

NEWSLETTER

January 2024

Happy New Year! As we begin a new year, it's always a great time to reflect on the past and look towards the future. Let's take this opportunity to think about our goals and aspirations for the coming year. Whether it's a personal goal like learning a new skill or maybe an educational goal like learning a new subject, let's make a plan to achieve it. It's important to remember that the new year is a chance to start fresh and let go of any negativity from the past. As 4-Hers, let's make it our mission this year to spread positivity and kindness to those around us and make this year a great one. Cheers to a happy and prosperous new year!



"You'll never get bored when you try something new. There's no limit to what you can do."

DR. SEUSS

4-H Time Capsule! Do you recognize any of these awesome 4-H campers from 2014?



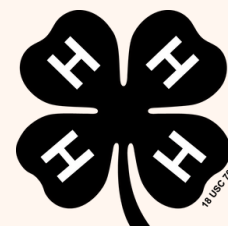
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Cooperative Extension Service

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

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Disabilities accommodated with prior notification.

DECEMBER HIGHLIGHTS



JR Leaders and Teen Club enjoyed some fun holiday games at their December meetings.



Happy Holidays from all of us at the Lincoln County Extension Office: Courtney, Dani, April, Michelle, Jody, and Tyler!



The Crab Orchard 4-H School Clubs have been on a dissection journey this fall! Most recently, we dug into some giant lubber grasshoppers to get hands-on science learning!



Thanks to all those who helped setup, work, cleanup, or as a vendor for the 9th Annual 4-H Breakfast and Shopping with Santa! It was one of our best ever! Pictured above from left: Dani (4-H program assistant), Chloe Clarkson, and Zy Crosby.

JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 	1 Happy New Year! 	2 Archery @ Boyle 6:30 pm	3 	4 4-H Council 6-7 pm	5 	6 Poultry Club Field Trip - Contact Mrs. Stoltman for details
7 	8 District Board Meeting Creative Clovers 5 pm	9 LCHS Service Marathon Riflery @ Boyle 6:30 pm	10 	11	12 Stanford School Clubs	13 
14 Alaska Summit Group Meeting 4-7:30 pm @ Boyle County	15 Ham Curing @ Pence Farm! Livestock Club Field Trip - Contact Mrs. Stoltman for details	16 Little Hands School Enrichment Archery @ Boyle 6:30 pm	17 Hustonville School Clubs	18 Crab Orchard School Clubs JR Leaders Club 5-6 pm Teen Club 6:15-7:15 pm	19 Waynesburg School Clubs Highland School Clubs	20 
21 	22 Area Teens (Teen Club Officers Only) Leave @ 4 pm Cloverbuds 5:15-6pm	23 Riflery @ Boyle 6:30 pm	24 Homeschool Club - Contact Dani for details	25 	26 	27 
28	29 	30 AC/JC Camp Planning in Madison County 6 pm	31 LCHS Club Day	1 4-H Council 6-7 pm	2 	3 

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SMART TIPS

Muscle strengthening activities and health

Adults should work the major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms) at least two times each week. This can involve lifting weights, using resistance bands, and doing pushups, pullups, situps, and some types of yoga. Movements such as carrying groceries, playing with your kids, and gardening can help build up muscles.

A great way to support strength building is with good nutrition. Eat foods that give you protein, carbohydrates, and fat. Be sure to get enough calories throughout the day.

Source: Adapted from <https://www.eatright.org/fitness/physical-activity/benefits-of-exercise/4-keys-to-strength-building-and-muscle-mass>

FOOD FACTS

Proteins

Protein foods are all foods made from seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds, and soy products.

Eat a range of protein foods to keep your body healthy. Meat and poultry choices should be lean or low-fat. Choose items like 93% lean ground beef, pork loin, and skinless chicken breasts. Make seafood choices that are higher in healthy fatty acids (called omega-3s) and lower in methylmercury, such as salmon, anchovies, and trout.

Vegetarian protein choices are beans, peas, and lentils, nuts, seeds, and soy products.

How many protein foods should I eat a day?

The amount of protein foods you need depends on your age, sex, height, weight, and how active you are. The amount can also depend on whether you are pregnant or nursing.

