

Nicholas County Family & Consumer Sciences Newsletter




After a long, cold, brutal winter, we finally reached March. If you're a basketball lover like me, you're probably looking forward to March Madness as much as you are to warmer temperatures.

I have included the registration for the KEHA State Meeting in this newsletter, which is **May 6-8th!** The great news for this year is it is super close to us and will be held in Lexington. I am hopeful with it being closer this year that many of you will take the time to go and experience it firsthand if you have never gone. Or if you are a regular for the state meeting, you will continue going this year. Be looking for your State Newsletter in the mail for all the information on it. The classes for this year look amazing! From faux stained glass to growing herbs to patriotic centerpieces, there is something for everything in addition to the wonderful fellowship with homemakers from across the state.

Also, to the right you will see a tentative date for International Dinner. The Council is hoping to meet sooner than our scheduled date of **March 25th** to get those plans in place. I have held **April 17th** for that event and hope that it will work. Remember that International Dinner we encourage you to bring guests! If you have ideas of what country we should feature, please don't hesitate to reach out to me or a council member to share your ideas. It is always one of my favorite events of the year because of the experiences the guest speaker shares.

Lastly, I want to encourage all my quilters to attend the Quilt Club meeting on **March 11th**. With the weather and cancellations, we are farther behind than normal with plans for our 4-H fundraising quilts. Bring any quilts or projects that you have been working on for Show and Tell too!

I look forward to seeing you all soon. As always, if you have any ideas for programs you would like to see, please reach out to me.



MARCH 2025

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2025

Nicholas County Homemakers

International Dinner

SAVE THE DATE
Tentatively Scheduled
for April 17th at 6 p.m.



Ashley A. Vice



Ashley Vice
County Extension Agent for FCS/4H
University of Kentucky
368 East Main Street
Carlisle, KY 40311
859-473-1452
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Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Disabilities
accommodated
with prior notification.

Quilting Club

March 11th at 10 a.m. at
the Office

Please bring any quilts you have worked
on for show-and-tell

Please join us if you are interested in
sewing for the 4-H scholarship quilt!

UK Cooperative
Extension Service
Family and Consumer Sciences

LEARN TO PLAY THE DULCIMER for adults

March 11th
Neall Building
6 p.m.

MORE INFORMATION :
(859) 289-2312



DON'T MISS OUT!



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

LAUGH AND LEARN PLAYDATE



March 19th at 11 a.m.
Nicholas County Public Library
Birth to 5 years old

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
& 4-H Youth Development
Community and Economic Development

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FARM & FAMILY NIGHT

Save the Date:

March 11th, 2025



Presenting our
Title Sponsor



Tickets available
after February 3rd



Questions? Call (606) 301-6118



WORKFORCE
SOLUTIONS

Tickets are available in our
office!

President's Corner

Fellow Homemakers,



Let us welcome the month of March with open arms!! Time "springs forward" on the 9th and the first day of spring is on the 20th! Woo, Hoo! Let's hope for warmer days so we can open the windows and do some spring cleaning. Maybe try out those recipes for all-natural ingredient homemade cleaners you've been researching. I've tried a few and really like how good they clean yet don't knock me out with toxic fumes.

Also, here is a reminder about the KEHA State Meeting May 7th-May 9th. Registration forms are in the KEHA State Newsletter that was snail mailed (USPS) to all KEHA members (so check your mail piles) Deadline to get them postmarked in the mail is April 7th. Get them in early as classes fill up quickly.

Have a Happy Spring all,
Christy Shelley



NICHOLAS COUNTY COOPERATIVE EXTENSION HOMEMAKER COUNCIL

MEETINGS

Save the Date



SEPTEMBER 26TH

NOVEMBER 26TH

JANUARY 21ST

MARCH 25TH

MAY 15TH- TENTATIVELY SET ASIDE FOR ANNUAL MEETING



Martin-Gatton
College of Agriculture,
Food and Environment

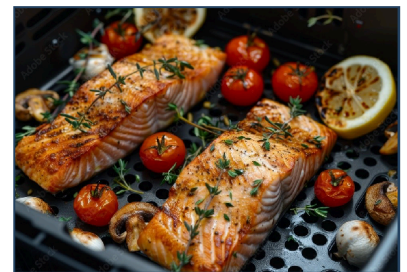
AIR FRYERS



The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and also is popular for reheating leftovers.

This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when purchasing an air fryer.

Join us to learn more about air fryers, pickup some cooking tips and recipes!



