



Cooperative Extension Service

Todd County

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March 2023

Todd County Extension

Family & Consumer Sciences

Newsletter

Should I Be Using Green Powders?

Green powders have become increasingly popular, but what are they and should you use them? Green powders are a mix of dried and powdered ingredients that may include vegetable and fruit powders, added vitamins and minerals, probiotics, digestive enzymes, or herbal supplements. Typically, manufacturers of green powders recommend you mix the product into a full glass of water and take it on an empty stomach.

Various green powder brands claim that their product has multiple servings of fruits or vegetables, decreases bloating, and improves digestion. However, there is limited research on green powders. Researchers have not studied them in a large enough population to make broad claims.

It is important to consider that green powders are considered a supplement. The Food and Drug Administration (FDA) does not regulate them. This means the quality of the product does not need to meet certain standards. Without regulations from the FDA, it is uncertain how much of each ingredient you are getting in the green powders and the purity of the product. When buying any kind of supplement, look for ones that are third-party tested for more legitimacy.

While green powders may be a trendy way to add vitamins and minerals to our diet, they are not an adequate replacement for eating whole fruits and vegetables. They also come at a much higher cost than buying conventional produce. Because the fruits and vegetables in green powders are dried and processed, they are missing important components like fiber and certain vitamins and minerals. Also, when we eat fruits and vegetables, they help us feel full for longer and promote an overall nutritious diet.

Reference:

What To Know About Green Powders | Healthier Together. (2021). Retrieved 29 September 2022, from <https://site.extension.uga.edu/healthiertogether/2021/07/what-to-know-ab...>

Source: Sarah Donnell, Human Nutrition Undergraduate Student, and Heather Norman-Burgdolf, PhD, Extension Specialist for Food and Nutrition



Be Ready for an Emergency

Even with the best alert systems in place, there is often little to no warning when severe weather or natural disasters strike. The best time to prepare is now. Plan ahead for wind, rain, ice, or snow in case you need to survive on your own for a few days.

Every household should have an emergency supply kit on hand. The kit should include basic items you and your family may need in the event of an emergency. It should be made ahead of time, stored in a protected area, and easy to move. A basic emergency supply kit should include the recommended items below.

- Water – one gallon of water per person (and pet) per day, for at least 3 days.
- Food – shelf-stable, for at least 3 days
 - Canned meats, fish, and beans
 - Canned fruits and vegetables
 - Peanut butter or other nut butters
 - Dried foods, jerky, trail mix or granola
- Manual can opener
- Waterproof matches
- First aid kit
- Flashlight or reliable light source
- Batteries in a variety of sizes
- Toilet paper
- Unscented bleach and measuring spoon
- Disposable plates and utensils
- Hand sanitizer
- Disinfecting wipes
- Plastic zip top bags



In addition to the recommended items above you may want to include a battery-powered or hand-crank radio and blankets. The foods to include will depend on your family's taste and any special dietary needs. Including a few treats like hard candy, chocolate, or coffee will help keep spirits up. You may also want to include a few activities or toys like a deck of cards or books if you have kids.

Check your emergency kit every six months and replace the water. Check use by dates on the food and batteries as well. Replace and restock items as needed. For more information on preparing for an emergency, visit <https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html>

Reference: Centers for Disease Control and Prevention

Source: Annhall Norris, Extension Specialist, Food Preservation and Safety

Morning Carrot Muffins

1 ¼ cups all-purpose flour	2 cups shredded carrot	3 eggs
¾ cup whole-wheat flour	½ cup raisins	¼ cup vegetable oil
1 cup sugar	½ cup chopped walnuts	1 cup unsweetened applesauce
2 teaspoons baking soda	½ cup unsweetened coconut	2 teaspoons vanilla extract
1 tablespoon cinnamon	1 finely chopped medium apple	
¼ teaspoon salt		

Preheat oven to 350 degrees F. **Spray** 18 muffin cups with nonstick spray or line them with muffin liners. In a large bowl, **mix** together flours, sugar, baking soda, cinnamon, and salt. **Stir** in carrots, raisins, nuts, coconut, and apple. In a separate bowl, **beat** together eggs, oil, applesauce, and vanilla. **Stir** wet ingredients into the flour mixture until just moistened. Do not overmix.

Scoop batter into prepared muffin cups. **Bake** for 20 minutes, or until a toothpick inserted in the center comes out clean.

