



# FAMILY AND CONSUMER SCIENCES SUMMER 2023 NEWSLETTER

Hello!!

I have decided to combine my June & July Newsletter, to create a summer newsletter.

Programming information will be provided for both months, which is a lot! We have so many fun activities planned for the summer.

Summer has began! Bring on the summer festivities of BBQs and days at the pool/lake.

In May, we kicked off a couple new programs and I am excited to continue them for the next few weeks, along with adding new workshops/programs. I also attended my first KEHA state meeting with our homemaker presidents and I think they had a great experience. I am excited to see what they will be bringing to our community.

Our farmers market and produce auction have officially started, be sure to stop in to buy some local produce! We have calendars of when they will be open, located in the office, if you would like one.

Reminder: Our office will be closed on June 19th in observance of Juneteenth. It will also be closed July 4th for Independence Day!

I hope you enjoy this newsletter!

### Waiting for you inside!

- Monthly Holidays
- Summer Fun
- Homemaker News
- Monthly Calendars
- Program Flyers
- Healthy Choices
- MoneyWise



*Alex Sallie*

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Family & Consumer Sciences

Bath County Cooperative

Extension Service

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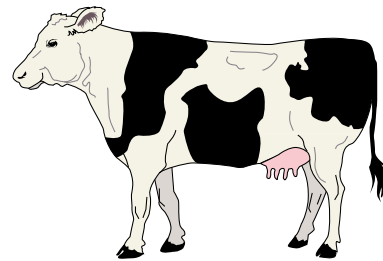
# • HAPPY • FATHER'S • DAY! •

Happy Fathers Day to all the dads and father figures out there! I hope all of you know how important your role is.

## June is National Dairy Month

Eating and drinking dairy products, allows our bodies to build and maintain strong bones. There are also many vital nutrients to help us maintain our health, such as calcium, potassium, vitamin D, and protein.

Resource: <https://www.myplate.gov/eat-healthy/dairy>



# July is National Picnic Month

Picnics are a great way to enjoy the outdoors and each others company!





# First Day of Summer is June 21st

## Summer Activity Ideas:

- Go for a hike
  - Visit the Farmers Market
  - Enjoy a backyard campout
  - BBQ
  - Read a book
  - Try a new sport
  - Visit the county fair
  - Start a garden
  - Have a bonfire
  - Ride a bike
  - Go fishing
  - Go for a picnic
  - Check out your local extension office for free events & classes.
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# BATH COUNTY HOMEMAKERS

**Congratulations to Tera Rawling for receiving a Purple Overall winner in the Licking River Area Cultural Arts and a Blue ribbon in cultural arts at the KEHA State Meeting!!**



**Congratulations to the Bath County Homemaker Scholarship Winner Haley Withrow**



## Contact

If you have any questions about the homemakers association please feel free to reach out to me. My contact information is below:

Alex Sallie

606-674-6121

[alexandra.sallie@uky.edu](mailto:alexandra.sallie@uky.edu)

## Meeting Dates

**Bethel Nite:** June 8th, 5:30 @ Bethel Christian Church  
July 13th, 5:30 @ Bethel Christian Church

**Country @ Heart:** No meetings until September

**Hill N' Dale:**  
Hill N' Dale Summer Outing  
July 13th. More details to Come.

**Sharpsburg:** June 2nd, 11:30  
July 7th, 11:30



**Bath County Presidents attend KEHA State Meeting**

**Bath County Homemaker Council Meeting is July 18th @ 5:30 PM**

# BATH COUNTY HOMEMAKERS ANNUAL MEETING



# Family and Consumer Sciences Extension Calendar

All meetings/programs are hosted at the Bath Co. Ag Center unless noted otherwise.

## June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Bingocize 4 PM	2	3
4	5	6 Project Linus @ 10 AM	7 Paper Hugs @ 10 Am Bingocize 4 PM	8 Bingocize 4 PM	9	10
11 	12 Sewing Day @ 9:30 AM	13	14 Bingocize 4 PM	15 Bingocize 4 PM	16 Laugh & Learn Playdate @ 1:30	17
18	19 Juneteenth: Office closed.	20	21 Bingocize 4 PM	22 Bingocize 4 PM	23	24
25	26 Bingocize 4 PM	27	28	29 Bingocize 4 PM	30	

**Paper Hugs delivered cards to Owingsville Manor, 20 to Hazel Hills and 80 to Ridgeway in May.**

If your group/club would like to promote meeting dates, news, announcements, upcoming events, etc. into the next months newsletter, please email [alexandra.sallie@uky.edu](mailto:alexandra.sallie@uky.edu) with a caption, photos, etc. The goal is to share each club/groups activities and encourage more to be involved when possible. Please have any information sent or brought in by the 25th of each month.