DATE: February 25th

TIME: 10 a.m.

CALL TO REGISTER: 859-289-2312

LOCATION: Office

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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2025 - 2026 Bluegrass Area

Homemakers Leader Lesson Ballot



Please choose the top 8 lessons you would like taught in the 2025-2026 homemaker lesson year.

Return to the Extension Office no later than March 31, 2025.

Mental Health Matters

Mental health is important for overall health at every life stage—from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being.

Mastering Mindfulness

Mindfulness is a practice that involves being in the present moment. It involves being aware of your thoughts, feelings, and the area surrounding you. There are various mindfulness activities that individuals can participate in to improve their overall mental health and well-being. This lesson will introduce mindfulness and a few techniques that individuals can use to bring themselves back to the present moment, ease stress, and increase their sense of peace.

Yoga Try This

Yoga is far from a new practice but has become popular today as a mainstream form of exercise. There also are many health benefits of doing yoga beyond physical activity. This lesson introduces yoga – what it is, why you might be interested in trying it, and some poses.

Building A Better Bowl

Often, we think about building a balanced meal on a plate. We have resources to serve as a visual guide for building a balanced plate. But how does that translate when we use a different dish? Building a Better Bowl serves as a guide for building a balanced meal that fits inside of a bowl – ranging from sweet bowls, with oatmeal or yogurt as a base, to savory dinner ideas using grains, greens, and more as a base.

Building A Better Smoothie

Smoothies are a refreshing meal, snack, or treat that come together in a matter of minutes, are flavorful, and can be packed with important nutrients. This lesson takes you through the basic steps for building a smoothie without a recipe and with ingredients you may have on hand in your home.

Making Friends With Food: The Power of Positive Food Talk

Can you think of a time that you labeled specific foods as “good” or “bad”? Or called yourself or someone else a member of the “clean plate club” or a “picky eater”? The way we talk about food and eating behaviors can have a lasting imprint, for better or for worse. Small changes might just have a big impact on a child’s mental and physical health, and yours too. This lesson discusses the importance of and provides opportunity to practice reframing how we talk about food.

(OVER)

Stretching Your Dollars: What To Do When Your Ends Don't Meet

“Making ends meet” is getting harder in today’s economy. This lesson will cover how to make your dollars and resources go farther. The lesson will provide tips for managing your money in financially tough times and offer strategies for saving on groceries, gas, utilities, clothing, and other household essentials. We will explore ways to manage fixed and variable household costs with tips on spending wisely, prioritizing finances, and saving when expenses are tight.

Sharing Your KEHA Message

Have you ever been asked “What does your group do?” KEHA members are so vibrant, sometimes it can be hard to include everything in a brief statement. This lesson will help you prepare an “elevator speech” that can quickly summarize what your club or council has to offer! In addition, you will prepare responses to have ready when barriers might get in the way of inviting others to join in active membership.

Blackstone Grilling

This Blackstone Grilling Class is a hands-on cooking experience that teaches participants how to properly heat, clean, and maintain your griddle while cooking a variety of dishes, from smash burgers to stir-fry. Perfect for anyone looking to enhance their outdoor cooking skills!

Hunger in Kentucky: Know More Do More

Learn more about the realities of Hunger in Kentucky through an interactive simulation appropriate for Extension Homemakers Club meetings in person or through virtual platforms. Increase your odds of succeeding at the simulation by identifying service projects appropriate for KEHA members in all 120 Kentucky counties.

The Big Freeze

Freezing is the easiest, most convenient, and least time-consuming method of preserving foods. It is a great way to extend the shelf life of many foods, including leftovers. When done correctly, freezing preserves nutrients and maintains quality. This lesson will help you get the most out of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and save time.

Laughter is A Must in Marriage

Did you know laughter serves as a powerful tool for building and maintaining a healthy, happy marriage? It cultivates a positive atmosphere, strengthens emotional bonds, and helps couples navigate the challenges of married life with resilience and grace. This lesson will test your knowledge on laughter, identify the short- and long-term benefits of laughter, explore what keeps you from laughing with your spouse, and share ways to increase laughter in your relationship.

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Lanham, KY 40366

HEALTH BULLETIN



MARCH 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Nicholas County Extension Office
368 East Main Street
Carlisle KY 40311
(859) 289-2312

THIS MONTH'S TOPIC

THE POWER OF POSITIVE LANGUAGE AROUND FOOD

The way we talk about food can have a big impact on how we feel about it and how we take care of our bodies. When we use positive, respectful language around food, it helps us build a healthier relationship with what we eat. A healthy relationship with food means not feeling guilty or stressed about what we eat but instead enjoying food as something that nourishes and energizes us.

