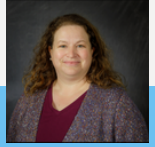


July 2023

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Livingston County Family & Consumer Science Agent



THE “YAYS” OF OUTDOOR PLAY

Playing outside is a fun and exciting way for a caregiver to help a young child learn and grow. Outdoor play creates sensory experiences for young children. A sensory experience is a moment that helps a child learn about their body's five senses - seeing, hearing, tasting, touching, and smelling. Learning and using the five senses early in childhood helps the brain develop and teaches the body movement. Sensory experiences also help to create stronger memory, build problem solving and creativity skills, and teach children about how their actions affect the world around them. Taking babies on walks to see and hear the outdoors, and letting toddlers find new areas and objects that they can't find indoors are both ways for young children to have sensory experiences.

Playing outdoors helps children learn. You can use the outdoors to create new learning activities that excite young children. Activities include sorting and counting activities and using outdoor items to create things like sandcastles or snowmen. Young children can also learn about the plants and animals that live outside. You can do this by finding seeds and roots and watching for animals. These moments can make young children want to learn more about what is outside. From this, a caregiver and child may want to grow a plant or garden of their own or learn more about the animals they live around.

Outdoor play is a fun way to do physical activity and build gross motor skills. Using large muscle groups to look at nature by walking, jumping over rocks and branches, and running through open fields are all ways to do physical activity in a fun way. Having fun while doing physical activity can also create a foundation of making healthy choices fun for life. Playing outdoors also helps young children sleep at night. This is because children are doing physical activity, spending time in the sunshine and fresh air, and relieving stress.

Young children can also meet new people while playing outdoors. Outdoor play can be a social time for children and their caregivers. Setting up outdoor playdates or going to a local area like a park allows young children to meet new children, and it allows caregivers to meet other caregivers as well. Overall, outdoor play helps young children to learn about and grow into the world they live in. To find more ideas for ways to play outside visit <https://www.pinterest.com/gonapsacc/outdoor-play-learning/>.

References: NCT (National Childbirth Trust.) (2019, August 30). The benefits of outdoor play for children.

<https://www.nct.org.uk/baby-toddler/games-and-play/benefits-outdoor-play...>Kinsner, K. (2019). Rocking and rolling. Fresh air, fun, and exploration: Why outdoor play is essential for healthy development. *Young Children*, 74(2)

<https://www.naeyc.org/resources/pubs/yc/may2019/outdoor-play-is-essential>

Source

Lauren Ginter, Master's Student in Department of Dietetics and Human Nutrition, and Courtney Luecking, Extension Specialist for Nutrition and Health



HOMEMAKERS NEWS

Livingston County Homemakers Club

Block of the Month

"Moda Block Head Quilt"

Date: Tuesday, July 11, 2023

Time: 9:00 am to 2:00 pm

Where: Livingston County Extension Office
803 U.S. 60 East, Smithland, KY

Call the Livingston County Extension Office
at 270-928-2168 if you have any questions!



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Disability
accommodated
with your visitation.

Livingston County Homemakers Club

Pins & Needles

July Pins & Needles project is a
Pumpkin Patch Place Mat



Date: Tuesday, July 20, 2023
Time: 9:00 am to 2:00 pm
Where: Livingston County Extension Office
803 U.S. 60 East, Smithland, KY

Call the Livingston County Extension Office
at 270-928-2168 if you have any
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RECIPE OF THE MONTH



Broccoli Grape Pasta Salad

- 1/4 cup diced pecans
- 8 ounces whole grain pasta (bow tie or other type)
- 5 slices turkey bacon
- 2 cups seedless red grapes
- 1 pound fresh broccoli
- 1/4 cup low-fat mayonnaise
- 1/4 cup honey
- 1/2 cup diced red onion
- 1/2 cup red wine vinegar

Preheat oven to 350 degrees F. **Bake** pecans in a single layer in a shallow pan for 5 to 7 minutes or until lightly toasted and fragrant, stirring halfway through. **Prepare** 8 ounces of pasta according to package directions. **Cook** bacon according to package directions. Cool and crumble into small pieces. **Cut** the broccoli florets from stems and separate florets into small pieces using the tip of a paring knife. **Slice** 2 cups of grapes into halves. **Whisk** together mayonnaise,

honey, diced red onion and vinegar in a large mixing bowl. **Add** broccoli, cooked pasta and grapes; stir to coat. **Cover** and **chill** for 30 minutes. **Stir** in bacon crumbles and diced pecans just before serving.

