



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



LYON COUNTY HOMEMAKERS

APRIL
 2024

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Sincerely,

Angie York
 County Extension Agent for Family & Consumer Sciences

Hello Homemakers,

I must start my note this month by saying that I am so glad to see classes, Homemaker meetings, and many more of you popping by the office. It is so great to see your faces and catch up as we are beginning to get to the end of the construction. There have definitely been times when I questioned that we would ever get here. That being said, if your group is still meeting off site and you are ready to come back, we are ready for you. Just let us know! With the magnitude of building issues over the last year, I have let time slip by and “forgot” to take my vacation days. I have several weeks to use and may be in or out over the next couple of months so I don’t lose my earned time. Please don’t let that hinder you if you need me. Please feel free to e-mail or text and I will be happy to help as I can. Make sure to read the little details of the newsletter this month. There might be another fun contest and I can’t wait to see your pictures! Happy Spring Homemaker family!

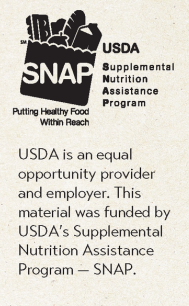


-Angie

April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Crafting with Christy: 1:00 PM	2	3	4	5	6
7	8	9 Savor the Flavor: Building Flavor with Herbs 6:00 PM	10 Saratoga: 10:00 AM	11	12 Fairview: 1:00	13
14	15 Lake Barkley: 12:00 noon	16 Senior Citizens Nutrition: 10:30	17 T-shirt Quilt Class	18	19 Area Homemaker Council Meeting 10:00	20
21	22	23 Savor the Flavor: Exploring Cooking Methods	24	25 County Homemaker Council Meeting: 2:00 PM	26	27
28	29	30 Homemaker Leader Lesson: Pickleball 10:00 at the Extension Office/5:00 on Zoom				

APPLE GRILLED CHEESE



Nutrition facts per serving:
 300 calories; 12g total fat; 6g saturated fat; 0g trans fat; 30mg cholesterol; 370mg sodium; 39g carbohydrate; 3g fiber; 15g sugar; 3g added sugar; 11g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source: Katie Shultz, Extension Specialist, University of Kentucky Cooperative Extension Service

- 2 teaspoons butter
- 4 slices whole wheat bread
- 2 slices American or cheddar cheese
- ½ cup spinach
- 1 teaspoon honey
- 1 apple, cored and thinly sliced

1. Place a medium skillet over medium heat. Butter one side of each slice of bread.
2. Place one slice of bread in skillet, butter side down. Top with two slices of cheese and 3-4 pieces of spinach. Drizzle with honey. Place 2-3 apple slices on sandwich.

3. Top sandwich with other slice of bread, butter side up. Cook for 2-3 minutes, or until golden brown and flip.
4. Repeat for next sandwich or if your skillet is large enough, you can do two at a time.

Makes 2 servings
Serving size: 1 sandwich
Cost per recipe: \$2.20
Cost per serving: \$1.10

April is “National Grilled Cheese” month and what a great time to celebrate one of our favorite sandwiches. Make sure to use a whole grain bread and try to add as many fruits and veggies as you can with your dairy. This recipe is one of my favorites. Try it, and e-mail or text me a picture of you with your grilled cheese sandwich to have your name entered into a drawing for fun incentives.

Yum!

angie.york@uky.edu
 270-703-0057



DID YOU KNOW:



THE MONTH OF APRIL WAS KNOWN AS APRILLUS BY THE ROMANS. THE VERB APERIRE, WHICH MEANS TO BLOSSOM OR OPEN, IS THOUGHT TO BE THE ORIGIN OF THE WORD.

THIS NATURALLY MAKES SENSE, GIVEN THAT IN APRIL, FLOWERS BEGIN TO EMERGE FROM THE GROUND, AND THE FIRST TREE BUDS APPEAR.



Savor the Flavor



*Welcome to a 5-part series
where you will learn tips and
tricks for creating restaurant
quality foods at home.*

APRIL 9, 2024
APRIL 23, 2024
MAY 6, 2024

All Savor the Flavor Classes are at 6:00 PM at the Lyon County Extension Office. Please call 270-388-2341 to register.

Senior Citizen's Nutrition Class



JOIN ME APRIL 16, 2024 AT THE LYON COUNTY SENIOR CITIZEN'S FOR THE MONTHLY NUTRITION LESSON. WE PLAY GAMES, TASTE TEST RECIPES, AND GAIN VALUABLE KNOWLEDGE ALONG THE WAY. NO NEED TO SIGN-UP, JUST COME BY AT 10:30.

