: Juried quilt contest with ribbons and cash prize awards, block contest with ribbons and cash prize awards, vendor's mall, quilting demonstrations, quilt give-away.

Quilts to be entered in the show will be accepted at the Quilt Shoppe for several days prior to the show. Quilts will be accepted August, 23, 24, 25, and 26 from 10 a.m. until 4:00 p.m. at the Quilt Shoppe, 24 North Main St., Monticello, KY 42633
Phone (606-340-0015)

Wayne County Extension Homemakers!

Dates to Book in Your Calendar

August 10th - Creative Writing Class - 10:00 a.m. - Small Upstairs Meeting Room
August 10th - Dehydration Class - 5:00 p.m. - Upstairs Meeting Room
August 16th - In-Stitches Class - Bindings & Borders - 10:00 a.m. - Downstairs Meeting Room
August 21st - Homemaker Council Meeting - 6:00 p.m. - Downstairs Meeting room
August 22nd - Scams - Knowing Scam Types - 5:30 p.m. - Downstairs Meeting Room
August 30th - LCA Officer & Chairperson Training - TBA
September 4th - Extension Office Closed - Labor Day Holiday
September 14th - Creative Writing Class - 10:00 a.m. - Small Upstairs Meeting Room
September 20th - In-Stitches Class - Blended Braid - 10:00 a.m. - Downstairs Meeting Room
September 26th - Homemaker Officer Outing
September 26th - Emergency Preparedness - 5:30 p.m. - Downstairs Meeting Room
October 9th - 13th - KEHA Week! Details, times & locations coming soon:

- 9th - HM Make & Take
- 10th - HM Movie Night
- 11th - HM Community Service Day
- 12th - HM Road Trip
- 13th - HM Grab & Go!

October 12th - Creative Writing Class - 10:00 a.m. - Small Upstairs Meeting Room
October 24th - 26th - Extension Master Clothing Volunteer Training - Cave City
October 27th - LCA Holiday Event - Adair Co. - More information soon!
October 30th - Christmas Village Planning Committee Meeting-5:00 p.m.- Small Upstairs Room
October 31st - LCA Extension Homemaker Council Mtg. 10:30 am EST Adair Co.
October 31st - Transferring Cherished Possessions: Estate Planning for Non-Titled Property -
5:30 p.m. - Downstairs Meeting Room
November 1st - In-Stitches Class - 10:00 a.m. - Downstairs Meeting Room
November 9th - Creative Writing Class - 10:00 a.m. - Small Upstairs Meeting room
November 10th - Sit & Sew - Downstairs Meeting Room
November 16th - Christmas Village Prep
November 17th - Christmas Village Set-up
November 18th - Christmas Village - Wayne County Extension Office
November 23rd & 24th - Extension Office closed for Thanksgiving Holiday
November 28th - Holiday Make & Take - 5:30 p.m. - Downstairs Meeting Room
November 29th - In-Stitches Class - 10:00 a.m. - Downstairs Meeting Room
November 30th - Officer Event - 5:30 p.m. - Downstairs Meeting Room
December - Club Choice - Leader Lesson
January 23rd - Make Your Heart Happy -Valentine's Hearts & Other Lovey Things!
February 27th - Cultural Arts Lesson
March 26th - Spring Cleaning Your Home & Finances
April 23rd - Entertaining Little Ones
May 28th - Healthy Food Choices



Seth Hart,
Program Assistant
for Community Arts

Slab Pottery Clay Woven Basket



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

SLAB POTTERY

CLAY WOVEN BASKET



IF COMPLETED BY 4-H STUDENTS

~ 4-H ARTS ~

SCULPTING

757 CLAY

CREATE AN ITEM FROM CLAY
(EITHER SELF-HARDENING OR FIRING CLAY IS REQUIRED)

DESIGNED & PROVIDED BY:

Seth Hart
Extension Fine Arts Program Assistant
Wayne County Cooperative Extension Office
255 Rolling Hills Blvd.
Monticello, KY 42633
606-348-8453
seth.hart@uky.edu

MATERIALS & RESOURCES

SUPPLIER: HOBBY LOBBY

CLAY OPTIONS:

"AMACO" MOIST POTTERY CLAY (AIR DRY)

(10 LB BLOCK - \$10.00)

FIRING CLAY (KILN ACCESS REQUIRED)

(25 LB BLOCK - \$20.00)

SUPPLIER: KENTUCKY MUDWORKS

"STROKE & COAT" ASSORTED GLAZES - FOR KILN USE

(2 OZ BOTTLE - \$4.00)

CERAMIC HUMP MOLD

STYROFOAM BOWL IS ALSO OPTIONAL

SUPPLIER: WALMART

SOFT BRISTLE PAINT BRUSH

SPONGE

DISPOSABLE CUP OF WATER

ROLLING PIN

ACRYLIC PAINT

(IF USING SELF HARDENING CLAY)

TERMS

CLAY

KILN/FIRING

GLAZING

FORM

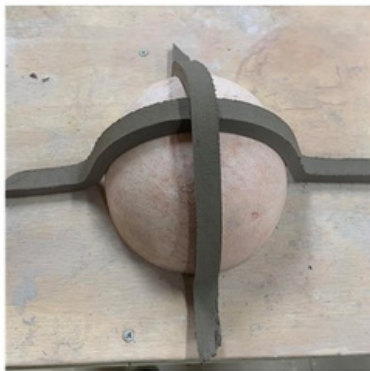
FUNCTIONALITY

INSTRUCTIONS ON BACK



Seth Hart,
Program Assistant
for Community Arts

Slab Pottery Clay Woven Basket



1. Using a rolling pin or slab roller, roll out a slab (approximately 8 inches wide, 20 inches long and no less than 1/4 inch thick).
2. Using a measuring stick, measure and cut out at least ten strips (approximately 12 inch wide) from the slab.
3. Wrap one of the strips around the base of mold to form a rim. Then, using a tooth pick or needle tool with a paint brush and cup of water, slip and score, attach and blend ends together.
4. Begin to lay and weave the rest of the strips as shown, and attach the ends to the rim using the slip and score method (however, attaching where the strips underlap and overlap isn't necessary).
5. Using a paint brush and water, smooth out any cracks or imperfections and dull the edges of each strip.
6. At this point, the bowl is formed. Just recheck the scored areas and make sure they're securely attached and blended. Allow a couple of hours for clay to harden, remove from mold and refine any other imperfections with a damp sponge. Then, set aside and allow piece to dry .

~ If using firing clay, allow at least one week to dry, fire to bisque (cone 06), glaze and then fire to (cone 5-6).

~ If using self hardening clay, allow 24 to 48 hours before painting.



Further instruction can also be seen on our YouTube Channel.

Channel: Wayne County Cooperative Extension Service

Playlist: Fine Arts

Tutorial: Pottery: Woven Basket/Slab Weaving



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Joy McGinnis,
FCS Program Assistant



Summertime is ending, which can be sad, but it comes with the excitement of going back to school. It is okay if you feel nervous or scared for the first day of school.

Many kids feel nervous about going to a new classroom or new school with new teachers and new friends. However, after you start your new school routine, those worries will go away. If those feelings do not stop, talk to your mom, dad, teacher, or school counselor.

The first day of school can be fun but cause some nerves. In order to settle those nerves down, start by being prepared with the correct supplies that you need. Some schools send out class supply lists before the year begins, so you can get pencils, folders, and whatever else you'll need. The night before school, lay out the clothes you are going to wear. You can also get organized by putting your homework and books into your backpack and setting it by the door the night before. Whatever you want for lunch, help your parents by packing it the night before. If you are nervous about remembering everything for the first day of school, write it down. You can write down your locker combination, classroom numbers, teacher's names, and bus information to help you remember those details. You might already know some kids in your classes on the first day. However, it is a great day to make a new friend, so try to say hello to the new kids in your classroom.

Here are some tips for having a successful year:

- Get enough sleep.
- Eat a healthy breakfast.
- Use a planner to write down your assignments so you turn in your homework on time.
- Ask questions. If you don't understand something, always ask the teacher.

Get excited for the kickoff of the new school year!



