

# HENDERSON COUNTY EXTENSION FCS NEWSLETTER



## MARCH

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## Cancer Support Group

Open to Everyone

The group meets on the 3rd Monday of each month at 3:00 p.m.



## Sewing Class

We will meet every Thursday at 10:00 a.m.

This group is for:

- Those who want to learn to sew
- Those interested in tackling a new project

Feel free to bring your own projects to work on, or we will provide a supply list for new projects based on the patterns available at each class.



## Continue to Watch and Listen:

TV - Lifestyles on News25 on the 2nd Tuesday of each month

Radio - every Thursday morning on WSON at 6:50 a.m.



### 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.



# Homemaker Happenings

## Homemakers

### Club Meetings

Town and Country - 3rd Monday of each month at 6:00 p.m. in the Expo Kitchen

Happy Knitters - every Tuesday at 10:00 a.m. in the Expo Conference Room

Niagara - 3rd Wednesday of each month at 10:00 a.m. at Cash Creek Baptist Church

Central - 2nd Thursday of each month at 11:00 a.m. at St. Paul's Episcopal Church

Crafty Cats - 1st Thursday of each month at 6:00 p.m. at Redbanks Pleasant Pointe

### Lesson for the Month:

How to Get Out of a Mealtime Rut

### Roll Call:

What do you like to do for fun in the spring?

### Thought for the Day:

"But you can come along with me 'Cause we gotta a lot of things to do now"

Fun, Fun, Fun

Beach Boys 1964

### Lesson Ballot

Lesson topic ballots were emailed to all club presidents. This allows members to vote on the topics they want to learn about this year.

These ballots can be completed individually or as a club. Please select up to 8 lesson topics and return the completed ballots to your Extension office by March 28, 2025.

## Reminders

Remember to bring items for the birthday box for Christian Community Outreach.

Boxes should include:

- Recipe
- Regular size can of soda (12 oz)
- Box of cake mix
- Cake icing
- 9 x 13 cake pan
- Sprinkles (optional)
- Candles





## Craft Class

When: March 27, 2025

Where: Henderson County Extension  
Expo Building

Time: 11:00 a.m.

Call the office to reserve a seat at  
270-826-8387

## Cooking Class



When: March 13, 2025

Where: Henderson County Extension  
Expo Building in the Kitchen

Time: 5:00 p.m.

Call the office to reserve a seat at  
270-826-8387

**Henderson County FCS**



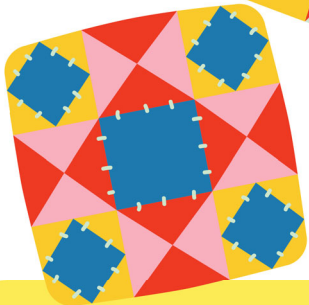
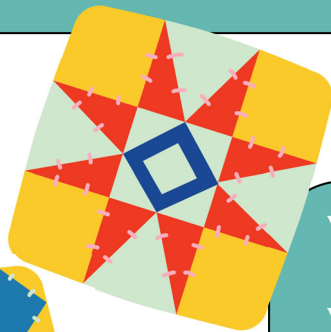
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and  
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**3341 Zion Road  
Henderson, KY 42420  
(270) 826-8387**



# Beginners Quilt Piecing Class

- Basic sewing skills and machine knowledge are required.
- You may choose to follow along with the group project or work independently.
- String quilting is one of the projects we will complete.



When: 2nd Thursday of every month

Where: Henderson County Extension Expo Building in the project room

Time: 5:30-8:00 p.m.

Call the office to reserve a seat at  
270-826-8387

Check out our new and improved website  
<https://henderson.ca.uky.edu/fcs>



## Homebased Microprocessing Workshop



Ohio County Extension office will be hosting a Homebased Microprocessing workshop on April 29, 2025, 9:30 a.m. to 2:30 p.m.

To register and for additional dates/locations:  
[ukfcs.net/HBM](http://ukfcs.net/HBM) or call 859-257-1812.

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# Hemoglobin A1C Tests for the Henderson Community March 25, 2025

We are celebrating Diabetes Alert Day!  
Get Your FREE Hemoglobin A1C TEST!



Where: University of Kentucky Cooperative Extension Education & Expo Center at 3099 Zion Road (located behind Farm Bureau)

Appointments can be scheduled ahead by calling the UK Cooperative Extension Office at 270-826-8387. Appointments can be made for that day starting at 7:00 a.m. until 2:45 p.m. A limited number of walk-in slots are available but scheduling a time is the best way to ensure you can get a test. No fasting is necessary for this test. If you have had this test within the last 3 months you don't need to have another one yet.

**HCDC**  
HENDERSON COUNTY DIABETES COALITION





# DIABETES TIPS AND TASTINGS

Do you or a loved one have diabetes? Do you like to sample foods and get tasty recipes? Do you like to meet others who know what it is like to live with diabetes? Do you like to have fun? Then this is the group for you!

Free & Open  
To the Public

Meets 3rd Thursday each month—March through  
October Time: 5:00 pm-6:00 pm

Registration  
Not Required!

Location: Henderson Co. Cooperative Extension Office, 3341 Zion Rd.

Enter through side door.

## MEETING DATES FOR 2025

MARCH 20

JULY 17

APRIL 17

AUGUST 21

MAY 15

SEPTEMBER 18

JUNE 19

OCTOBER 16

Sponsored by:

# HCDC

HENDERSON COUNTY DIABETES COALITION



# Shaking Down on Sodium

Sandra Bastin, Dietetics and Human Nutrition; revised by Heather L. Norman-Burgdolf, Dietetics and Human Nutrition



**S**odium is an important mineral to the body. It helps keep body fluids in balance, helps the body absorb certain nutrients, aids in muscle performance, and contributes to nerve activity. Excessive sodium in the diet is linked to high blood pressure or hypertension. Hypertension can contribute to diabetes, heart disease, kidney failure, and stroke.

