



**APRIL  
2025**

**UK Cooperative  
Extension Service**

Fayette County Extension  
1140 Harry Sykes Way  
Lexington, KY 40504  
Phone (859) 257-5582  
Email: [fayette.ext@uky.edu](mailto:fayette.ext@uky.edu)  
<http://fayette.ca.uky.edu/>

# YOU'RE INVITED!

## 2025 FAYETTE COUNTY EXTENSION HOMEMAKER ANNUAL MEETING

**MAY 21, 2025, 6:00PM  
FAYETTE COUNTY EXTENSION OFFICE**

The Fayette County Homemakers are hosting their annual meeting!  
The theme this year is "Weathering the Storm."  
Cameron Sellers, Disaster Preparedness Educator and the Kentucky State University Mobile Disaster Unit will be on site along with some disaster preparedness guest speakers.

We look forward to seeing you there!



Catering by City BBQ  
Cost: \$15



Clubs bring a basket for the Basket Raffle to support our scholarship program.  
Clubs can decorate their table beginning at 2:00pm.  
Bring flood relief donations.  
Attendees will be entered for a chance at an emergency prep kit valued at over \$80.

Make check payable to: Fayette County Extension Homemakers  
Return to: Homemaker Annual Meeting, 1140 Harry Sykes Way,  
Lexington, KY 40504  
Registration Deadline: May 14, 2024

### Fayette County Homemakers Annual Meeting Registration

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Club \_\_\_\_\_ Associate Member \_\_\_\_\_

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

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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Disabilities  
accommodated  
with prior notification.

## **Redefining “Healthy”: The FDA’s new standards for food labels**

*Source: Anna Cason, Senior Extension Associate for Food and Nutrition*

When grocery shopping, you may notice food packages labeled as “healthy.” This term is meant to help buyers easily identify options that can support their health. To use “healthy” on the label, foods must meet standards set by the Food and Drug Administration (FDA). When enjoyed within a balanced diet, these foods can contribute to overall well-being.

At the end of 2024, the FDA announced it would update its definition of “healthy,” which was originally developed in the 1990s. Because nutrition science has changed significantly since then, the new definition is intended to align with current federal dietary guidance and support better health. According to the updated criteria, foods labeled “healthy” must include a certain amount of at least one food group—fruits, vegetables, dairy, grains or protein—and contain limited amounts of saturated fat, sodium and added sugars. These modifications reflect the emphasis on a balanced, varied diet rather than a focus on individual nutrients.

Under the original definition, products like yogurt, breakfast cereals, fruit snacks, snack bars high in added sugar, fortified white bread and fruit punch not containing 100% juice qualified as “healthy.” However, these no longer meet the updated requirements as they either contain too much added sugar or do not include specific amounts of certain food groups.

Foods that now qualify for the “healthy” label include fresh, frozen, canned or dried fruits and vegetables (as long as they contain limited saturated fat, sodium and added sugar), fatty fish such as salmon, trail mix with dried fruit (with limited sodium and added sugar), plain low-fat or fat-free yogurt (with limited added sugar), eggs, water and 100% olive oil.

While food manufacturers may choose to include “healthy” on the label if their products meet these standards, not all nutritious options will necessarily carry this claim. Ultimately, the new definition can guide consumers toward foods that can support good health but does not encompass every food that can fit into a balanced diet.

## **In the Face of Disaster Classes**

Saturday, April 12<sup>th</sup> at 2pm at Beaumont Library - In the Face of Disaster: Family and Home

Kentuckians have experienced firsthand how natural disasters can occur at any time. Disasters take many forms, and most areas of family life feel their effects. While you have little control over disasters, there are steps you can take before a disaster occurs to keep your family safe. Preparing in advance may be especially helpful when disaster comes with little warning. Join us for a program on how to prepare your family and home for a natural disaster, learn steps to take if/when one occurs, and learn about emergency preparedness home kits.

Saturday, May 10<sup>th</sup> at 2pm at Beaumont Library - In the Face of Disaster: At-risk and Aging Populations

Disaster can strike at a moment's notice. Therefore, it is important to have a plan and know in advance what to do in case of an emergency. This is especially true for older adults and people with disabilities. People with access and functional needs or disabilities face a special challenge when staring down a natural disaster. Their needs do not go away in a state of emergency. As a result, preparedness planning requires more considerations.

