

Hopkins County Extension

Family and Consumer Sciences

HOPKINS COUNTY
COOPERATIVE
EXTENSION SERVICES
75 CORNWALL DRIVE
MADISONVILLE, KY 42431-8780
(270)821-3650
WWW.CA.UKY.EDU/CES



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.

For more information about balanced diets and buying fruits and vegetables, contact your local Cooperative Extension Office.

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

Upcoming Classes

Homemaker Happenings

Piecemakers
8/12 (Room reserved all day)
8/22 2:00-8:00

Happy Homemakers
8/16 1:00-3:00

Needles and Yarn
8/9 12:00-2:00

Homemaker Leader Lesson
8/31 10:00-12:00

Reminder our office will be closed in observance of Labor Day 9/4/2023



Following us online is an easy way to keep up with Hopkins County Extension Family and Consumer Science



AMANDA DAME
County Extension Agent for
Family and Consumer Sciences





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

2023-2024

Homemaker Leader Lessons

10:00 am Lessons will held at the Hopkins Co. Extension Office
5:00 pm Lessons are zoom only

September Lesson

**Recognizing and Coping with Trauma
After a Natural Disaster**
August 31- 10:00 am
5:00 pm- Zoom

October Lesson

**People Lean with a Purpose:
Understanding Learning Styles**
September 26- 10:00 am
5:00 pm- Zoom

November Lesson

Healthy Eating Around the World
November 1 - 10:00 am
November 2- 5:00 pm- Zoom

January Lesson

**Carbon Monoxide
Mailout**

February Lesson

**Time Well Spent: Organizing Tips for
Increased Productivity**
January 25- 10:00 am
5:00 pm- Zoom

March Lesson

Scam Red Flags and Avoiding Fraud
March 5 - 10:00 am
5:00 pm- Zoom

April Lesson

Savor the Flavor: Seasoning with Spices
March 26 - 10:00 am
5:00 pm- Zoom

May Lesson

Let's Play Pickleball
April 30 - 10:00 am
5:00 pm- Zoom

June Lesson

**Health Literacy for the Win
Mailout**



For ages 5 and under accompanied by an adult



LAUGH & LEARN

Fun & Creative Playdate for Pre-Schoolers

Games, Story Times, Sensory & Developmental Activities

JOIN US



**Thursday,
August 10th at 11:00 a.m.
to learn about apples!**

Sign up by calling 270-821-3650
or scanning the QR code



HOPKINS COUNTY -
MADISONVILLE PUBLIC LIBRARY
425 East Center Street
Madisonville, KY 42431

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

Education programs of Kentucky Cooperative Extension serve all people regardless of race, color, creed, national origin, sex, marital status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Council on Postsecondary Education.
LEXINGTON, KY 40546



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FALL

Door Hanger Class



<https://www.pinterest.com/pin/8166997136>

94636425

**PRICE:
\$20**

September 18th

5:30 pm

at the

Hopkins Co. Extension Office



<https://www.pinterest.fr/pin/538813542931>

162407

**PRICE:
\$25
(WITH 3 TO 4 FLOWERS)**

Space is limited!
Contact the Hopkins County Extension Office to sign up!
Phone: 270-821-3650

Cooperative Extension Service
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LEXINGTON, KY 40546



Accessibility icon



If you are out walking at Mahr Park, take a rest on one of the two benches sponsored by Hopkins County Homemakers.





University of Kentucky
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PRESTO DIAL GAUGE



PRESSURE CANNER TESTING

Make sure your Presto Canner is
working properly!

**Bring your Presto Dial Gauge Canner
lid to the Hopkins County Extension Office**

Hopkins County Extension Office
75 Cornwall Drive
Madisonville, KY 42431



University of Kentucky
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Canning Equipment Check-Out



Check out the following equipment for 3 days:

- Pressure Canner
- Boiling Water Canner
- Canning Tools
- Dehydrator

Deposit of \$50 with a refund when equipment is returned.

Hopkins County Extension Office
75 Cornwall Drive
Madisonville, KY 42431

LET'S TAKE A HIKE WITH

 KEHA

UK Cooperative
 Extension Service

HOPKINS CO. HOMEMAKERS
 LEAD THE WAY!

SEPTEMBER 11
 OFFICER TRAINING AT 3:00PM
 COUNCIL MEETING AT 3:30PM
 AT HOPKINS COUNTY EXTENSION OFFICE



Cooperative Extension Service
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Kentucky's programs of Extension Cooperative Extension Service are available to all people regardless of race or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, marital status, sex, sexual orientation, gender identity, gender expression, pregnancy, parental status, genetic information, age, veteran status, physical or mental disability or receipt of public assistance for prior or current service. Reasonable accommodations of disabilities are provided upon request. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Commonwealth of Kentucky. KY 40006



Disabilities accommodations with prior notification.



