

# FAMILY AND CONSUMER SCIENCE NEWS

**Boyd County Cooperative Extension Service**  
**March, 2025**



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

Family and Consumer Sciences

**Cooperative Extension  
Service**

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**It's March Everyone!**

I hope the worst of the winter weather is behind us and we are moving towards warm temperatures, sunny skies, and some blooming flowers. I know I need some Spring weather and everyone else is too!

We have some fun March events; On March 6th, the Hilltop Homemakers will be making Crunchy Air Fryer Fish for the Cooking Through the Calendar, this month's Lunch and Learn is set for the 21st and we will be discussing how to adapt recipes. On March 7th, Kathy King is going to be teaching Beginner Embroidery, and will be teaching Candle Wicking on March 14th. Space is limited, see the enclosed flyer for more details!

**Please stop by my office if you have any questions or just to chat!**

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Jacqueline Doucet  
County Extension Agent  
for Family and Consumer Sciences

*Jacqueline Doucet*

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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. 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, Cooperating.

Lexington, KY 40506

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



Disabilities  
accommodated  
with prior notification

# *Message from the President*

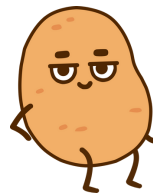


Hey There Homemakers,

As we MARCH into Spring, it is time for new things: warmer weather, flowers popping through the ground, projects to start, Spring cleaning, and longer days to earn those volunteer bucks. Spring is a time to appreciate the change of seasons, daylight savings time, and St. Patrick's Day.

Spring begins when those little birds known as swallows return to Mission San Juan Capistrano in California. Since March 19th, 1776, every year on that day (with very few exceptions) the birds come back to usher in Spring.

It is also time to plant potatoes:)



Love & Prayers,

Kathy



# Homemaker Upcoming Events & Announcements



## March



- *Cooking with the Calendar: Hilltop, **March 6th at 10 a.m.**, Boyd County Extension Office. **March's Recipe: Crunch Air Fryer Fish***
- *Homemaker Council Meeting, **March 12th at 10 a.m.**, Boyd County Extension Office.*
- *NEA Meeting at Lawrence County, **March 18th at 10 a.m.**, Boyd County Extension Office.*
- *Sewing/Quilting/UFOs: **Every Monday at 5 p.m.**, Boyd County Extension Office.*
- *Mats for Homeless: **Every Thursday at 10 a.m.**, Boyd County Extension Office.*



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# KEHA Upcoming Events & Announcements



- **March 1st:** Entry deadline for many KEHA grants, scholarships, and contests.
- **March 12-13:** Spring Board Meeting, Lexington.
- **March 15th:** KEHA Showcase forms due to 1st Vice President (see State Meeting webpage).
- **April 1st:** Area lesson schedules for 2025-26 due to KEHA State Advisor.
- **April 5th:** Postmark deadline for state officer and chair credentials.
- **April 7th:** Reservation deadline for conference rate at State Meeting hotel.
- **April 7th:** Postmark deadline for early registration fee for 2025 KEHA State Meeting.
- **April 21st:** Final postmark deadline for 2025 KEHA State Meeting registration.
- **May 6th-8th:** 2025 KEHA State Meeting, Hyatt Regency, Lexington.