Classes are free. Contact Caroline McMahan at 859-257-5582 with questions. Register through the Beaumont Library on their website (<https://www.lexpublib.org/locations/beaumont-branch>) or contact adult programmer Ezra Nix, email: [enix@lexpublib.org](mailto:enix@lexpublib.org)



UK Cooperative Extension Service

# SENSORY EASTER PARTY

EGG HUNTING | FOAM PAINTING STATION |  
WATER PLAY STATIONS | COMMUNITY PARTNERS |  
SENSORY PICTURES WITH EASTER BUNNY

SUNDAY, APRIL 13TH, 2025  
1PM - 3PM

MUST RSVP: BY APRIL 10TH BY CALLING THE  
FAYETTE COUNTY EXTENSION OFFICE  
859-257-5582

1140 HARRY SYKES WAY LEXINGTON, KY 40504



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Join us for a

# Tea Party!



*Hosted by Woodford, Fayette, and  
Jessamine County Extension Offices!*

*This will be a 2-day event! Friday evening, you will be learning  
table etiquette and prepping your very own homemade pastries.*

*Saturday, you will arrive and get to put your etiquette skills  
to test as we have a lovely tea party and get to enjoy your  
homemade pastries that you made Friday evening!*

*Dress in your best tea party attire on Saturday!*

*Please call the Jessamine Co. Office at (859)885-4811 to  
register! Limited Space.*

*Friday, May 9th*

*5pm-7:30pm*

*and*

*Saturday, May 10th*

*10am-12:30pm*

*Jessamine County*

*Extension Office*

*95 Park Drive*

*Nicholasville, KY*

*40356*

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University of Kentucky, Martin-Gatton College of Agriculture, Food and Environment, University, U.S. Department of Agriculture, and Kentucky County Cooperative  
Lexington, KY 40506





# JOIN US FOR... *2025* Calendar Cooking COOKING THROUGH THE CALENDAR

## Fayette County Cooperative Extension Office

Join us at the Fayette County Extension office 6:00-7:30pm for our monthly cooking demonstration and sampling. Try tasty Nutrition Education Program Calendar recipes and discover strategies to eat healthier and cook at home!

**FREE! Registration required.**

Register online: [fayette.ca.uky.edu/classregistration](http://fayette.ca.uky.edu/classregistration)  
or call 859-257-5582

**April 3: Lemon Broccoli Pasta**

**May 1: Banana Pancakes**

**June 5: Rice and Bean Salad**

**July 2: Chicken Burgers**

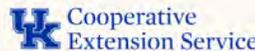
**August 7: Slow Cooker Asian Pork Tacos**

**September 4: Grits, Greens and Egg Bowl**

**October 2: Cheesy Pumpkin Pasta Bake**

**November 6: Parmesan Carrot Chips**

**December 4: Lasagna Soup**



## Laugh & Learn Playdate

Join our 2025 Laugh and Learn Playdate Program that targets school readiness objectives! Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. Each session is at the Fayette County Extension Office from 10-11:30am.

FREE for all children ages birth to 5 and all children must be accompanied by an adult. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play. For more information, contact our office at 859-2575582 or email Caroline McMahan at [caroline.mcmahan@uky.edu](mailto:caroline.mcmahan@uky.edu)

### 2025 Program Schedule:

4/23	7/23	10/29
5/21	8/27	11/19
6/25	9/24	12/17

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## Composition in Photography

Learn the basic photography skills with light camera settings, elements and principles of art, photography vocabulary, and explore concepts for taking a visually pleasing photograph.

Lesson training on April 24, 2025 at 6:00pm.  
Call 859-257-5582 to register.

## Kentucky Christmas Tree Association Plant Auction

Spring is here! It is the perfect time to plant. The Kentucky Christmas Tree Association's 19th Annual Plant Auction will be held 10:00 a.m. until 12 noon, Saturday, April 12, 2025, at the Fayette County Extension Office, 1140 Harry Sykes Way, Lexington, Kentucky 40504. Bid and take home some quality Kentucky grown nursery stock. A variety of annuals, perennials, balled and burlapped trees and shrubs will be for sale. A portion of the proceeds will be used to provide one or more scholarships for students majoring in Forestry or related sciences in the Martin-Gatton College of Agriculture, Food and Environment at the University of Kentucky. For further information please call 859 223-1140.

# EMERGENCY HEALTH INFORMATION CARDS

 Cooperative Extension Service

April 21, 2025  
6:00-7:00pm

Fayette County Extension Office  
1140 Harry Sykes Way, Lexington

If you are in an emergency in which you cannot communicate with first responders, an EHI card can help. It will tell medical providers important information about how to help you.

The session focuses on who can benefit from carrying an EHI card, information that should and should not be included, and where to put copies of an EHI card.

Be sure to sign up soon for this FREE class as space is limited!

Register online: <https://fayette.ca.uky.edu/classregistration>  
or call the office at 859-257-5582.



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# Social Security Planning Seminar: What Baby Boomers Need to Know About Their Retirement Income

 Cooperative  
Extension Service

## Problem:

People are hurting their retirement by making costly decisions about Social Security. People often come to the issue of claiming Social Security with little knowledge about how it works.