Make Better Beverage Choices

Make healthy drink choices. Limit the amount of added sugars, saturated fat, and sodium. Start simple with these tips today:

- **Drink water** - Drink water instead of sugar-sweetened beverages. Regular soda, energy or

sports drinks, and other sweetened drinks often have a lot of added sugar. Encourage kid-friendly drinks. Make water, low-fat or fat-free dairy milk, or unsweetened seltzer the go-to choices for your kids. Limit the amount of 100% juice you serve.

- **Compare food labels** - Use the Nutrition Facts label when shopping for drinks. Compare calories and the added sugars. Cut coffee calories. Skip the whipped cream and chocolate or caramel drizzle. Try low-fat milk and a sprinkle of cinnamon or nutmeg. Grab a bottle and go. Carry a clean, reusable water bottle in your bag to fill up during the day. Tap water is often easy to find. Jazz up your drink. Perk up your plain water or seltzer with citrus slices. Try some fresh mint leaves or a few fresh or frozen berries.

Source: Adapted from <https://www.myplate.gov/tip-sheet/make-better-beverage-choices>

Tips for Saving Money on Food



Plan

- Take time to plan your meals and make a grocery list.
- Plan your meals using seasonal foods.
- Shop • Find stores with super food sales during special times such as “Friday and Saturday Blow-out Sales” or “10 Items for \$10.”
- Find a local farmers’ market. Fruits and veggies tend to be fresher and cheaper.

Buy

- Buy store brands when the taste and quality suit your needs.
- Compare the unit price. The cost per ounce or per pound helps you find the best deal.
- Buy family packs of meats, cheese, poultry, and luncheon meats. Split the packs into servings, freeze, and use as needed.

Track

- Know the normal prices of items you buy most often. A sale will then be easy to spot.
- Compare prices of nonfood items at the grocery store with the same item at a discount store.

Source: Adapted from Alabama Cooperative Extension — <https://www.aces.edu/blog/topics/for-you/ways-to-save-your-food-dollars> Basic Budget Bites T



Headed back to school!
Breakfast is an important way to start the day!
Try some of these yummy breakfast options!

Amazing Pancakes!

Servings: 6 Serving Size: 2 pancakes Recipe Cost: \$3.45 Cost per Serving: \$0.58

Nutrition facts per serving: 260 calories; 8g total fat; 1.5g saturated fat; 0g trans fat; 95mg cholesterol; 320mg sodium; 39g total carbohydrate; 3g fiber; 10g sugar; 4g added sugar; 9g protein; 170% Daily Value of vitamin A; 10% Daily Value of vitamin C; 15% Daily Value of calcium; 10% Daily Value of iron. 4% Daily Value of potassium. *Nutrition facts do not include nuts

Ingredients:

- 1 cup self-rising flour
- ½ cup whole-wheat flour
- 2 tablespoons sugar
- 1 teaspoon cinnamon
- ¼ cup chopped nuts (optional)
- 1 cup sweet potatoes, cooked and mashed
- 3 eggs, beaten
- 1 cup fat-free milk
- 2 tablespoons olive oil
- 1 tablespoon vanilla
- Cooking spray



Directions:

1. In a medium bowl, combine flours, sugar and cinnamon. Add ¼ cup nuts, optional.
2. In a separate medium bowl, mix sweet potatoes, eggs, milk, oil and vanilla.
3. Pour liquid mixture into the flour mixture and stir until the dry ingredients become wet. Be careful not to over stir.
4. Preheat a griddle or skillet over medium high heat. Spray with cooking spray. Drop batter mixture onto the prepared griddle by heaping tablespoon. Cook until golden brown, turning once with a spatula when the surface begins to bubble. Continue cooking until the other side is golden brown. Repeat process, making 12 pancakes.

Banana Split Oatmeal!