Yield: 18 muffins

Nutritional Analysis:
170 calories, 6 g fat, 1.5 g saturated fat, 30 mg cholesterol, 180 mg sodium, 27 g carbohydrate, 2 g fiber, 16 g sugars, 10 g added sugars, 3 g protein

We hope to move into our new building, located at 240 Pond River Road, soon. Please be patient with us as we move and schedule events. Watch Facebook and check email for more information.

Sincerely,

Jill B. Harris

Jill Harris
Extension Agent for
Family & Consumer Sciences



Upcoming Classes & Activities

March Leader Training - Fun with Fermented Foods

You have probably consumed a fermented food without even realizing it. All fermented foods have one thing in common: good bacteria. Fermented foods are foods that have been aged in a way that allows good bacteria to develop. Join this lesson to learn different kinds of fermented foods and get an opportunity to taste something new. It will be taught **Wednesday, March 1, 2:00 p.m.** at the **POPS Building, 201 E Main Street, Elkton, KY**. Please RSVP to the Todd County Extension Office by **February 27**, to let us know if you plan to attend.

Meals While Traveling Leader Training

This lesson will walk through simple and effective strategies to make the most of meals while traveling. It will be shown by Zoom on **March 28, 2:00 p.m.** (contact the Todd Co. Extension Office for the Zoom link) OR you may attend an in-person class on **Thursday, March 30, 10:00 a.m.** at the **Christian Co. Extension Office**. If you are planning to attend the lesson there, please RSVP to the Todd Co. Extension Office.

Todd County Homemakers Council

Todd County Homemakers Council will meet **Monday, April 24, 5:00 p.m.** at the Extension Office Meeting Room.

KEHA Annual Meeting – Delegates Needed

Would you like to serve as a Todd County Homemaker voting delegate to the Kentucky Extension Homemaker Annual Meeting **May 9-11**, at the Crown Plaza in Louisville? If so, please contact Jill Harris at the Extension Office as soon as possible. The registration fee, half of the hotel room, and meals are paid.

Quarters for Camp Rainbow in March

Homemakers Council voted to collect quarters for Camp Rainbow, a camp in Clarksville, TN, that caters to the needs of seriously ill children whose medical problems kept them from attending regular camps. If you would like to donate, you can take a donation to your club meeting or drop it off at the Todd Extension Office.

Area Cultural Arts

The Pennyryle Area Homemakers are hosting their annual Cultural Arts Contest on **Friday, March 17**, at the **Christian County Extension Office**. Entries will be taken between **10:00 a.m. and 11:00 a.m.** You must be a homemaker member to enter items (if you are not, I can help you with that.) At 11:00 a.m., there will be a Junk Journaling class. Preregistration is not required.

Categories:

1. Apparel
2. Art, 3-Dimensional
3. Art, Natural
4. Art, Recycled
5. Basketry
6. Beading
7. Ceramics A
8. Counted Cross Stitch
9. Crochet
10. Doll/Toy Making
11. Drawing
12. Embroidery
13. Felting
14. Holiday
15. Jewelry
16. Knitting (Hand)
17. Knitting (Other)
18. Needlepoint
19. Painting, Art
20. Painting, Decorative
21. Photography
22. Quilts
23. Paper Crafting
24. Rug Making
25. Wall/Door Hanging
26. Weaving
27. Miscellaneous



For a printed copy of the categories/subcategories, please contact the Todd County Extension Office or go to this link on the KEHA website:

http://keha.ca.uky.edu/files/cah_cultural_arts_categories_and_rules_2022.pdf

Save the Date for an Ice Cream Social/Shower

Todd County Homemakers Council will host an Ice Cream Social/Annual Meeting/Shower for the new Extension Office on **Thursday, May 4, 5:00 p.m.** Save the date and watch for more details in the next newsletter.



Pennyrile Area

Cultural Arts Exhibit Day



March 17, 2023
10:00 am

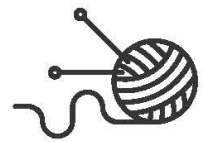


Christian County Extension Office

2850 Pembroke Rd, Hopkinsville, KY 42240



Celebrate the arts with us!



Schedule:

- 10:00 - 11:00 am: Exhibit Check-in
- 11:00 am - 12:00 pm: Educational Session: Junk Journaling
- 12:00 - 12:30 pm: Exhibits open for viewing
- 12:30 pm: Exhibits Check Out

Contact your local Family & Consumer Sciences Agent for a list of Cultural Arts Exhibit Categories and to obtain Entry Tags for exhibits. Please complete entry tags prior to check-in. Entries in each subcategory limited to one per person.



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

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Ashley Board
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Princeton, KY 42445
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College of Agriculture,
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.