Words have a lot of power. The language we use can shape our thoughts and feelings. If we call food "bad" or "unhealthy," we might start feeling bad about eating it. For example, saying things like, "I shouldn't eat this," or "this is so unhealthy," can make us feel guilty when we enjoy our favorite foods. But when we use words like "balanced" or "nourishing," it reminds



Continued on the next page →



Disabilities accommodated with prior notification.



While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad.

Continued from the previous page

us that food is not the enemy — it's something our bodies need to stay strong and healthy.

We often talk about food in ways that make it seem like some foods are "good" and others are "bad." While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad. All foods can be good for us in one way or another. Whether it's the nutrients it provides us or the enjoyment we get from eating it. The key is to focus on balance, not perfection. If we can learn to talk and think about food without judgment, it can help us feel more relaxed and less stressed about eating.

Talking about food in a mindful way can also help us enjoy it more. Mindful eating means paying attention to what we're eating, how it makes us feel, and how much we're eating of it. When we use words like "enjoying," "savoring," or "appreciating," we remind ourselves to slow down and notice the flavors, textures, colors, and smells of our food. This helps us be more aware of when we're full and prevents overeating. Instead of rushing through a meal or eating while distracted, we can focus on the experience of eating and truly enjoy it.

Language around food is also important in the way we talk about it with others. If we constantly talk about dieting, weight loss, or food rules, it can create stress and pressure around food. Instead, focus on how food makes us feel good, how it helps our bodies grow, and how it brings people together. When we talk about food in a positive, relaxed way, it can help create a more supporting environment for everyone.

REFERENCES:

- Satter, E. (n.d.). Are you feeling bad about your eating? Elyn Satter Institute. <https://www.elynsatterinstitute.org/family-meals-focus096-are-you-ready-to-stop-feeling-bad-about-your-eating>
- Elyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Elyn Satter Institute <https://www.elynsatterinstitute.org/how-to-sauté-the-joy-of-eating-being-a-competent-eater>

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Stock images:
Adobe Stock

ADULT HEALTH BULLETIN



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC:

STRETCHING YOUR DOLLAR: WHAT TO DO WHEN THE "ENDS" DON'T MEET

"Making ends meet" is getting harder in today's economy. If you've ever wondered how to make your dollars and resources go farther, think about these tips for managing your money in tough financial times.

SPENDING WISELY

There are two basic ways to balance a budget: either **increase your income** or **reduce your expenses**. Scaling back on spending may be the quicker and easier of the two strategies. Start by taking a look at your spending habits to see where your money goes each pay period. List small purchases (like fast food, hobbies, and other "wants") and large expenses (like housing, insurance, and your family's "needs").

Next, use a highlighter to mark more **flexible** categories where you can cut back (or cut out altogether). While not always pleasant, looking for small ways to save in the present allows you to redirect that money where it matters most. This increases your family's future financial stability. Cancel "wants" until you can make ends meet again, like streaming services or monthly subscriptions. Or, cut back on things like eating out or buying name brands. For example, saving



\$10 a week is \$520 a year; saving \$20 weekly is \$1040 annually; saving \$50 a week is \$2,600 a year; and so forth. Small savings really do add up.

PRIORITIZING YOUR FINANCES

Household expenses fall along a continuum of fixed and variable costs. **Fixed costs** are the same amount each month. These may include bills such as mortgage or car payments, insurance premiums, cell phone plans, internet, and streaming services. You can budget fixed expenses more precisely because you know the exact amount that will be due and when.

Variable costs, on the other hand, include charges that are different each month. Food costs, utility bills, revolving credit card

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Lexington, KY 40506

NOTE EACH MONTHLY "PAY DAY" (OR ANY DATE YOU EXPECT MONEY TO COME INTO YOUR ACCOUNT)



payments, and "extras" are all variable costs. Some of these expenses may be necessary (e.g., food and electricity are essential), but often there are ways to cut costs in each category.

To begin prioritizing your finances, use a blank calendar and note every recurring monthly payment your family has (fixed or variable) on its due date. Also keep a running list of family expenses that are due quarterly or annually, like property taxes or insurance.

Next, note each monthly "pay day" (or any date you expect money to come into your account rather than go out of it). Do you have enough income to cover the required payments in between pay periods? If not, talk with the collector about the due date. Most companies offer flexibility in choosing a payment date that works for your financial situation. Be sure to pay bills on time to avoid late fees and additional finance charges or interest.

