

June 2025

FCS NEWS & NOTES

Todd County Extension Office
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Todd County Family & Consumer Sciences Extension

75(!) Pieces of Life Advice from Adults Older than 50 (who live in Kentucky)- Part 2

We asked people older than 50 for a little life advice – and they delivered! See what our most experienced generation has to say about living life.

This is part 2.

13. They say an egg can't be used until it's broken. Have you been broken or made ready for a beautiful new purpose?
14. When you don't want to do something, tell yourself that you don't have to do it, but you have to get started and then you can quit in five minutes. Even that short interval can often change your mind, and you've avoided the trap of procrastination.
15. Learn to say no! Time becomes more precious as it leaves. Do those things that you have put off for too long. You can't get that time back.
16. Was what just happened to you terrible or liberating?



17. Don't take a sleeping pill and laxative on the same night! 😊
18. Spend time with your parents, they won't always be here. Make memories with them.
19. Always have at least a quarter tank of gas in your car.
20. As far as retirement, have a plan of what you're going to do with some of your time – exercise, volunteer work, clubs, etc. Don't just sit at home.
21. Always have Band-Aids, a pen, and at least \$20 cash in your purse.
22. Wear comfortable and practical shoes.
23. Always live below your means. This makes for MUCH less stress and MUCH more happiness.
24. Tip generously.
25. Unused new batteries last for years. Better to have them at home than still at the store when the current ones quit.

Source: Amy Kostelic, Associate Extension Professor, Adult Development and Aging



How to Store Avocados

You may have heard that storing avocados in water lengthens their shelf life. Several videos on social media claim that avocados will last up to a month if you submerge them in water then store them in the refrigerator. They say that “whole or cut in half – either way, the avocado will stay fresh longer.” However, this is not a safe practice. While it might seem like a good idea to keep the avocado away from air, submerging it in water is not the way to go. It is a recipe for bacterial growth.

The Food and Drug Administration (FDA) advises that storing avocados in water is a dangerous practice. This is because the rough, bumpy skin of avocados contains bacteria. FDA microbiological surveillance sampling for whole fresh avocados found the presence of *Listeria monocytogenes* and *Salmonella* on sampled avocados. There is concern that any bacteria on the surface of the avocado will multiply during storage when submerged in water and penetrate the skin causing bacterial contamination of the flesh below. Never store avocados in water. Always wash avocados under running water and use a brush to scrub the outside skin before slicing.

Avocados are best stored on the counter if they are not ripe. Check them daily for skin color change and softening. As the avocado ripens, it will turn from bright green to dark green. A fully ripe avocado will be purplish blue, and the skin will feel a bit mushy when given a slight squeeze. Store ripe avocados in the refrigerator. Cold temperatures slow ripening, but don't completely stop it.

A sliced avocado will brown quickly. A natural enzyme present in the flesh causes brown spotting when exposed to air.



To prevent browning, add some acid. A splash of lemon or lime juice will decrease browning. Wrapping the cut avocado tightly in plastic wrap (to keep air away) will lessen browning too. Either way, you should store

it in the refrigerator once cut, just like all cut fruit, to limit bacterial growth. Avocados don't freeze well, but you can do it. Remove the flesh and cut or mash. Use a little lemon or lime juice to prevent browning and remove as much air as possible when packaging. The quality of frozen avocados will be much less than fresh, so use them in smoothies or hummus, where you won't notice a difference in texture.

Reference: <https://health.clevelandclinic.org/how-to-store-avocados-safely>

<https://www.fda.gov/food/sampling-protect-food-supply/microbiological-surveillance-sampling-fy14-16-whole-fresh-avocados>

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

*We have a busy
summer planned.
Hope you will join us!*

Sincerely,

Jill B. Harris

Jill B. Harris
Extension Agent for
Family & Consumer Sciences



UPCOMING ACTIVITIES

Upcoming Leader Trainings

Cooking thru the Calendar

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

Walk Your Way Challenge

If you are participating in the Walk Your Way Challenge, you are invited to participate in an optional "Weekly Walk,*" led by a member of the health coalition, at the Elkton-Todd County Park at **10:00 a.m.** on the following dates:

May 5 May 16 May 23

**walk canceled if inclement weather*

Everyone who completes the challenge and the post-evaluation will receive a hot/cold pack. The overall winner of the challenge will receive a self-care kit. Everyone who attends a weekly walk will be entered into a drawing for a self-care kit.

