

July/August 2025

FCS NEWS & NOTES

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Todd County Family & Consumer Sciences Extension

Using AI in the Kitchen

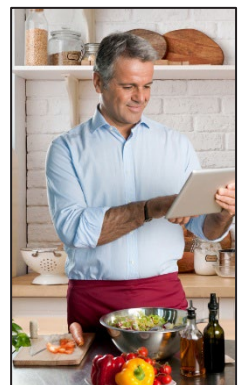
Wouldn't it be nice to have someone or something create a recipe using the items you have in your pantry or refrigerator? Many have turned to Generative AI (Artificial Intelligence) for creative recipes to repurpose leftovers, use pantry items before their *Best by Date*, and reduce food waste. While this sounds convenient and almost too good to be true, there are some drawbacks. Most important of those is food safety and taste.

The internet is full of free AI platforms that can make recipes. ChatGPT, Google, DishGen, and SuperCook are a few examples. You simply type in a question like, "create a recipe using these ingredients." Then you list the items you have on hand. AI will generate a recipe based on your input. However, there is no guarantee that the amounts of ingredients are proportioned to taste, the instructions are complete or in proper order, or that the cooking method is safe. And then there is taste. Who is to say the combination of ingredients will have an appealing flavor? AI systems pull

information from all available websites, regardless of their credibility. There is a lot of room for error.

Be mindful when using AI systems to generate recipes. Use them with caution. This approach can be helpful when you want something new or need inspiration. However, compare the results to research-based cooking procedures and general food safety guidelines. Always apply your own knowledge of food safety principles and cooking methods when trying an AI recipe to keep you and your family from getting sick.

Find creative and flavorful recipes along with information on safe food preparation at the Todd County Extension office.



Reference

<https://extension.umn.edu/cottage-food-safety-news/are-recipes-written-ai-safe>

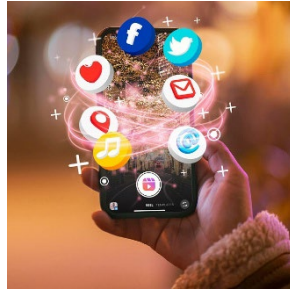
Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist



Beyond the Scroll: Tips for Healthy Social Media Habits

Social media is something that we all use daily.

Social media can be a useful tool and can provide us with the news and other information we might need in small bite sizes. Despite this, social media can also be toxic and can negatively impact mental health. There are several things we can do to better navigate social media and be mindful of our mental health.



1. **Turn off notifications.** Notifications can serve as a huge distraction. Turning off notifications for social media can help you stay present and can potentially reduce stress and anxiety. If turning off notifications seems too challenging for the time being, try out using the “do not disturb” feature on your phone.
2. **Limit your time on social media.** Spending a lot of time on social media can contribute to feelings of isolation, anxiety, and lower self-esteem. Limiting your time on social media can help you focus on more important life tasks and can improve your mental health.
3. **Stop comparing yourself to others on social media.** As the saying goes, “comparison is the thief of joy” and can lead to things such as low self-esteem and poorer mental health. By following pages and creators that resonate with your interests and values, you can curate a more positive online experience. This can help promote mental well-being. Remember to use social media as a source of inspiration rather than a tool for comparison.

In addition to these tips, there are also a few ways that you can increase your self-esteem and your self-confidence to not only feel better about yourself, but to also reduce the impact of social media on your mental health.

1. **Positive affirmations.** Positive affirmations, when practiced often, can improve your mental health and well-being. Positive affirmations do not have to be complex, saying something as simple as, “I am enough,” can go a long way!
2. **Build healthy relationships.** Healthy relationships can promote positive mental health and can impact our view of ourselves in a positive way.
3. **Participate in self-care.** Practicing self-care on a regular basis can provide you with a strong foundation for your mental health.
4. **Move your body.** Exercise is not only good for your physical health but also has the potential to improve your mental health and overall well-being.

Social media can be a valuable tool, but it is important to use it mindfully. By following these tips, you can protect your mental health and enjoy the positive aspects of social media.

References: <https://newsinhealth.nih.gov/2022/09/healthy-social-media-habits>
<https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>
<https://www.mentalhealthfirstaid.org/2022/03/how-and-why-to-practice-self-care/>

Source: Dr. Natese Dockery, Assistant Clinical Professor and Extension Specialist for Mental Health and Well-Being

Sincerely,

Jill B. Harris

Jill B. Harris

Extension Agent for

Family & Consumer Sciences



UPCOMING ACTIVITIES

Cooking thru the Calendar

The next Cooking through the Calendar Facebook Live will be **Thursday, July 3, at 11:30 a.m.** on

<https://www.facebook.com/ToddCountyExtensionFCS>. We will be making Chicken Burgers. The August recipe is Slow Cooker Asian Pork Tacos and will be on Thursday, August 7, 11:30 a.m.

