

HOPKINS COUNTY
COOPERATIVE
EXTENSION SERVICES

75 CORNWALL DRIVE
MADISONVILLE, KY 42431
(270) 821-3650

MARCH

NEWSLETTER



Following us online is an easy way to keep up with [Hopkins County Extension Family and Consumer Sciences](#)








Amanda Dame

AMANDA DAME

County Extension Agent for
Family and Consumer
Sciences



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-  Slow Cooker Tips for Warm Winter Soups and Stews
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Upcoming Dates

On Facebook Live:

Meal Magic

March, 5th- 12PM

Facebook Handle:

Hopkins County
Nutrition Education
Program

At the Extension Office:

Homemaker Council

March, 18th - 9AM

Extension District Board

March, 20th - 11:30AM

County Extension Council

March, 20th- 4:30pm

On PodBean, Spotify,

Amazon Music, &

iHeartRadio:

Life Simplified

New episodes
every Tuesday!

<https://lifesimplifiedpodcast.podbean.com/>



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University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights,
1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Visit the [CES Program and Staff Development](#) website for additional guidance.

Questions may be directed to Stacy Miller at Stacy.miller@uky.edu or (859) 257-1727.

Virtual LUNCH & LEARN

FEBRUARY 25 NOON

Join via Zoom:
bit.ly/3WjlUBb

Composition in Photography

HOSTED BY: AMANDA DAME,
HOPKINS COUNTY FCS AGENT



UK Cooperative
Extension Service
An equal opportunity organization

Life SIMPLIFIED

FCS PODCAST

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

Join Family & Consumer Sciences Agents in Caldwell, Christian, Hopkins, and Livingston on our new podcast airing each Tuesday as we use research based information to make practical changes and simplify life.

**LISTEN ON YOUR
FAVORITE PODCAST
APP EACH TUESDAY!**

Life SIMPLIFIED

Family and Consumer Sciences



WALK YOUR WAY CHALLENGE

Winner receives a
FREE Month Pass
to the
Hopkins County YMCA!

MARCH 10 - MAY 25, 2025

Start Slow, Start Small, Start with Us!

Register at your local Extension Office or
online at <https://bit.ly/WalkYourWay2025>

Ready, set, conquer the challenge for a
chance to snag an awesome prize!

Hopkins County Extension Office
75 Cornwall Drive
Madisonville, KY 42431
270-821-3650



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 **HOPKINS COUNTY
FAMILY YMCA**



Slow Cooker Tips for Warm Winter Soups and Stews

Slow cookers are electric appliances that are easy and convenient. You can use them to make soups and stews which are budget-friendly dishes you can stretch over several meals or feed a larger crowd. Use smaller slow cookers, in the range of 2 to 4 quarts, to feed one or two people. Larger slow cookers, 5 to 6 quarts, can feed larger families or gatherings. When preparing a soup or stew, make sure to fill the slow cooker at least halfway but no more than three-fourths full. This helps food cook evenly and reduces food safety concerns. Use the following tips and tricks to build a soup or stew with common items you might already have in your home.

- Chop vegetables into similarly sized pieces to ensure even cooking. Vegetables that cook well within the slow cooker are onions, carrots, potatoes, parsnips, celery, and green beans.

SLOW COOKER TIPS FOR WARM WINTER SOUPS AND STEWS....

- Add vegetables to the slow cooker first. They cook slowly and need direct contact with the heat.
- If adding animal protein, trim the fat from the meat and cut into smaller, evenly sized pieces. Consider tougher cuts of meat that may be on sale such as chuck roast, stew meat, brisket, shoulder, or ribs. The ideal cut of poultry for a slow cooker soup or stew is chicken thighs. Place the meat or poultry on top of the vegetables.
- When adding liquid, make sure to cover all the vegetables. The fluid level should almost cover the meat entirely to ensure heat transfer and thorough cooking. Common liquids used in soups and stews are water, chicken broth, beef broth, and vegetable stock.
- For soups and stews that have pasta in them, add the dry pasta about 30 minutes before serving time. This will cook your pasta without making it too mushy.
- Rinsed, canned beans, lentils, and chickpeas (garbanzo beans) are a budget-friendly and nutritious protein source that you can add to a soup or stew at the beginning of the cooking time.
- Don't forget to add flavor and depth using dried herbs and spices. Bay leaves, parsley, and oregano are common in slow cooker meals. Dried herbs will handle the heat of the slow cooker better over a longer period of time compared to fresh herbs. If you're making a soup or stew with no recipe, it may take trial and error to find the level of flavor that you enjoy.
- If you're adding cream or a dairy product to the soup or stew, add it within the last hour of the cooking time. This will preserve the texture and creaminess of the soup or stew.