Yield: 16, 1/2 cup servings
Nutritional Analysis: 160 calories, 7 g fat, 1 g saturated fat, 5 mg cholesterol, 125 mg sodium, 24 g carbohydrate, 3 g fiber, 9 g sugars 4 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Broccoli

SEASON: May through early July, October through mid-November.

NUTRITION FACTS: Broccoli is a good source of vitamin A, vitamin C and phytochemicals, all of which have health benefits.

SELECTION: Choose tender young, dark green stalks with tightly closed buds. One-and-a-half pounds of broccoli will yield 4 half-cup servings.

STORAGE: Store broccoli, unwashed, no more than 3 to 5 days, in a perforated plastic bag in the refrigerator. Wash broccoli just before using.

PREPARATION: Wash broccoli under cold running water. Trim the leaves and peel the stalk.

To steam: Place on a rack above boiling water and steam 6-8 minutes. Rinse with cold water. Drain.

To boil: Place in a saucepan with 1 inch of boiling water. Cover and cook 5-7 minutes.

To microwave: Place broccoli in a microwave-safe dish. Add 1 inch of water and cover with a glass lid or plastic wrap. Microwave 3-4 minutes or until crisp-tender.

KENTUCKY BROCCOLI Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
March 2014

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Source: www.fruitsandveggiematter.gov



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VALUING PEOPLE. VALUING MONEY.

VOLUME 14 • ISSUE 7

Joni K. Phelps, Family & Consumer Science Agent for Livingston County Extension Office | 803 US 60 East, P.O. Box 189 | Smithland, KY | 42081 | (270) 928-2168

THIS MONTH'S TOPIC: SAVING ON STAYCATIONS AND VACATIONS

As inflation remains high, Kentuckians may find themselves wondering if going on a vacation is realistic. If you're hoping to vacation on a budget, there are several ways you can try to save money and make travel fit within your means.

STAYCATIONS

A *staycation*, which joins the words *stay* and *vacation*, doesn't mean staying at home all day. Staycations include trips to local places that lower travel costs that come with longer-distance trips like hotels and transportation. Try exploring nearby tourist attractions you haven't visited yet. Kentucky offers something for everyone, from museums to industry (think horses, bourbon, cars, and sports) to outdoor adventures. Many are no- and low-cost options your family may enjoy. Learn about all Kentucky has to offer at <https://www.kentuckytourism.com/>. If you like to spend time outdoors, visit nearby parks or outdoor recreation areas to go hiking, camping, or to see nature. As the summer gets hotter, go to community pools or local lakes to unplug and cool off.

TRAVELING WITH OTHERS

Another way to save money on vacations is to go with friends or family. When traveling with others, you can share the costs of lodging, food, and transportation. For example, you might split the



cost of gas or short-term rentals. When traveling in groups, it also may be cost-effective to choose a place with a kitchen or grill. Parties can divide expenses, and take turns cooking. Eating in is a good way to save money on meals while selecting healthier foods that your family enjoys. Lastly, when traveling with others, look for group discounts for attractions, or split into smaller groups so everyone can visit the activities they are most interested in. Research ahead of time to see if there are discounts that may lower admission costs — such as for children, students, or seniors. Some attractions might also be cheaper on certain days or at certain times of the day.