SAVING WHEN EXPENSES ARE TIGHT

To save on groceries, gas, utilities, clothing, and other household essentials, begin by

shopping your home. For example, don't go grocery shopping until you've shopped your pantry, fridge, and freezer. Eat or repurpose leftovers, get creative with the ingredients you have on hand, and use food before it expires. When we toss food in the trash, we're trashing our cash too.

The same goes for clothing or other household goods. Look for items to sell, trade, refresh, or repurpose before going shopping. To save money on gas, group your errands and limit your shopping trips to one day a week or certain days a month. You can also carpool or use public transportation. For utilities, use energy-saving practices to lower your costs (like wearing layers and monitoring the thermostat).

LOOK TO THE PAST

As you explore ways to save, consider the penny-pinching practices of past generations. They used what they had and weren't wasteful. They borrowed from friends and neighbors. They sold and traded goods. They repurposed furniture, fabric, and clothing. They lived within their means and considered "a penny saved is a penny earned."

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Keili Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

2025 KEHA STATE MEETING REGISTRATION FORM
 "Discover KEHA, A Hidden Treasure" • May 6-8, 2025 • Lexington, Kentucky

Name _____ Address _____ City _____ State _____ Zip Code _____ County _____ Area _____ Phone (____) _____ Email _____ Emergency Contact _____ Relationship _____ Phone # _____	<p align="center">Special Diet/Food Allergies</p> Check if you have dietary restrictions: <input type="checkbox"/> Nuts <input type="checkbox"/> Shellfish <input type="checkbox"/> Gluten-free <input type="checkbox"/> Dairy-free <input type="checkbox"/> Vegetarian <input type="checkbox"/> Vegan NOTE: We will do our best to accommodate the above dietary restrictions. If you have an additional dietary restriction you may list it below, however be aware that there is no guarantee of accommodation. Other: _____ <input type="checkbox"/> Check if you want an email confirmation.
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Check all that apply:

KEHA MEMBER STATE BOARD AGENT UK SPECIALIST GUEST
 FIRST TIME ATTENDEE - YES NO VOTING DELEGATE - YES NO

	Early-Bird Rate (By April 7)	Regular Registration (April 8-April 21)**
Full Conference Registration	\$150	\$185
2-Day Conference Registration	\$130	\$150

2-Day Includes Either Tuesday/Wednesday OR Wednesday/Thursday - Please check appropriate boxes below


MY REGISTRATION INCLUDES:

**Late registrations (April 22 or after) will NOT be accepted.

<input type="checkbox"/> Tuesday 5/6 Check-In for Cultural Arts, Quilt Squares, Showcase, Raffle, and Auction Seminars—Session 1 & 2* Hands-On Creative Classes—Session 1* <input type="checkbox"/> Opening Luncheon (price included!) <i>Check if attending lunch.</i> Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show	<input type="checkbox"/> Wednesday 5/7 Seminars—Session 3 & 4* Hands-On Creative Classes—Session 2* Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show Business Meeting Master Farm Homemaker Guild Luncheon and Meeting*** <i>(separate registration)</i> General Session with KEHA Choir	<input type="checkbox"/> Thursday 5/8 Officer Training Workshops Educational Chairman Trainings <input type="checkbox"/> Awards Luncheon (price included!) <i>Check if attending lunch.</i> <div style="border: 1px solid #ccc; padding: 5px; margin-top: 10px;"> <p>NOTE: Select specific sessions and classes on next page. * = May include extra costs.</p> </div>
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FULL OR 2-DAY REGISTRATION	\$ _____
AMOUNT FROM SESSIONS, CRAFTS, SHIRTS LISTED ON PAGE 6	\$ _____
(MAKE CHECKS PAYABLE TO KEHA)	GRAND TOTAL \$ _____

***NOTE: MASTER FARM HOMEMAKER GUILD LUNCHEON IS A SEPARATE REGISTRATION.
 CONTACT SUSAN HANSFORD at susanhansford@hotmail.com

 <p>NOTICE</p> <p>Mail by April 7 for the discounted registration fee. Any registration with a USPS postmark after April 21 will be returned. This is necessary to allow processing time.</p>	<p>MAIL TO:</p> <p>Patsy Kinman KEHA Treasurer 310 Falmouth St. Williamstown, KY 41097</p>	<p>FOR KEHA TREASURER USE ONLY:</p> Date received: _____ Postmark Date: _____ Check number: _____ Name: _____ Amount Paid: _____ Balance Due: _____ Refund Due: _____
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NO REGISTRATION REFUNDS WILL BE ISSUED AFTER APRIL 21 (SEE REFUND POLICY ON PAGE 2)

(Continued on other side...)