T-Shirt Quilt Class

Just in time for graduation. Get those t-shirts out of the drawer and into something useful!

**April 17, 2024
9:00 AM to 3:00 PM**


Lyon County Extension Office

Supply list will be given when you call to sign-up. Bring a sack lunch.

May Homemaker Leader Lesson

April 30, 2024
10:00 am
Your Local Extension Office
5:00 pm
Zoom



Contact your local FCS Agent for the Zoom link.  Cooperative Extension Service
An equal opportunity university

Crafting With Christy

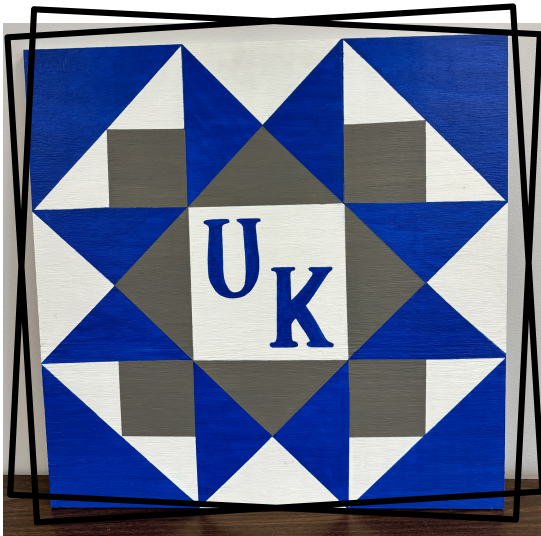


When: May 6, 2024
Where: Lyon County Extension Office
Time: 1:00 PM
Cost: \$10



Come join Christy for a fun crafting project. Must come by and pay to get on the class roster. For questions, please call 270-388-2341.

Barn Quilt Painting Class



Join us for this fun class taught by Master Gardner Shirley McDowell. There will be color and wording options, but all will be the star quilt pattern.

When: May 16, 2024
Where: Lyon County Extension Office
Time: 9:00 AM to 3:00 PM
Must sign up and pay by May 10, 2024. Very limited number of spots available. Don't wait!

\$75 CLASS FEE

ADULT

HEALTH BULLETIN



APRIL 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>

Lyon County Extension Office
 231 Main Street
 Eddyville, KY 42038
 (270) 388-2341

THIS MONTH'S TOPIC

WALK AROUND THE CLOCK



April 5th is National Walking Day. It's an opportunity to try to fit more movement into your daily routines. If you are looking for a way to take a step in that direction (pun intended!), the following tips from the American Heart Association are for you.

Get up and going early

- Before you go to bed at night, lay out your walking clothes and shoes so it's easy to put them on quickly and head out the door.
- Eat a piece of fruit or a container of yogurt for quick energy, either first thing or on the go.

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities accommodated with prior notification.

Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal.

→ Continued from the previous page

- Create an upbeat playlist of your favorite songs to help get you moving. But make sure you can still hear traffic while listening to music.
- If it is still dark, carry a light or wear reflective clothes.
- Stretch after your walk. You can even watch a morning news show or check your email while stretching.

Add in a mid-day movement break at lunch

- Schedule your lunchtime walk in your calendar, like an important meeting or appointment.
- Keep everything you need for walking at work or in your car, so you will never be without them.
- Recruit co-workers or friends to join you. You can keep each other on track and accountable.
- Depending on your walking pace, the weather and how much you sweat, you may be able to wear your work clothes and just put on athletic shoes. Or you may prefer to keep a change of clothes handy with your shoes.
- In cooler weather, you might need a jacket, hat, or gloves. If you're walking briskly, you'll heat up in a few minutes, so don't overdress.
- Do not skip lunch. Bring food with you or pick a route where you can grab a quick healthy meal at the end of your walk.

Wind down from your day with a walk

- Have a light snack about an hour or two before you leave work so you don't feel an energy dip and talk yourself out of walking. You could try fruit, trail mix, or peanut butter and crackers as easy afternoon snacks.
- Pick a route without heavy traffic because air pollutants are worse during rush hour.
- Before heading out or as you begin your walk, do some shoulder rolls and other warm-ups to release any stress you may be carrying.



- Carry a light or wear reflective clothing if it's already dark or getting dark while you are out.

When you choose to move is up to you. The important thing is fitting it in! Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal. Whether you do all 30 minutes at once or spread it out during your day is up to you!

REFERENCE:

<https://www.heart.org/en/healthy-living/fitness/walking/fit-in-walking-morning-noon-or-night>

**ADULT
HEALTH BULLETIN**

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Adobe Stock