# COOKING THROUGH THE CALENDAR PROGRAM SCHEDULE 2025

**JANUARY 16TH**

**FCS:  
SPLIT PEA  
SOUP**

**FEBRUARY 6TH**

**CATLETTSBURG:  
CAULIFLOWER  
BITES**

**MARCH 6TH**

**HILLTOP:  
CRUNCHY AIR  
FRYER FISH**

**APRIL 3RD**

**TRACE:  
LEMON  
BROCCOLI  
PASTA**

**MAY 1ST**

**HILLENDALE:  
BANANA  
PANCAKES**

**JUNE 5TH**

**HILLENDALE:  
RICE AND BEAN  
SALAD**

**JULY 10TH**

**TRACE:  
CHICKEN  
BURGERS**

**AUGUST 7TH**

**SUNSHINE:  
SLOW COOKER  
ASIAN PORK  
TACOS**

**SEPTEMBER 4TH**

**HILLTOP:  
GRITS, GREENS  
AND EGG BOWL**

**OCTOBER 2ND**

**CATLETTSBURG:  
CHEESY  
PUMPKIN PASTA  
BAKE**

**NOVEMBER 6TH**

**SUNSHINE:  
PARMESAN  
CARROT CHIPS**

**DECEMBER 4TH**

**FCS:  
LASAGNA SOUP**

# Recipes from the 2025 Food and Nutrition Recipe Calendar



## March's Recipe: Crunch Air Fryer Fish

Join us at the Boyd County Extension office for  
our monthly cooking demonstration and sampling.  
Try tasty Nutrition Education Program Calendar  
recipes and discover strategies to eat healthier  
and cook at home!

**March 6th**  
**at 10 a.m. Boyd County**  
**Extension Office.**





# 2025 Lunch and Learn Upcoming Dates

12 pm-1 pm

Boyd County Extension  
Office

Join us for a fun lunchtime discussion.

Lunch will be provided

Please call 606-739-5184 to Register.

This program is FREE

Limited to 20 participants

~~January 17th:~~

~~Fitting Nutrition into Your Busy  
Lifestyle.~~

April 18th:

Gardening Options for Everyone

~~February 14th:~~

~~Indoor Air Quality~~

May 16th:

Planning Space for Outdoor Living

March 21st:

Adapting Recipes

June 13th:

Steps Toward Hiring a Dependable  
Contractor



**CLASSES  
TAUGHT BY  
KATHY KING**



**REFRESHMENTS  
PROVIDED**

**BEGINNER EMBROIDERY**

**MARCH 7TH: 6PM-8PM**

**ALL SUPPLIES FURNISHED  
10.00 PER PERSON**

**CANDLEWICKING**

**MARCH 14TH: 6PM-8PM**

**ALL SUPPLIES FURNISHED  
10.00 PER PERSON**

**CLASSES ARE LIMITED TO 15  
PARTICIPANTS  
REGISTRATION IS DUE 1 WEEK IN  
ADVANCE.**

**FOR MORE INFORMATION ABOUT THESE CLASSES  
CONTACT THE BOYD COUNTY EXTENSION OFFICE AT**

**606-739-5184**





# APRIL MAKE AND TAKE

CLASSES ARE LIMITED TO  
15 PARTICIPANTS  
REGISTRATION IS  
DUE 1 WEEK IN ADVANCE.



CLASSES TAUGHT BY  
KATHY KING

## TOTE BAG

APRIL 11TH: 6PM-8PM

PATTERN, STRAPS PROVIDED  
5.00 PER PERSON

## BASIC APRON

APRIL 18TH: 6PM-8PM

PATTERN PROVIDED  
5.00 PER PERSON

### SUPPLY LIST:

- SEWING MACHINE (BOTH CLASSES)
- BASIC SEWING KIT (BOTH CLASSES)
- NEUTRAL THREAD (TOTE BAG)
- TUBRING (TOTE BAG)
- 1 YD FABRIC (APRON)
- 1/2 YD COORDINATING FABRIC (APRON)
- THREAD (APRON)