You can log your steps weekly OR record the amount of time you've spent in physical activity each day on paper. Each week, you can log steps online at <https://bit.ly/WalkYourWayLog>. If you don't wish to log your steps weekly, simply record them on your paper log and return the paper copy to the Todd County Extension Office by **May 30, 2025**.

Learn the basics of pressure canning tomatoes in this hands-on class on **Tuesday, July 1, 5:00 p.m.** at the Todd County Extension Office. The cost is \$5.00/person; register by **June 25** by calling Extension Office at 270-265-5659. Minimum 6 people for the class.



We will be hosting Super Star Chef, a 3-day Cooking Camp, at our office **July 8-10**, from **9 a.m. to 1:00 p.m.** The hands-on cooking camp is open to student ages 9-12, and priority is given to youth who have not previously attended.

Participants learn cooking techniques such as chopping, dicing, blending, folding, and whipping, they make pizza, homemade muffins, breakfast potatoes, and more. They also learn about healthy eating habits, food safety, and more.

If you know someone who would like to attend, please call the Todd County Extension Office at 270-265-5659 to reserve their spot.

SUPER STAR CHEF 3-DAY COOKING CAMP

AGES 9-12

JULY 8, 9, & 10
9:00 AM TO 1:00 PM

FREE

Todd County Extension Office
240 Pond River Road, Elkton KY

Limit 20 Participants

Priority given to youth who have not previously attended.

To sign up, call the
Todd County Extension Office
at 270-265-5659
or email: todd.ext@uky.edu

Sponsored by:
University Of Kentucky Nutrition Education Program
Todd County Extension Service
North & South Todd Family Resource Centers
Todd County Youth Service Centers

- Master cooking techniques such as chopping, dicing, blending, folding, and whipping
- Learn how to make fiesta dip, pizza, carrot muffins, and more!
- Discover foods that fuel your body and energize you.
- Learn how to read a nutrition facts label and what is takes to be "food safe"

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Agriculture and Natural Resources
Family and Consumer Sciences
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

National program of University of Kentucky Cooperative Extension service. It provides leadership of extension in rural areas,
and offers development assistance from other states locally, national policy issues. Staffed by highly qualified professionals.
Programs address health/nutrition concerns or education for all citizens. Financially self-sustaining through fee-for-service programs.
Contact us at: www.uky.edu/coe/agriculture-food-environment
Lexington, KY website

Hearing impaired?
ask your assistant.

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.** The purpose of the business meeting is for the election and installation of officers. 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 at your June Homemaker Club meeting or by calling the Todd County Extension Office by **July 17** at 270-265-5659.

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 Chrisitan 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 by contacting the Todd

County Extension Office at 270-265-5659.

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 & Sustainable Families



TODD COUNTY HOMEMAKERS PRESENT

JUNIOR HOMEMAKER MEETINGS

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

FREE

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

AGES: Middle & High School	LOCATION: Todd County Extension Office 240 Pond River Road Elkton, KY 270-265-5659
Times: 9:00 AM or 3:15 PM (after school)	

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

Webinar Event

Living with Alpha-gal Syndrome

Learn more about AGS (red meat allergy) and how to reduce your risk with University of Kentucky Cooperative Extension

Topics Covered

- ✓ AGS basics
- ✓ Tick bite prevention
- ✓ Diet & lifestyle management
- ✓ Q/A session



Thursday, May 29th

6-7:30pm CDT

7-8:30pm EDT

Register Now!

ukfcs.net/AgS

Cooperative Extension Service

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4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