Sodium and salt are mistakenly thought to be the same ingredient. Actually, sodium is a mineral, and salt is a naturally occurring chemical compound made up of 40 percent sodium and 60 percent chloride. Salt is a major source of sodium in the diet.

Too much sodium in foods pulls excess water into the bloodstream and increases blood pressure. With high blood pressure, it is recommended to reduce the amount of sodium in foods. This can be done by using the salt shaker less, reducing restaurant and packaged foods eaten, and reaching for salt-free seasoning to flavor foods.

## Check This Out

- The body needs less than 500 milligrams of sodium, or about one fourth teaspoon of salt, per day.

- The average American consumes more than seven times the amount of sodium they need each day.
- The American Heart Association recommends a maximum daily intake of 2,300 milligrams of sodium, or about one teaspoon, of salt per day. For those with high blood pressure, that limit should be 1,500 milligrams or less per day.

## When You Cook

- Plan meals that contain less sodium.
- Balance low- and high-sodium choices.
- Gradually reduce salt in favorite recipes. Most can be reduced by half or more.
- Look for low-sodium recipes. There are a variety of good cookbooks that feature low-sodium choices.
- Cut out or cut back on salt in cooking water.
- Try no-salt or reduced-sodium spice mixes.
- Look for condiments and sauces with less sodium.
- Use spices and herbs for added flavor.
- Rinse canned beans and vegetables and cook in tap water.



## At the Table

- Taste food before you salt.
- One shake instead of two. Salt is an acquired taste. Our taste buds will adjust to less and less salt.
- Beware of added sauces and condiments. These are usually very high in sodium.

## When Eating Out

- Choose food without sauce or ask for the sauce on the side.
- Ask for food to be served without added salt, or request that it be prepared without added salt.
- Balance low- and high-sodium choices.
- Watch out for the top-six common foods that add the most salt to your diet, according to the American Heart Association. These are bread and rolls, pizza, sandwiches, cold cuts and cured meats, soup, and burritos and tacos.
- Beware of fast food; it is often very high in sodium.

## Where Is the Sodium?

### Processed Foods

Between one quarter and one half of the sodium in the diet is added during the processing of foods. Sodium is added for seasoning, leavening, and preservation.

### Table Salt

About a third of the sodium in the diet is added in the form of salt during food preparation or at the table.

### Natural Content

Most foods in their natural state contain some sodium; however, most unprocessed, unseasoned food is generally low in sodium.

## Read Food Labels

- Check for added sodium on food labels. Key words or symbols include salt, sodium, soda, Na<sup>+</sup>, NaCl, MSG, and brine.
- When shopping, look for specific claims, such as “low in sodium” or “reduced sodium.” Low-sodium foods have 140 milligrams or less of sodium per serving.
- The processing of canned or frozen foods can add sodium. Reach for no-salt-added or low-sodium options when you can. Remember to rinse all varieties!
- Sodium, usually in the form of salt, is added to most processed or prepared convenience foods, such as soup, salad dressing, canned or dry dinner mixes, sauces and condiments, dessert mixes, canned vegetables, frozen entrees, and processed meats.
- Pickled foods, packed in vinegar or brine, are exceptionally high in sodium.
- Some varieties of cookies, ready-to-eat cereals, cheese, and colas contain sodium.
- Sodium occurs naturally in drinking water; softened water contains more.
- Medication can be a source of hidden sodium. Check with your doctor or pharmacist concerning the use of antacids, seltzers, laxatives, aspirin, and other non-prescription drugs.

## References

- Institute of Medicine (2013). Sodium Intake in Populations: Assessment of Evidence. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3884094/>
- Academy of Nutrition and Dietetics (2015). The Facts on Sodium and High Blood Pressure. <https://www.eatright.org/health/health-conditions/cardiovascular-health-heart-disease-hyper-tension/the-facts-on-sodium-and-high-blood-pressure>
- American Heart Association (2017). Sodium and Salt. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/sodium-and-salt>



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Henderson County  
3341 Zion Road  
Henderson KY 42420

RETURN SERVICE REQUESTED



## Air Fried Okra Tots with Tangy Dipping Sauce

**Wash** hands with warm water and soap, **scrubbing** for at least 20 seconds. **Cut** the ends off the okra. **Cut** the okra into 2-inch (tater tot sized) chunks. In a large bowl, **place** the cut okra, olive oil, and seasoning. **Toss** to coat. **Add** to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. **Cook** at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, **prepare** the sauce by **mixing** all of the ingredients in a small bowl. **Refrigerate** the sauce until ready to serve. **Serve** okra tots with tangy dipping sauce. **Store** leftovers in the refrigerator within two hours.

**Yield:** 5 servings. **Serving Size:** 1/5 of recipe. **Nutrition Analysis for Okra Tots with Tangy Dipping Sauce:** 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium.

**Nutrition Analysis for Okra Tots (no sauce):** 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.

- 12 ounces okra stalks
  - 2 tablespoons olive oil
  - 2 tablespoons salt-free seasoning
  - 1 cup plain low-fat yogurt
  - 3 tablespoons mayonnaise
  - 1 tablespoon dried parsley
  - 2 teaspoons dried dill
  - 1 teaspoon garlic powder
  - 1 teaspoon onion powder
  - 1/2 teaspoon salt
- Tangy Dipping Sauce:**

