

FAMILY & CONSUMER SCIENCES



Anderson County Extension Family & Consumer Sciences Newsletter August, 2025 Building Strong Families

Cooperative Extension Service
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Important Dates:

August 2—Basket Guild, 10—3 p.m.
August 4—Quilt Guild, 5:30 p.m.
August 5—WITS Workout, 10—11:30 a.m.
August 7—EH Project Day, 9—2:30 p.m.
August 9—2nd Saturday Sew, 10—4 p.m.
August 11—Friendship Circle, 5 p.m.
August 12—WITS Workout, 10—11:30 a.m.
August 14—Lunch & Learn, 11 a.m.
August 14—24 Kentucky State Fair
August 19—WITS Workout, 10—11:30 a.m.
EH Council Meeting, 5:30 p.m.
August 21—Homemaker Kickoff, 5:30 p.m.
August 23—Quilting Bees, 10—4 p.m.
August 26—WITS Workout, 10—11:30 a.m.
August 28—Leader Lesson, “Navigating Trauma After a Natural Disaster”, Boyle County Extension, 10 a.m. (also available on Ft. Harrod Area Homemaker YouTube page)
October 10—Fort Harrod Area Homemakers Annual Meeting, Garrard County

Lunch & Learn

August 14, 11:00 a.m.—12 p.m.

**Call the Extension Office at 839-7271
to register!**

FREE!!



Join the homemakers as our FCS Agent, Kennedy Hannah, demonstrates recipes from the 2025 Food and Nutrition Recipe Calendar! He will be sharing “Slow Cooker Asian Pork Tacos” in August!

The Quilt Club of the Anderson County Senior Citizens Center is taking registrations for their two day, “Sleep In Your Own Bed” quilt retreat at the Senior Center on August 29th and 30th (that's Friday and Saturday of Memorial Day Weekend). For more information contact Betty Jo Moss at mss.bttvj@yahoo.com or Judy Howard at judyhoward1953@gmail.com.

*Congratulations to all the
ribbon winners at the Home,
Craft, and Garden Fair!*

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Disabilities
accommodated
with prior notification.

The Mediterranean Diet is the Best Diet of 2025

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

Each year, U.S. News ranks the best diets. A team of medical and nutrition experts looks at different diets and decides how healthy they are. They check whether the diet has the right balance of nutrients, whether it is safe, how easy it is to follow long-term, and if the diet really works. The diets on the list are backed by science and can help manage weight long-term while providing your body with the nutrition it needs and supporting overall health and well-being. Year after year, the Mediterranean Diet ranks first on the list.

There is not one standard Mediterranean diet. The Mediterranean Diet is based on the eating patterns of people who live in countries around the Mediterranean Sea. These 16 countries have different cultures, religions, and ways of living, but their diets share some common ideas. These include:

- Eat a variety of foods from plants like fruits, vegetables, and grains (like bread, potatoes, beans, nuts, and seeds).
 - Eat dairy, eggs, fish, and poultry in small amounts and prepare them in a variety of ways.
 - Reduce how often you eat red meat.
 - Use olive oil as a main source of fat.
 - Enjoy wine in small amounts with meals, if desired.
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- A small bowl of nuts and a glass of wine. The bowl is dark and filled with light-colored nuts, possibly almonds. The glass is dark and contains a light-colored liquid, likely wine. The background is a light, textured surface.

The Mediterranean Diet is a way to modify your eating pattern to support your health. It has similarities to MyPlate, which represents the Dietary Guidelines the U.S. Department of Agriculture sets. MyPlate suggests these main ideas:



- Focusing on whole fruits,
- Varying your veggies,
- Making half your grains whole grains,
- Varying your protein routine,
- Moving to low-fat or fat-free dairy milk or yogurt, and
- Drinking and eating less sodium, saturated fat, and added sugars.

The Mediterranean Diet follows these ideas, too. For example, eating a variety of plant foods includes focusing on whole fruits, eating a variety of vegetables, and choosing whole grains. The typical Western diet is heavy on meat, so varying your protein routine can include adding dairy, eggs, fish, and poultry. And by reducing how often red meat is in a meal, eating or drinking low-fat or fat-free dairy, and using olive oil, we can reduce the saturated fat in our diet.

The Mediterranean Diet is a heart-healthy way to eat that can support weight management while providing your body with the nutrition it needs. This is why experts vote it as the best diet. But it is not the only way to eat healthy. Following the nutrition guidance that makes up MyPlate and many of the top diets on the list of Best Diets for 2025 can meet your goals in a flexible way.

Reference(s):

Burdeos, J. (2025, January 3). *Best Diets Overall 2025*. USnews.com. <https://health.usnews.com/best-diet/best-diets-overall>

American Heart Association. (2020). *Mediterranean Diet*. Www.heart.org. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/mediterranean-diet>

Start Simple with MyPlate | MyPlate. (2022, March). [Www.myplate.gov](https://www.myplate.gov/tip-sheet/start-simple-myplate); USDA. <https://www.myplate.gov/tip-sheet/start-simple-myplate>

A Message From The County President:

Are you ready for a new homemaker year of fun, friendship, learning, trips, and so much more?

The Home, Craft, and Garden Fair was a success. We had thirty-eight exhibitors with 269 entries, four more exhibitors than last year. We had a wide variety of quilts, sewing items, and photographs this year. Even the youth department had lots of items. We will be having a wrap-up meeting soon to discuss what was good and what needs improvement for next year.



Everyone came at 4 p.m. to view the items; this was the first for me. It was great to see so many viewing the fair, and some did not enter anything. Let us hope they enter next year.

Our theme for the year will be "Homemakers Building Bridges." We plan to take a trip to visit covered bridges this fall, during Homemaker week.

Hope to see you at our Kick-Off meeting on August 21st at 5:30 pm.

Kay Scheffler
County Homemaker President

Staying Cool: Body Temperature Hacks That Work

- **Lightweight, breathable clothes** in cotton or linen
- **Cool showers** in the evening to lower your core temp
- **Frozen grapes or cucumber slices** as a quick snack
- **Sleep with a cooling pad** or ice pack near your feet
- **Block sunlight** during the day with blackout curtains

Smart Hydration: Beyond Just Drinking Water

- **Lemon water with a pinch of salt** – Helps your body replace lost sodium and potassium, especially after sweating.
- **Coconut water** – Packed with natural electrolytes. A better alternative to sugary sports drinks.
- **Hydrating fruits like cucumber, melon, and berries** – They have high water content and help you stay full and refreshed.
- **Iced herbal teas** – Cool you from the inside while keeping hydration levels steady. Peppermint, hibiscus, or chamomile are great choices.



You can view this newsletter & find a variety of other information & upcoming events on our county website.

Visit us at: <http://anderson.ca.uky.edu>

Follow us on Facebook: <http://www.facebook.com/andersoncountyCES>

Let us know if you have any questions about this newsletter or need additional information.

Susan Campbell

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