Serve your soup or stew with whole-grain crackers or toast and a side of fruit for a well-balanced and nutritious meal. With a little information, you can take several items you have on hand and pull together a hearty, nutritious winter meal that requires little time and attention.

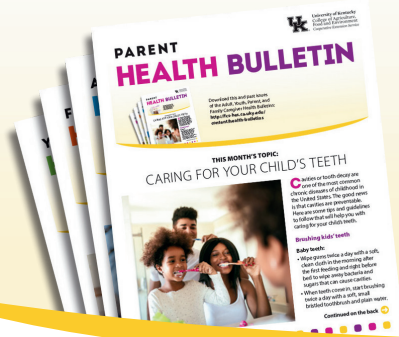
CONTACT YOUR LOCAL HOPKINS COUNTY EXTENSION OFFICE FOR MORE INFORMATION ON PREPARING FOR SEVERE WEATHER OR OTHER NATURAL DISASTERS.

REFERENCE: FN-SSB.003 PUTTING YOUR SLOW COOKER TO WORK

SOURCE: HEATHER NORMAN-BURGDOLF, EXTENSION SPECIALIST FOR FOOD AND NUTRITION

PARENT

HEALTH BULLETIN



MARCH 2025

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

Hopkins County Extension Office
75 Cornwall Drive
Madisonville, KY 42431
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THIS MONTH'S TOPIC

PAY ATTENTION TO HOW YOU TALK ABOUT FOOD WITH KIDS



Parents have a powerful influence on how their children think about food. The language used around food shapes children's attitudes, beliefs, and behaviors toward eating. They can last a lifetime. Using positive and supportive language when talking about food is vital for helping children develop a healthy relationship with food. This means enjoying a variety of foods without guilt or anxiety. It means understanding that food is fuel for our bodies, not something to be feared or controlled.

From a young age, children listen and learn from the way we talk about food. If we use labels for food like "good" or "bad," children might start to view eating as something that is either right or wrong. They won't see it as just a way to nourish

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Cooperative Extension Service

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Don't say a food is "unhealthy."

Say, "This is a treat that we can enjoy

sometimes, but we also need other

foods that help our body feel good

every day."

→ Continued from the previous page

their bodies. For example, when we say things like, "this is so unhealthy," or "that is bad for you," it can create confusion and stress around food. These types of comments can lead children to feel guilty for enjoying certain foods. This could lead to unhealthy eating habits or an unhealthy relationship with food.

One of the most important things we can do is avoid labeling food as "good" or "bad." While it's important to encourage healthy eating habits, no food should ever be completely "off-limits" or "bad." If we only talk about food in terms of judgment, like saying, "You can't have that," or labeling food as "junk food," children may begin to feel like certain foods are forbidden or "wrong" to eat. This can lead to feelings of shame or guilt when they eat those foods, even in moderation.

Instead of labeling food, it's more helpful to talk about food in terms of balance. For example, don't say a food is "unhealthy." Say, "This is a treat that we can enjoy sometimes, but we also need other foods that help our body feel good every day." This helps children understand that it's OK to eat foods that are more indulgent. It's OK when they're balanced with other foods that provide our body with the nutrients it needs. It also helps set

the foundation for a balanced view of food. It helps them understand that all foods have a place in a healthy diet and should be enjoyed without shame.

The way we talk about food can shape children's attitudes toward eating. By using positive, nonjudgmental language, we can help them build a healthy relationship with food that will last a lifetime. Encourage balance with food choices. Promote a positive food environment to help children see food as something that nourishes, rather than something to fear or feel guilty about.

REFERENCES:

- Satter, E. (n.d.). Are you feeling bad about your eating? Ellyn Satter Institute. <https://www.ellynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating/>
- Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute <https://www.ellynsatterinstitute.org/how-to-eat/the-joy-of-eating-being-a-competent-eater>
- Helping Your Kids Develop a Healthy Relationship with Food | Patient Care. (n.d.). Weillcornell.org. <https://weillcornell.org/news/helping-your-kids-develop-a-healthy-relationship-with-food>

**PARENT
HEALTH BULLETIN**

Written by:

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Edited by: Alyssa Simms

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Stock images:

Adobe Stock



Pennyrile Area Homemakers Spring Seminar

Culinary Journey Across the Bluegrass

March 14, 2025

Registration: 9:30 a.m.

Program begins: 10:00 a.m.

Christian County Extension Office
2850 Pembroke Rd, Hopkinsville, KY 42240

RSVP by February 28th to
your local extension office.

Cost: \$18.00

Meal catered by Bar-B-Q Shack



Cultural Arts

Check-In at the Christian County Extension Expo Hall

- 9:00: Todd, Christian, Trigg
- 9:15: Muhlenberg, Hopkins, Lyon
- 9:30: Caldwell, Livingston, Crittenden

Tags must be completed before check-in.
Contact your county extension office to obtain
check-in tags and more information.