PLANNING AHEAD

A simple but often overlooked strategy to save money on travel is to plan ahead. To start, carefully



KENTUCKY OFFERS SOMETHING FOR EVERYONE, FROM MUSEUMS TO INDUSTRY TO OUTDOOR ADVENTURES.



think about when you want to take your trip. Traveling during peak days or seasons means prices will be higher on airfare and accommodations. If you're flying, pick flights in the middle of the week, when possible. Flights tend to be more expensive on Mondays and Fridays. And always shop around – whether for lodging, transportation, or attractions. When it comes to lodging, short-term rentals or even camping can be cost-effective alternatives to hotels. You might also consider selecting a destination near family or friends who are willing to host you overnight. The further out you can plan a vacation, the more time you have to comparison shop, look for deals, and budget for your trip.

BUDGETING

Before your staycation or vacation begins, create a budget for your trip that includes expenses such as lodging, transportation, food, attractions, and souvenirs. Seeing the cost of your trip broken down

can help you rank what you spend money on. For example, how often will you eat out? Does your hotel offer a continental breakfast that can save you money? Can you eat in or cook during your trip? Perhaps set an amount that each family member can spend on fun purchases or souvenirs. Always look for free attractions such as landmarks near your destination to enhance your trip without dipping into your budget. Limit time spent in tourist-heavy areas where prices are likely to be higher.

RESOURCES:

Aderoju, D. (2018). How to save money on your next vacation. America Saves. <https://americasaves.org/resource-center/insights/how-to-save-money-on-your-next-vacation/>

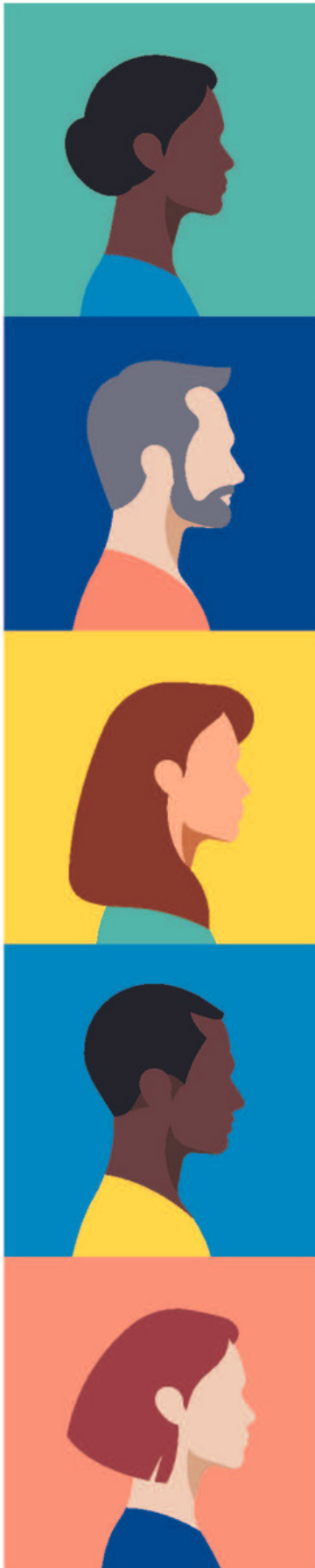
Fay, B. (2021). Traveling on a budget: 10 tips to save cash. <https://www.debt.org/advice/traveling-on-a-budget-tips-to-save/>

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SUMMIT

ON SUBSTANCE USE, RECOVERY, AND DIVERSE POPULATIONS

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August 2-3, 2023

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Downtown
Lexington

- ▶ Hear experts from across the country present on best practices for providing support to diverse populations, including older adults.
- ▶ Learn about the prevalence of substance use and recovery among different populations and the unique challenges they face.
- ▶ Connect with resources and organizations that can provide ongoing support for individuals in recovery.
- ▶ Those working within clinical and community settings will benefit from speakers and topics.
- ▶ CEUs for the KY Board of Alcohol and Drug Counselors, KY Certified Community Health Workers, Nursing and ASWB ACE credit for Social Work are available. Scan above QR code or visit tinyurl.com/5hefm5sc for details.



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