Name _____

PLEASE SELECT YOUR 1ST, 2ND, AND 3RD CHOICES WITH A 1, 2, or 3 FOR EACH SESSION AND CRAFT. ONLY PAY FOR YOUR 1ST CHOICE IF THERE IS A FEE.

Tuesday, May 6 - SESSIONS

- Seminars - Session 1 - 1:45 p.m. - 3:00 p.m. ET
Historical Homemaking (Maximum: 80 attendees) **Cost \$12**
- How to Give a Tea Party (Maximum: 60 attendees)
- What's in Your Leadership Toolbox (Maximum: 80 attendees)
- Focusing on All the Dimensions of Wellness after a Cancer Diagnosis (NVON Topic) (Maximum: 63 attendees)
- After Swallowing a Storm: Helping Kids Cope with Disaster Trauma (Maximum: 30 attendees)
- Backyard Bees: Establishing Pollinator Habitat (Maximum: 30 attendees)
- Enduring the Transitions of Life: A Hands-On Motivational Approach to Different Life Stages (Maximum: 25 attendees) **Cost \$12**
- Common Injuries on the Farm/Stop the Bleed (Maximum: 30 attendees)

Wednesday, May 7 - SESSIONS

- Seminars - Session 3 - 8:15 a.m. - 9:30 a.m. ET
Cooking from the Garden (Maximum: 80 attendees)
- Coordinating Community Resource Fairs (Maximum: 80 attendees)
- Fostering Confidence: Embracing Healthy Perspectives on Food and Self-Image (Maximum: 80 Attendees)
- Impact of Alzheimer's and Dementia on our Community (Maximum: 63 attendees)
- Land Ho! What to Look for When Looking for Computers (Maximum: 30 attendees)
- Sheets Uncovered! (Maximum: 30 attendees)
- Basket Sub-Category Revisions for Cultural Arts (Maximum: 30 attendees)
- Celebrating Cultural Connections - Heritage Foods (Maximum: 30 attendees)

Seminars - Session 4 - 1:30 p.m. - 2:45 p.m. ET

- Let's Cook with Herbs! (Maximum: 80 attendees)
- Cooking Wild in Kentucky (Maximum: 50 attendees)
- From Silents to Gen Z - Exploring Today's Generations (Maximum: 50 attendees)
- Personal Journey from War to US Citizen (Maximum: 30 attendees)
- Ovarian Cancer and You (Maximum: 30 attendees)
- Money Habitudes: What's Your Money Style? (Maximum: 30 attendees)
- Enduring the Transitions of Life: A Hands-On Motivational Approach to Different Life Stages (Maximum: 25 attendees) **Cost \$12**
- KEHA Choir Rehearsal (pre-registered choir members only)
- Master Farm Homemakers Guild Meeting

Seminars - Session 2 - 3:30 p.m. - 4:45 p.m. ET

- Digging up Treasure - Buying and Selling Online (Maximum: 80 attendees)
- Homemaker Craft Markets: Research Results (Maximum: 80 attendees)
- Fraud Watch Basics & Scam Prevention - AARP KY (Maximum: 80 attendees)
- Yoga-ta Try This: An Introduction to Yoga Practice (Maximum: 63 attendees)
- Blue Zones: Lessons for Life (Maximum: 30 attendees)
- Understanding Addiction (Maximum: 30 attendees)
- Nourishing Life: Nutrition Strategies for Older Adults (Maximum: 30 Attendees)
- Lipstick and Leadership Style (Maximum: 30 Attendees)

Tuesday, May 6 - CRAFTS

- Hands-On Crafts Session 1 - 5:15 p.m. - 6:15 p.m. ET
- Shocked Sheep Painting \$10
- Paper Roses/Origami Flowers \$1
- Santa Gnome Wall Hanging \$7
- Mat Service Project \$5
- Patriotic Centerpiece \$6.50
- Gift Card Basket \$15
- All About Beeswax \$5
- Faux Stained Glass Picture \$7

Wednesday, May 7 - CRAFTS

- Hands-On Crafts Session 2 - 3:15 p.m. - 4:15 p.m. ET
- Shocked Sheep Painting \$10
- Paper Roses/Origami Flowers \$1
- Santa Gnome Wall Hanging \$7
- Mat Service Project \$5
- Patriotic Centerpiece \$6.50
- Oui Jar Basket FREE
- Growing Herbs and the Many Uses \$7
- Beaded Pens/Paper Beads

Thursday, May 8 - TRAININGS

Please check the Officer and Chair trainings you plan to attend. NOTE: All who are registered are welcome to attend. Learn what it means to lead!