Servings: Makes 1 serving Serving Size: 1 1/2 cup Recipe Cost: \$0.61 Cost per Serving: \$0.61

Nutrition facts per serving: 170 calories; 1.5g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 350mg sodium; 36g carbohydrate; 2g fiber; 17g sugar; 0g added sugar; 6g protein; 6% Daily Value of vitamin D; 10% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

Ingredients:

- 1/3 cup quick-cooking oatmeal
- 1/8 teaspoon salt
- 3/4 cup very hot water
- 1/2 banana, sliced
- 1/2 cup light strawberry yogurt



Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a microwave safe bowl, mix 1/3 cup oatmeal and 1/8 teaspoon salt.
3. Add 3/4 cup hot water, and stir to combine.
4. Microwave on high power for 1 minute.
5. Remove the bowl with oven mitts, and stir.
6. Microwave on high power for another 1 minute. Remove the bowl with oven mitts, stir, then allow it to cool slightly to thicken.
7. Using a cutting board and knife, slice half of a peeled banana. Wrap, and eat the remaining banana half as a morning snack later that day.
8. Top the oatmeal with banana slices and 1/2 cup yogurt. Serve immediately.

Breakfast Burrito!

Servings: 4 Serving Size: 1 burrito Recipe Cost: \$1.04 Cost per Serving: \$0.26

Nutrition facts per serving: 240 calories; 9g total fat; 3g saturated fat; 0g trans fat; 195mg cholesterol; 650mg sodium; 25g total carbohydrate; 1g dietary fiber; 2g total sugars; 14g protein.

Ingredients:

- 4 eggs
- 1/4 cup skim milk
- 2 tablespoons green pepper, finely diced
- 1/4 cup onion, finely diced
- 1/4 cup low-sodium lean ham, diced
- Cooking spray
- 4 8-inch whole wheat flour tortillas
- 1/4 cup salsa

Directions:

1. In a large mixing bowl, whisk the eggs and milk until blended; add green peppers, onions, and ham.
2. Heat a skillet on medium-low heat.
3. Spray skillet with cooking spray and add egg mixture.
4. As eggs begin to set, gently scrape the eggs across the pan with a spatula; repeat turning and folding eggs until no liquid remains. Do not stir eggs continuously.
5. Wrap tortillas in paper towels and warm in the microwave for 20 seconds.
6. Divide egg mixture by four equal parts and place in each tortilla. Fold tortilla in half or roll up.
7. Serve each burrito topped with 1 tablespoon of salsa.

Make it a Meal: Pair this burrito with oranges and cup of milk to complete your plate.



Should I be concerned about food and drinks with aspartame in them?

Anytime news about aspartame comes out, news agencies and websites jump at the chance to write an attention-grabbing headline about its link to cancer. Aspartame is a common food additive that is an artificial sweetener. It has been used in the U.S. for over 40 years. You can find it in packets for adding to foods and drinks. It is also common as a sweetener in diet sodas, chewing gum, and even toothpaste.

The World Health Organization and their research groups recently published stories that look at cancer risk related to certain foods, drinks, and food additives. These groups have determined that aspartame is “possibly carcinogenic to humans.” They point out that the science to support the link between cancer and aspartame is very limited. The classification aspartame received is the third highest out of four. That means the science available is not convincing enough to make aspartame a higher risk factor for cancer. The biggest takeaway is that more, better designed research studies are needed in lab animals and humans to understand if there is a true connection between the two.

The WHO gives recommendations to the whole world. The U.S. group that oversees food additives is the Food and Drug Administration (FDA). The FDA looks at information coming from these larger global groups. In fact, the FDA already recommends that adults consume no more than 50 milligrams per kg body weight each day. This means that a person who is 175 pounds would have to consume just shy of 100 packets of aspartame in a day to reach the upper end of the acceptable daily intake.

The only known health problem that has reliable science to support limiting aspartame is for people living with phenylketonuria (PKU). There is no concern for people who take in appropriate levels of aspartame each day. The main lesson is that no chemical, food additive, or nutrient should be consumed in large amounts each day. Instead, think of varying food and drink choices, when possible. Over time that will make sure you aren't consuming too much of one nutrient or chemical in place of other important nutrients in the diet.

Source: Heather Norman-Burgdolf, PhD, Extension specialist for food and nutrition

Reference: Aspartame and Cancer Risk. (2023). Retrieved 14 July 2023, from <https://www.cancer.org/cancer/risk-prevention/chemicals/aspartame.html>



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DS/vm



We Grow
Families.
www.ca.uky.edu



Website:
wayne.ca.uky.edu



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Consumer Sciences



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