Most Americans eat enough from the protein foods group but need to select



leaner kinds of meat and poultry. Choose meats less often and increase other choices of protein foods.

What counts as an ounce-equivalent of protein?

These amounts are one serving of protein:

- 1 ounce of meat, poultry, or fish
- 1/4 cup cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- 1/2 ounce of nuts or seeds

Source: Adapted from USDA Choose MyPlate

Make resolutions stick: Focus on family

This is the year to add to the health of your family. Try a few of these ideas:

Nutrition that counts

- **Offer routine meals during the day, along with nutrient-rich foods.** Start the day with a healthy breakfast, such as oatmeal with fruit, nuts, and low-fat milk or yogurt. Think about balanced choices at lunch. Try to get the family together for dinnertime at least a few times a week.
- **Put the focus on health, not weight.** Kids and teens are very watchful and tend to repeat things they hear or see. Try not to make comments about your weight in front of them as it can overstress looks and undervalue health.
- **Follow the MyPlate steps.** Make half your plate fruits and vegetables. Add a quarter from the grains group and a quarter from the protein group. Pair this with a low-fat or fat-free dairy or calcium-fortified choice.



Fitness and wellness

- **Get active.** Take a family walk after dinner. Children and teens should get 60 minutes or more of activity per day, while adults should get two and a half hours per week.
- **Reduce your family's risk of foodborne illness.** Have your family wash their hands before all meals.

Teach about food safety when kids and teens help in the kitchen.

When you focus on a few goals at a time, small steps can become great strides in moving your family toward be healthy.

Source: Adapted from <https://www.eatright.org/food/food-preparation/seasonal-foods/make-resolutions-stick-focus-on-family>

COOKING WITH KIDS

Fruit Yogurt Parfait

- 1/2 cup Greek yogurt, non-fat vanilla
- 1 cup fruit of your choice (fresh, frozen, or canned in juice/water)
- 1/2 cup low-fat granola or crunchy cereal

1. Spoon yogurt into glass, then top with fruit and granola.

Number of servings: 1
Serving size: 1 Parfait

Nutrition Facts per Serving:
230 calories; 1 g total fat;
0 g saturated fat; 130 mg sodium;
51 g cholesterol; 6 g fiber; 5 g protein

**Nutrition information includes blueberries and Cheerios for analysis.*

Source: Saint Joseph College SNAP-Ed Nutrition Education Team (NET)



How to handle food cravings

What happens when you crave a certain food, eat too much, and then feel guilty? Some people try to follow diets of a few foods only. Some people try to cut out groups of foods. This causes cravings to become more intense. It can lead to a cycle of eating too much and having guilt. A balanced eating plan allows foods you enjoy — even high fat, high-calorie foods. This plan can be easy to keep since you will not be cutting out those foods from your life.

If you sometimes crave chocolate, keep some dark chocolate on hand. Be mindful when you eat it, enjoy the experience and put it away when you are content. When you always have chocolate on hand, you are less likely to overeat it.

Here are other tips for handling food cravings:

- **Schedule your snacks.** Plan for healthy snacks to keep your body fed. Keep nutrient-dense snacks handy in your desk, backpack or car.



- **Take a walk, work on a hobby or call a friend.** When intense cravings hit, take a moment to think about what else you might need at that moment. Are you truly hungry or are you bored or lonely?
- **Keep a craving journal.** What time of

day did your craving appear? How long did it last? What was the food you craved? How did you handle the situation?

Source: Adapted from <https://www.eatright.org/health/weight-loss/tips-for-weight-loss/how-to-handle-food-cravings>

Save the Date!
**4-H TEEN
RETREAT**
March 8-10, 2024

For grades 9 - 12
More details coming soon!



LINCOLN CO 4-H
Winter Weather Policy

In the event that Lincoln County Public Schools are closed due to inclement weather or illness, all 4-H meetings and activities scheduled for that day will also be cancelled. Please contact the office if you have questions: 606-365-2447



Kentucky 4-H Summit
Middle School Leadership Conference
March 21-23, 2024 | Cost: \$125

Make friends with 4-H members from across the state | Service Project | Fun Workshops | Opportunities to learn and grow

Registration details coming soon!