# Family and Consumer Sciences Extension Calendar

All meetings/programs are hosted at the Bath Co. Ag Center unless noted otherwise.

# July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 Independence Day: Office closed	5 Bingocize 4 PM	6 Bingocize 4 PM	7 Power Of Produce @ 9 AM	8
9	10	11	12	13	14	15
<b>County Fair</b>						
16	17 Savor the Flavor: Seasoning @ 5 PM	18 Bath Co. Homemaker Council Meeting @ 5:30	19	20	21 Power Of Produce @ 9 AM	22
23	24	25 Project Linus @ 10 AM	26	27 Community Baby Shower Program @ 11 AM	28 Power Of Produce @ 9 AM	29
30	31					

**Project Linus will be meeting July 25th due to the office being closed on the 4th. Join them for Christmas in July as they work on Christmas themed blankets.**

If your group/club would like to promote meeting dates, news, announcements, upcoming events, etc. into the next months newsletter, please email [alexandra.sallie@uky.edu](mailto:alexandra.sallie@uky.edu) with a caption, photos, etc. The goal is to share each club/groups activities and encourage more to be involved when possible. Please have any information sent or brought in by the 25th of each month.

# RECIPE CLUB

Expand your menu



## MAILED MONTHLY

Each month you will receive a recipe card in your mailbox

## POST YOUR DISH ON FACEBOOK

Brag about your dish on our Facebook page and share your thoughts for others to try

## COMPLETE A SURVEY

Complete a short survey asking about the monthly recipe



### Fiesta Potatoes

- 8 small to medium russet potatoes, peeled and diced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium onion, chopped
- 1 cup Mexican blend cheese, shredded
- 1/2 cup margarine, melted
- 1/2 cup low-fat milk
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon dried basil, crushed
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

**Preheat** oven to 350 degrees F. Place the potatoes, bell peppers and onion in a medium pan and cover with water. Place over high heat and bring to a boil. Reduce heat and simmer 12-15 minutes, or until vegetables are tender. Drain the vegetables and place in a mixing bowl. Stir in the cheese, margarine, milk and seasonings until combined. Spread the mixture in a

9-by-13-inch baking pan that has been sprayed with a non-stick coating. Bake for about 20 minutes or until bubbly.

**Yield:** 12, 1/2 cup servings

**Nutritional Analysis:** 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmer's market, or roadside stand. <http://plateitup.ca.uky.edu>



### Ratatouille Soup

- 1 small eggplant, peeled and cubed
- 2 teaspoons salt
- 1 pound lean ground chuck
- 1 tablespoon canola oil
- 1 medium zucchini, chopped
- 1 medium bell pepper, chopped
- 1 medium onion, chopped
- 1 tablespoon finely minced garlic (about 3 cloves)
- 1 1/2 ounce can low sodium beef broth
- 1 24 ounce jar chunky garden style pasta sauce
- 2 cups water
- 1 teaspoon dried basil
- 1 cup uncooked whole grain pasta

Place the cubed eggplant in a colander. Toss with the salt and let set for 20-25 minutes. Thoroughly rinse in cold water and press as much water out of the eggplant as possible. Set aside. In a large heavy pot, brown the ground beef over medium heat until crumbly and no longer pink. Drain. Raise the heat to medium-high. Add the canola oil to the same pot. Return the beef to the pot. Add the zucchini, bell pepper, onion and garlic. Cook together for 5-7 minutes, until onion is translucent. Add the eggplant to the mixture and continue to cook for 5

minutes. Add the beef broth, pasta sauce, water and basil. Bring to a boil, then reduce heat to medium-low, cover and simmer for 10 minutes. Add the pasta. Raise heat to medium. Bring to a slow boil and cook, stirring occasionally for 10-12 minutes, or until the pasta is tender.

**Yield:** 12, 1 cup servings  
**Nutritional Analysis:** 210 calories, 10 g fat, 3 g saturated fat, 35 mg cholesterol, 680 mg sodium, 19 g carbohydrates, 3 g fiber, 8 g sugar, 13 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmer's market, or roadside stand.