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 SIMPLIFIED

FCS PODCAST

Sometimes life is messy. Have you ever wished you could refocus your mind, home, relationships, and work life?

LISTEN ON YOUR
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 EACH TUESDAY!

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Disabilities accommodations with prior notification.

ADULT

HEALTH BULLETIN



AUGUST 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC: LUNG CANCER SCREENINGS



August 1 is World Lung Cancer Day, a day to bring awareness to the importance of lung cancer screening and taking active steps to reduce the likelihood of negative outcomes.

Lung cancer is the leading cause of cancer deaths in Kentucky. However, early diagnosis increases the odds for successful treatment. Evidence-based screening among eligible Kentuckians is a safe way to catch lung cancer early and increase a person's odds of beating the disease.

The Kentucky Lung Cancer Screening Program has three goals:

1. Increase lung cancer screening,
2. Reduce morbidity and mortality from lung cancer, and
3. Reduce the cost of treating lung cancer.

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lung cancer is the leading cause of cancer deaths in Kentucky.



For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit quitnowkentucky.org.

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The U.S. Preventive Services Task Force (USPSTF) recommends yearly lung cancer screening with low-dose computed tomography (LDCT) for people who have the following risk factors:

- A 20 pack-year or more smoking history
- Smoke now or have quit within the past 15 years
- Are between 50 and 80 years old

A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history by smoking one pack a day for 20 years or two packs a day for 10 years.

The recommended screening test for lung cancer is low-dose computed tomography (also called a low-dose CT scan). Screening is recommended for adults who have no symptoms but are at high risk. The best way to reduce your risk of lung cancer is to not smoke and to avoid

secondhand smoke. Lung cancer screening is not a substitute for quitting smoking.

For more information on the Kentucky Cancer Screening Program, or to find screening options and locations near you, visit ky.gov and search “lung cancer screening.”

For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit quitnowkentucky.org.

REFERENCE:

https://www.cdc.gov/cancer/lung/basic_info/screening.htm

ADULT
HEALTH BULLETIN

Written by: Katherine Jury, MS
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Stock images: 123RF.com



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: WAYS TO SAVE ON BACK-TO-SCHOOL

Sales ads and store shelves are now displaying backpacks, pens, sneakers, and tech. It's the time of year kids start asking for new gear for school. The costs of most goods and services have risen in recent years, and school supplies are no exception. The Consumer Price Index for the Southern Region shows that generally prices peaked last summer, but overall, the cost of goods is still high.

Back-to-school shoppers plan to stretch their

dollars

spent on supplies, clothes, shoes, and electronics several ways, according to a recent National Retail Federation survey. Some will compare prices before buying (45%). Others will shop sales

BEFORE YOU SHOP

45% of shoppers have used a shopping list (39%) and compared prices online (27%). The following tips provide some of the suggestions you should have before heading out to buy new items. You might be able to use some of last year's supplies, such as backpacks, calculators, rulers, folders, and more.

Look through your child's clothing and shoes to see what fits and what you need to replace. Be sure to check the school's dress code to make sure your



clothing choices match the school's policies. If your children have outgrown anything, consider selling gently used clothing to a consignment store for cash or store credit.

If your household budget is tight, contact your school's Family Resource or Youth Services Center to see if there are local school supply drives planned in your community. Or consider having a clothing or "supply swap" with other families you know with similarly aged children.

Once you have inventoried your needs, make a shopping list. Put the most critical items at the top of the list. Talk to your kids about the difference between wants and needs. Sometimes we can't have both, and needs must come first.



TRY TO SHOP RETAILERS WHO OFFER DISCOUNTS, ACCEPT COUPONS, OR HAVE CUSTOMER LOYALTY PROGRAMS.



AT THE STORE

In preparing to shop, consider your budget. Back-to-school expenses are probably not part of your regular monthly budget. Where might this occasional expense fit into your plans? You might not have to buy some items right away, such as winter coats or clothes. You can work those into a later month's budget if needed.

Compare prices online before shopping, especially for more expensive items such as technology. Try to shop retailers who offer discounts, accept coupons, or have customer loyalty programs. Also, hang on to your receipts in case your children don't use the supplies and you can return them.

STICK TO YOUR LIST

Colorful displays and marketing can be enticing, but it is better to stay within budget and stick to your list. Start with what your child needs most.

Written by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

If they shop with you, perhaps set aside a designated amount that they can spend on a special item of their choice. For smaller items, it can be cheaper to buy in bulk, especially if you can split the cost with another family or if they are staple items you can put aside for next year, such as paper, pencils, or other goods. If your child's school requires a reading list, consider using the local library. Or talk with students from the grade ahead, who might be willing to lend or sell the books they read last year.

REFERENCES:

National Retail Federation. (2023). <https://nrf.com/insights/holiday-and-seasonal-trends/back-to-school>

U.S. Bureau of Labor Statistics. (2023). https://www.bls.gov/regions/southeast/news-release/consumerpriceindex_south.htm

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