- Officer Trainings - 8:00 a.m.-9:15 a.m.
 - President
 - Secretary
 - Vice President
 - Treasurer

Educational Chair Trainings - 9:45-11:00 a.m.

- Management & Safety Food, Nutrition & Health
- Leadership Development International
- Cultural Arts & Heritage 4-H Youth Development
- Environment, Housing & Energy
- Family & Individual Development

STATE MEETING SHIRT \$18 EACH

Qty: Large XL 2XL 3XL Medium

Size: Small Medium

TOTAL \$ _____



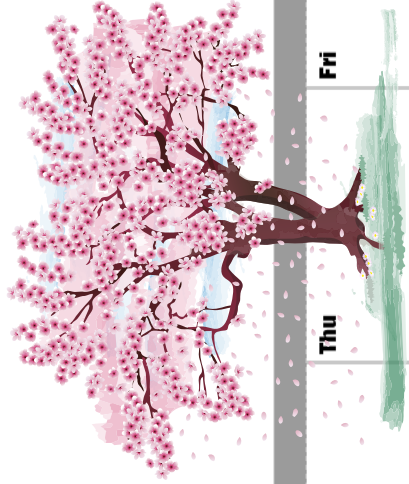
AMOUNT DUE FROM SESSIONS AND CRAFTS \$ _____

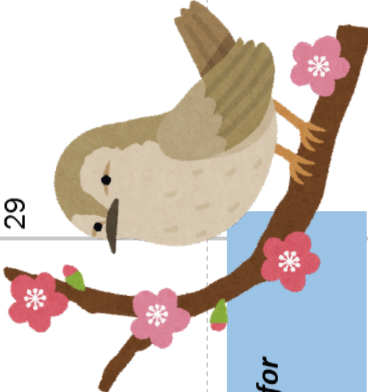
STATE MEETING SHIRT \$ _____

TOTAL \$ _____

PLEASE TRANSFER THIS AMOUNT TO PAGE 5

March 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Headquarters	5	6 Ellisville Domestic Divas Moorefield	7	8
9	10	11 Quilting Club at 10 a.m. Office	12	13 National Good Samaritan Day	14	15
16	17 St. Patrick's Day	18	19 Busy Bees Extension District Board Meeting	20 International Day of Happiness	21	22
23	24	25 Leader Lesson Council Meeting Cooking thru Calen- dar	26	27	28	29
30 National Take a Walk in the Park Day	31	 <p>Mail KEHA State Meeting Registration by APRIL 7th for DISCOUNTED rate!!!</p>				



Dijon Chicken Asparagus Roll Ups

3 tablespoons Dijon mustard	2 teaspoons black pepper	4 skinless, boneless chicken breast halves (about 5 ounces each)
½ cup low fat mayonnaise	½ teaspoon salt	4 slices skimmed mozzarella cheese
1 lemon, juiced (approximately 3 tablespoons)	16 spears fresh asparagus, trimmed	1 cup panko bread crumbs

Preheat oven to 400 degrees F. **Grease** an 11-by-7-inch baking dish. In a bowl, **mix** together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside. **Place** asparagus in a microwave safe dish and **microwave** on high 1-1½ minutes. **Place** chicken breasts between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface. **Pound** the chicken breasts with the smooth side of a meat mallet to thickness of ¼ inch. **Place** one slice of cheese and four asparagus spears on each breast. Tightly **roll** the chicken breasts around the asparagus

and cheese. **Place** each, seam side down, in the prepared baking dish. **Apply** a coating of the mustard mixture to each chicken breast and **sprinkle** each with the panko crumbs, **pressing** the crumbs into the chicken to secure. **Bake** 35 minutes or until the chicken temperature is 165 degrees F. For crisper chicken, **place** roll-ups under the broiler for 1-2 minutes on high. **Yield:** 4 servings
Nutritional Analysis:
370 calories, 10 g fat, 3.5 g saturated fat, 115 mg cholesterol, 1060 mg sodium, 2 g fiber, 2 g sugars, 41 g protein.