### Peach Crisp

- 1/2 cup quick cook oats
- 1/2 cup honey sweetened granola
- 3 tablespoons whole wheat flour
- 1/2 cup packed light brown sugar
- 1/2 cup butter, softened
- 6 cups peaches, peeled and sliced
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice
- 1/4 cup chopped pecans

**Preheat** oven to 375 degrees F. Combine the oats, granola, flour and brown sugar in a medium mixing bowl. Cut small pieces of softened butter over the top. Cut butter into dry ingredients until well combined and crumbly. Lightly coat an 8-by-8-inch baking dish with cooking spray, add peaches. Sprinkle the dry ingredients and butter mixture over the peaches. Add spices and chopped nuts evenly

over the top. Place rack in the middle position in oven. Bake 25 to 30 minutes, or until topping is golden brown.

**Yield:** 9 servings

**Nutritional Analysis:** 200 calories, 8 g fat, 3.5 g saturated fat, 15 mg cholesterol, 5 mg sodium, 32 g carbohydrates, 2 g fiber, 20 g sugars, 3 g protein.

## INTERESTED??

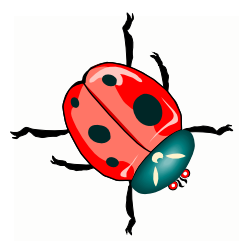
Call or email Bath County Extension Office to Sign-Up

606-674-6121 or [bath.ca.uky.edu](http://bath.ca.uky.edu)

COOPERATIVE EXTENSION







# LAUGH & LEARN PLAYDATE

**Monthly Theme:**  
Insects  
**Next Date:**  
June 16th

Each session will be held at the Bath County  
AG Center, the 3rd Friday of each month  
from 1:30 PM - 3:30 PM.  
Free for all children 0-5 years old and all  
children must be accompanied by an adult.

- Snack: Fruit Caterpillar Kabob
- Book: Yoga Bug
- Song: Bugs & Crawly Things
- Craft: Build A Bug
- Free Play



To register, contact our office at  
606-674-6121

COOPERATIVE EXTENSION

**POWER OF PRODUCE**

STARTS AT 9:00AM FRIDAY JULY 7, 21, 28 & AUGUST 4



## WHAT IS POWER OF PRODUCE?

FREE EVENT FOR KIDS!

INTRODUCES CHILDREN TO SEASONAL, LOCALLY GROWN  
PRODUCE AND ENGAGE THEM IN LEARNING ABOUT, PREPARING,  
AND TASTING FRUITS AND VEGETABLES!

BRING YOUR CHILDREN DOWN TO THE BATH COUNTY EXTENSION  
OFFICE ON LISTED DATES ABOVE AT 9:00 AM DURING THE  
FARMERS MARKET TO TAKE PART IN ALL ACTIVITIES OFFERED.

## ACTIVITIES

- EDUCATIONAL LESSONS
- GAMES
- PLANTING SEEDS
- TASTE KITCHEN
- KIDS CRAFTS

**KIDS EARN UP TO \$6 TO  
SPEND AT THE FARMERS  
MARKET EACH WEEK!**



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

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LEXINGTON, KY 40546



Disabilities  
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**Recipes from the 2023 Food And Nutrition  
RECIPE CALENDAR**

## Blueberry Cheesecake Bars





This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- Crust:**
- 1 cup graham cracker crumbs (9-10 graham cracker sheets)
  - 3 tablespoons unsalted butter, melted
  - 3 tablespoons unsweetened applesauce
- Topping:**
- 1 1/2 cups nonfat plain Greek yogurt
  - 3.5 ounces cream cheese, softened
  - 1 tablespoon cornstarch
  - 1/4 teaspoon salt
  - 1/3 cup sugar
  - 2 tablespoons lemon juice
  - 2 cups blueberries
  - 1 tablespoon lemon zest (optional)
- Preheat oven to 300 degrees F.
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
  2. Mix graham cracker crumbs, melted butter, and applesauce together in a medium bowl until combined. Evenly press crust into an 8-by-8 baking pan. Using the bottom of a dry measuring cup, firmly press down on the crust to make it more compact.
  4. Bake for 12 minutes. Remove from the oven and set aside.
  5. Increase the oven temperature to 350 degrees F.
  6. In a large bowl, combine the yogurt, softened cream cheese, cornstarch, salt, sugar, and lemon juice. Fold in the blueberries and the lemon zest (if using).
  7. Carefully drop spoonfuls of the topping mixture over the cooled crust and spread to make an even layer. Bake for 35 minutes, or until it does not jiggle. Remove from oven and let cool completely (about 45 minutes). For best results, refrigerate 1 hour before cutting.
  9. Store in the refrigerator.
- Makes 16 servings**  
**Serving size: 1 bar**  
**Cost per recipe: \$7.42**  
**Cost per serving: \$0.46**

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## Sewing Day

Second Monday of every month  
Time: 9:30 AM  
Location: Bath Co. Ag Center



Help assist on a special project making peasant dresses for Operation Christmas Child Shoe Boxes.



