

Hancock County Extension Family & Consumer Science Education

Hancock County

Building Strong Families for Kentucky



Cooperative Extension Service

Hancock County

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August 2023

Thought For The Day

Thought for the Day: "It's not how many miles you walk, it's how many smiles you share." - Unknown

Roll Call

What is the farthest you have ever traveled?

Hancock County Homemakers Annual Meeting

Meeting will be August 24, 2023 at 5:30 pm.
at the Hancock County Development
Complex. This year's theme is "Take A
Hike".

The Sunshine Circle
Homemakers will be at the
fair! Stop by to see them
and learn about their club
and become a member!

Volunteer Hours!

A total of 5919.5 Volunteer Hours were put
in this year by the Hancock County
Homemakers Clubs!

Paula Mason 1090

Lori Hodskins 832.25

Maggie Craig 632

Homemaker Reading Records

The following ladies turned in reading
records:

Kaye Rice 38 Books

Martha Rice 33 Books

Paula Mason 26 Books

Patsy Young 23 Books





Martin-Gatton
College of Agriculture,
Food and Environment

HOMEMAKERS

HANCOCK CO. HOMEMAKERS ANNUAL

Pancake Breakfast!

During the Hancock Co. Fair!

SATURDAY, AUGUST 5TH
8:00 AM-10:30 AM
HANCOCK COUNTY
FAIRGROUNDS

Adults: \$7
Kids 10 and under: \$4

Includes, pancakes, sausage, coffee, milk, and orange juice.

Cooperative Extension Service
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Contact us for more information
at 270-927-6618.

Lisa Hagman

Lisa Hagman, Extension Agent for 4-H Youth
Development Education– Hancock County



**KENTUCKY STATE
UNIVERSITY**
Cooperative Extension Program

Angelia (Angie) Swihart

Angelia Swihart

*Hancock County Extension Agent for
Family & Consumer Science Education*



County Fair Cake Walk Donations

Please bring single layer cakes, 2 dozen cookies,
brownies, cupcakes, or bundt cakes in disposable
containers. These need brought in Friday, August 4th
or Saturday August 5th by 10 am. Thanks in advance!

Should I Be Concerned About Food and Drinks With Aspartame In Them?

Anytime news about aspartame comes out, news agencies and websites jump at the chance to write an attention-grabbing headline about its link to cancer. Aspartame is a common food additive that is an artificial sweetener. It has been used in the U.S. for over 40 years. You can find it in packets for adding to foods and drinks. It is also common as a sweetener in diet sodas, chewing gum, and even toothpaste.

The World Health Organization and their research groups recently published stories that look at cancer risk related to certain foods, drinks, and food additives. These groups have determined that aspartame is “possibly carcinogenic to humans.” They point out that the science to support the link between cancer and aspartame is very limited. The classification aspartame received is the third highest out of four. That means the science available is not convincing enough to make aspartame a higher risk factor for cancer. The biggest takeaway is that more, better designed research studies are needed in lab animals and humans to understand if there is a true connection between the two.

The WHO gives recommendations to the whole world. The U.S. group that oversees food additives is the Food and Drug Administration (FDA). The FDA looks at information coming from these larger global groups. In fact, the FDA already recommends that adults consume no more than 50 milligrams per kg body weight each day. This means that a person who is 175 pounds would have to consume just shy of 100 packets of aspartame in a day to reach the upper end of the acceptable daily intake.

The only known health problem that has reliable science to support limiting aspartame is for people living with phenylketonuria (PKU). There is no concern for people who take in appropriate levels of aspartame each day. The main lesson is that no chemical, food additive, or nutrient should be consumed in large amounts each day. Instead, think of varying food and drink choices, when possible. Over time that will make sure you aren't consuming too much of one nutrient or chemical in place of other important nutrients in the diet.

Source: Heather Norman-Burgdorf, PhD, Extension Specialist For Food and Nutrition

Reference: Aspartame and Cancer Risk. (2023). Retrieved 14 July 2023, from <https://www.cancer.org/cancer/risk-prevention/chemicals/aspartame.html>



The Hancock County Sorghum Festival is set for October 28, 2023. The Hancock County Homemakers will be having their annual Quilt Show. Quilts can be dropped off anytime that week at the Hancock County Cooperative Extension Office to be taken to the show.

Quilt Show Categories will be as follows:

- Baby Quilt
- Rag Quilt
- T-Shirt Quilt
- Quilted Table Runner & Placemats
- Quilted Craft Item (teddy bear, purse, pillow, etc.)
- Youth Quilted Item (ages 5-12 years old)
- Teen Quilted Item (ages 12-18 years old)
- Traditional Bed Quilt (any bed size)



Winners of each category will receive a \$15 gift card to a local restaurant.

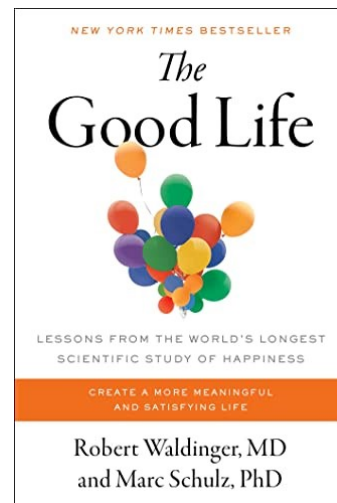
People's Choice Grand Prize will be a \$50 gift card to JoAnn Fabric & Crafts.

Book Corner

The Good Life: Lessons From the World's Longest Scientific Study of Happiness

by Robert Waldinger and Marc Schulz (2023)

What makes for a happy life? The simple but surprising answer is relationships. The good life shows us how we can make our lives happier and more meaningful.



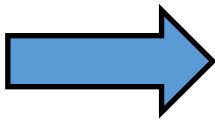
Lisa Hagman, Hancock County Extension Agent for 4-H Youth Development, taught the Hawesville Homemakers about Fluid Painting this month. They had a wonderful time and the paintings all turned out beautiful and unique!



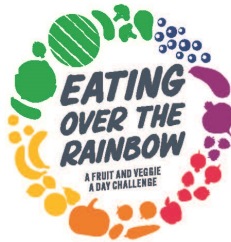


Hancock County Homemakers
 Fundraiser- 3'x3' Barn Quilt
 Made by Karen Keenan
 Sealed & ready to hang outside!
 Tickets- \$1.00 each or 6 for \$5.00
 Drawing held at the Sorghum
 Festival October 28, 2023
 See any homemaker for your
 tickets or come by the Hancock
 County Extension Office!



August is Kids Eat
 Right Month! Here
 are some tips for you
 to help your child
 meet their fruit and
 vegetable goals!



For more
 information, see the
 enclosed Health
 Bulletins!



Daily Fruit and Vegetable Goals

Age group	 Daily fruit goal Focus on raw, frozen, cooked, canned, or dried.	 Daily vegetable goal Any vegetable counts. Try a variety of raw or cooked from fresh, frozen, canned, or dried.
12-23 months	¾ cup	¾ cup
2-3 years	1 cup	1-1½ cups
4-8 years	1-1½ cups	1-2 cups

Tips for meeting fruit and vegetable goals:

- Serve small amounts at each meal and snack
- Offer as an appetizer
- Serve a variety of colors
- Pair with dips or sauces
- Offer over and over
- Children get the same nutrients from fruit and vegetables. It is OK if they prefer to eat more fruit than vegetables.

For personalized information, visit <https://www.myplate.gov/myplate-plan>

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