## DISCUSSION TOPICS

1. Social Security is inflation-protected income.
2. Your monthly benefit will be reduced if you claim early.
3. Couples should always maximize the higher earners benefit to protect the surviving spouse.
4. If you are widowed you may be eligible for survivor benefits

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## When and Where:

### **When:**

**May 27th 5:30-6:30**

**July 15th 5:30-6:30**

**November 25th 5:30-6:30**

### **Where:**

**1140 Harry Sykes Way  
Lexington, KY 40504**

### PRESENTED BY:

JQ Financial Solutions  
Wyatt Finnell  
502-432-2480.  
wfinnell@moneyconcepts.com



**Register on-line: <https://fayette.ca.uky.edu/classregistration>  
or call the office at 859-257-5582!**

### DISCLOSURE:

All securities through Money Concepts Capital Corp. Member FINRA/SIPC  
JQ Financial Solutions, LLC is an independent firm and not affiliated with  
Money Concepts

# 4-PART IN-PERSON SERIES

5:30-7:30 p.m. May 8, 15, 22 & 29

Fayette Cooperative Extension office  
1140 Harry Sykes Way  
Lexington, KY 40504

 Cooperative  
Extension Service

THIS NATIONALLY  
ACCREDITED DIABETES  
EDUCATION SERIES IS  
FREE.

REGISTRATION IS REQUIRED  
FOR THIS FREE PROGRAM.

ASK HOW YOU CAN BE ELIGIBLE FOR A  
\$30 GIFT CARD!

# HEALTHY LIVING AND DINING *with diabetes*

Grillin' with  
Balance:  
A Sizzle for  
Healthier  
Living

- Learn new information, tools and skills to manage your diabetes every day.
- Work with a diabetes care and education specialist to set and track goals.
- Practice how to fit diabetes care into all parts of your daily life.
- Sample a cooking-on-the-grill recipe each week!

Please contact **Nancy Hiner**  
at 859-288-2344 to sign up.

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# GROW YOUR OWN FOOD!

## MARKSBURY FAMILY BRANCH LIBRARY

2197 Versailles Rd  
Lexington, KY 40504  
Saturday, May 3rd  
10:00 am – 1:00 pm



Attend 15-minute mini lessons to receive a bundle of FREE vegetable plants and seeds!

- Container Gardening
- Soil Prep & Planting
- Planting
- Watering & Nutrients



Kid's activities provided by Alpha Kappa Alpha Sorority Beta Gamma Omega Chapter. All materials available while supplies last.



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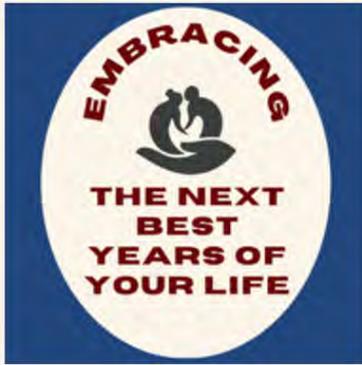
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**UK** Cooperative  
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**May 15, 2025**  
**8:30am-3:00pm**

**Clarion Hotel**  
**1950 Newtown Pike**  
**Lexington, KY**

Join us in person for the 38th annual one-day seminar about how to live your best life as you grow older!

**High on Life: A Clinical Update on Medicinal Cannabis**

Lauren Bojarski, DO, MS

**Understanding AI**

Rick Sellnow

**Dream Big, Plant Small**

Beau Spicer Jr.

**Vision Screening**

Sarah Jackson

**Healthy Habits for Brain Health**

April Stauffer, Meredith Plant, Maranda Brooks

**Oh the Places We Can Go!**

Martha Duncan

**Nutrition for Older Adults**

Anna Cason, RD, LD, Heather Norman-Burgdolf, PhD

**Preparing, Planning and VA Benefits**

Grant Bolt, CFSP

**Melodies for the Mind: Music and Healthy Aging**

Nora Veblen, MM, MT-BC, Chelsea Gibbs, MT-BC

**Registration Deadline:**  
**May 5, 2025**

For complete registration forms and to register online visit:

<https://www.embracingthenextbestyears.org/>

**Call: (859) 257-5582 to have the program packet mailed.**

**Come join  
the fun!!**

**You won't  
want to  
miss this  
day of  
learning!**



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LEXINGTON KY  
PERMIT 112

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1140 Harry Sykes Way  
Lexington, KY 40504

RETURN SERVICE REQUESTED

# Fayette County Extension Family and Consumer Sciences Newsletter

*Maranda Brooks*     *Caroline McMahan*

Maranda Brooks                      Caroline McMahan  
County Extension Agents for Family and Consumer Sciences



Fayette County Extension Service  
1140 Harry Sykes Way  
Lexington, KY 40504  
(859) 257-5582  
Office Hours: 8:00am - 4:30pm - Monday-Friday

UNIVERSITY OF KENTUCKY, KENTUCKY STATE UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE, AND KENTUCKY COUNTIES, COOPERATING

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