Ice Cream Social/Annual Meeting

Make plans to attend the Todd County Homemaker Ice Cream Social and Annual Business Meeting, **Thursday, July 24, 4:00 to 6:00 p.m.** All homemaker members are invited to attend. Guests are also welcome. The event will be held at the Todd County Extension Office, 240 Pond River Road, Elkton. Please RSVP by calling the Todd County Extension Office by **July 17** at 270-265-5659. The purpose of the business meeting is for the election and installation of officers.


TODD COUNTY HOMEMAKERS

Ice Cream Social

and Annual Business Meeting

JULY 24, 4:00 TO 6:00 PM

TODD COUNTY EXTENSION OFFICE
240 POND RIVER ROAD
ELKTON, KY



Finger foods, ice cream & toppings,
Homemaker information, door prizes!
*Brief Annual Business Meeting at 6:00 p.m.

RSVP by calling the Extension Office,
270-265-5659, by July 17, 2025.

Pearls of Wisdom Leadership Training

Pennyrile Area Homemakers are sponsoring a leadership training, Pearls of Wisdom, on **August 21, 10:00 a.m. to 2:00 p.m.**, at the Christian County Extension Office. The registration fee of \$20.00, for any Todd County Homemaker Member who would like to attend will be paid. Register before August 11 by contacting the Todd County Extension Office at 270-265-5659.

 **COME AND COLLECT** 

Pearls of Wisdom

All Pennyrile Area Homemakers are welcome/encouraged to attend!

FOR YOUR KEHA TREASURE BOX!

- *Leadership
- *Emotional Intelligence
- *Roberts Rules Refresh

10 a.m. to 2 p.m. ~ Aug. 21
Christian County Extension Office

*Games
*Hands-On Activities
*Door Prizes

Call or visit your local Extension Office to pay the registration fee and hold your spot!

Lunch will be provided with registration fee of \$20!

 **Cooperative Extension Service**
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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 Accessibility accommodations with prior notification.

Junior Homemakers

Todd County Homemakers will be starting the Junior Homemaker Meetings in September. **For the first year, they will be offered four times per year at 9:00 a.m. and 3:15 p.m. (after school)**, for students in middle and high school. If you are interested in helping with the meetings, or have a class you would like to teach, please contact Donna Coffman or the Extension Office at 270-265-5659.

 Cooperative Extension Service

 FAMILY & CONSUMER SCIENCES
Creating Healthy & Successful Families

 **TODD COUNTY HOMEMAkers PRESENT**

JUNIOR HOMEMAKER MEETINGS

FREE

Join us to learn basic skills in Family & Consumer Sciences.

September 18 - Card Making
November 15- Gifts in a Jar
January 15 - Table Setting/Etiquette
March 19 - Tea Party

AGES:
Middle & High School

Times: 9:00 AM or 3:15 PM (after school)

LOCATION:
Todd County Extension Office
240 Pond River Road
Elkton, KY
270-265-5659

To sign up or for more information, call the Todd County Extension Office 270-265-5659

Barn Quilt Paint Party

We are hosting a Barn Quilt Paint Party on **Tuesday, August 19, 9:00 a.m. to 3:00 p.m.** You will choose one of the patterns, A-G, and one of 3 sizes, 2x2, 3x3, or 4x4. The price includes all supplies (boards, brushes, paint, etc.), board primed and ready to paint, and lunch (please advise if you have any special dietary needs). Please bring your own drink, hair dryer, and .94" Frog Tape. Paint colors can be decided day of event. Must be paid in full by July 18. Sorry, no refunds on missed event—alternate arrangements will be available. See flyer for details.

Cast Iron Skillets

Learn how to season, clean, and cook with cast iron at our class on **Tuesday, August 5, 10:30 a.m.** at the Todd County Extension Office, 240 Pond River Road, Elkton. The class will be informational plus have demonstrations and taste testing. To sign up, please call the Todd County Extension Office

 Cooperative Extension Service

BARN QUILT PAINT PARTY BY LIZ'S BARN QUILTS

Tuesday, August 19, 2025
9:00 AM to 3:00 PM
Location: Todd County Extension Office
240 Pond River Road, Elkton, KY 42220

Pre-register by calling the Todd County Extension Office at 270-265-5659

Outdoor Signs:
2x2 = \$130
3x3 = \$190
4x4 = \$270

Choose from patterns A-G

Price includes: all supplies (boards, brushes, paint, etc.), board primed and ready to paint, and lunch (please advise if you have any special dietary needs)

Sorry, no refunds on missed event—alternate arrangements will be available.

Please bring your own drink, hair dryer, and .94" Frog Tape.

Paint colors can be decided day of event
Must be paid in full by July 18
Make checks payable to Liz's Barn Quilts or Elizabeth Curtis
Limit: 30

A
B
C
D
E
F
G

 Cooperative Extension Service

AUGUST 5, 2025
10:30 AM

Todd County Extension Office
240 Pond River Road
Elkton, KY
Please pre-register by calling 270-265-5659



Learn to season, clean, and cook with cast iron. The class will include demonstrations and taste testing. **FREE**

Cast Iron Skillets

An Equal Opportunity Organization