FOR MORE INFORMATION ABOUT THESE CLASSES  
CONTACT THE BOYD COUNTY EXTENSION OFFICE AT

**606-739-5184**



# Homebased Microprocessing Workshop

Homebased Microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

**9:30 a.m. - 2:30 p.m.**



**To register & for additional  
dates/locations:  
[ukfcs.net/HBM](http://ukfcs.net/HBM)**



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## Crunchy Air Fryer Fish

**Prep time: 10 minutes**

**Rest 10 minutes**

**Cook time: 10-15 minutes**

- 1 pound of white fish fillets (tilapia, catfish, perch, etc.)
  - 1/2 teaspoon garlic powder
  - 1/2 teaspoon paprika
  - 1/4 teaspoon chili powder
  - 1/4 teaspoon onion powder
  - 1/4 teaspoon black pepper
  - 1/4 teaspoon salt
  - 1 egg
  - 1 tablespoon olive oil
  - 1 cup panko crumbs
  - Nonstick cooking spray
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
  2. Place fish between clean paper towels to allow any water to drain. Rewash hands after handling raw fish.
  3. Create an assembly for coating the fish. First, in a small bowl, combine the garlic powder, paprika, chili powder, onion powder, black pepper, and salt; set aside. Then, in a shallow pan or plate, whisk the egg; set aside. Rewash hands after handling the raw egg. Place panko crumbs into another shallow pan or plate; set aside.
  4. Coat fish on both sides with olive oil and sprinkle both sides with the seasoning mixture. Dip fish into the egg and coat both sides. Then dredge the fillets through the panko coating both sides thoroughly. Allow the coated fillets to rest about 10 minutes before cooking. Rewash hands after handling the raw fish.
  5. Preheat the air fryer to 390 degrees F while the fish rests. Coat the



- preheated air fryer basket or pan with cooking spray. Add the fish, taking care not to overfill the basket or pan (you may need to work in batches). Cook for 10 to 13 minutes or until it reaches an internal temperature of 145 degrees F as measured on a meat thermometer.
6. Refrigerate leftovers within 2 hours. Reheat leftovers in the air fryer for a few minutes to revive the crunchy coating.

*No air fryer? No problem. Simply bake these in the oven at 400 degrees F for 12 to 15 minutes or until they reach an internal temperature of 145 degrees F as measured on a meat thermometer.*

Makes 4 servings  
Serving size: 4 ounces  
Cost per recipe: \$7.72  
Cost per serving: \$1.93



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

### Nutrition facts per serving:

230 calories; 7g total fat; 1.5g saturated fat; 0g trans fat; 105mg cholesterol; 260mg sodium; 16g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

### Source:

Brooke Jenkins,  
Extension Specialist for  
Curriculum, University of  
Kentucky Cooperative  
Extension Service





# 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)**

## THIS MONTH'S TOPIC

# THE POWER OF POSITIVE LANGUAGE AROUND FOOD



**T**he way we talk about food can have a big impact on how we feel about it and how we take care of our bodies. When we use positive, respectful language around food, it helps us build a healthier relationship with what we eat. A healthy relationship with food means not feeling guilty or stressed about what we eat but instead enjoying food as something that nourishes and energizes us.

Words have a lot of power. The language we use can shape our thoughts and feelings. If we call food “bad” or “unhealthy,” we might start feeling bad about eating it. For example, saying things like, “I shouldn’t eat this,” or “this is so unhealthy,” can make us feel guilty when we enjoy our favorite foods. But when we use words like “balanced” or “nourishing,” it reminds

**Continued on the next page** ➞







While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad.

### → Continued from the previous page

us that food is not the enemy — it's something our bodies need to stay strong and healthy.

We often talk about food in ways that make it seem like some foods are “good” and others are “bad.” While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad. All foods can be good for us in one way or another. Whether it's the nutrients it provides us or the enjoyment we get from eating it. The key is to focus on balance, not perfection. If we can learn to talk and think about food without judgment, it can help us feel more relaxed and less stressed about eating.

Talking about food in a mindful way can also help us enjoy it more. Mindful eating means paying attention to what we're eating, how it makes us feel, and how much we're eating of it. When we use words like “enjoying,” “savoring,” or “appreciating,” we remind ourselves to slow down and notice the flavors, textures, colors, and smells of our food. This helps us be more aware of when we're full and prevents overeating. Instead of rushing through a meal or eating while distracted, we can focus on the experience of eating and truly enjoy it.

Language around food is also important in the way we talk about it with others. If we constantly talk about dieting, weight loss, or food rules, it can create stress and pressure around food. Instead, focus on how food makes us feel good, how it helps our bodies grow, and how it brings people together. When we talk about food in a positive, relaxed way, it can help create a more supporting environment for everyone.

The words we use around food matter. They can help create a healthy, positive relationship with food. By avoiding judgment, focusing on balance, and practicing mindful eating, we can build a better relationship with food.

#### 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>

ADULT  
**HEALTH BULLETIN**

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