Interested in sewing?!

If you are an expert sewer, would like to learn to sew or are just wanting to assist with a community project; this is a great opportunity!

**Did you know?**  
Research shows that activities like sewing can help people feel happier.

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# Savor the Flavor



## BUILDING FLAVOR WITH HERBS

Which herbs should I have in my pantry? Which is best – fresh versus dried? How do I know when to use them? These are common questions people have about using herbs in the kitchen. Join us for this lesson where you will learn about various types of herbs, how to incorporate them into your favorite dishes, and enhance flavor while cooking!

*We look forward to seeing you!*

When: June 27th  
Time: 5 PM  
Where: Bath Co. Ag Center

We will be making a fresh corn salad. Registration is required. To register call: 606-674-6121



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# Savor the Flavor



## SEASONING WITH SPICES

Should I buy whole versus ground spices? Which are the best ones to have on hand while cooking? You may hear often that spices are a great way to add flavor without additional sodium and fat, but how? Join us for this lesson where we will learn about various spices, how to incorporate them into your favorite dishes, and enhance flavor while cooking!

*We look forward to seeing you!*

When: July 17  
Time: 5 PM  
Where: Bath Co. Ag Center

We will making a homemade taco seasoning. Registration is required. To register call: 606-674-6121



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# BINGOize®

A fun combination of bingo, exercise and health education.

**When:** Wednesdays & Thursdays  
Special Note: Week 5 will be on Monday & Thursday

**Where:** Bath County AG Center

**Time:** 4 PM

**To Register Call: 606-674-6121**

### Dates:

- Week 1: May 31st & June 1st
- Week 2: June 7th & June 8th
- Week 3: June 14th & June 15th
- Week 4: June 21st & June 22nd
- Week 5: June 26th & June 29th
- Week 6: July 5 & July 6th

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COOPERATIVE EXTENSION

University of Kentucky  
College of Agriculture,  
Food and Environment

KENTUCKY STATE UNIVERSITY  
COLLEGE OF AGRICULTURE,  
FOOD AND ENVIRONMENT

Wednesday  
July 12th  
10am-2pm

WELCOME TO  
**THE BARNYARD  
GAMES**  
@ Bath County Extension Office  
Sponsored by Bath County Agriculture Fair Board



### Activities Include

- Sack Race
- Seed Spitting Contest
- Inflatables
- Hay Bale Toss
- Pie Eating Contest
- Egg & Spoon Race

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# ADULT

# HEALTH BULLETIN



## JUNE 2023

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

### THIS MONTH'S TOPIC:

## BECOME A BLOOD DONOR



lood is a precious gift that one person can give to another person. It is the gift of life. A decision to donate your blood can save more than one life. One donation can save up to three lives. There is a constant need for a regular supply of blood because it can only be stored for a limited time. Regular blood donation ensures that blood will always be available whenever and wherever it is needed.

There are many reasons why a person may need a blood transfusion. For example, women with complications during pregnancy and childbirth; children with severe anemia, often resulting from malaria or malnutrition; accident victims; and surgical and cancer patients, among others, may need blood. There is no substitute for human blood. Those who need blood rely on live human donors.

Continued on the next page →



*There is a constant need for a regular supply of blood because it can only be stored for a limited time.*



➔ **Continued from the previous page**

Most adults who are healthy and do not have a transmissible infection are eligible to donate. Healthy adults can give blood regularly – at least twice a year. Your local blood service can tell you how frequently you can give blood.

Donating blood is very simple. Blood drive workers help donors feel as comfortable as possible, usually in a special chair or on a bed. A trained health worker cleans the area inside one of your elbows with an antiseptic solution before inserting a sterile needle, connected to a blood collection bag, into your vein. It usually takes about 10 minutes to donate blood. After resting for 10 or 15 minutes and taking some refreshment, you can return to your normal activities. However, you should avoid strenuous activity for the rest of the day. You should drink plenty of fluids over the next 24 hours.

The Red Cross and many local hospitals and nonprofit health organizations organize blood donation drives on an ongoing basis in many communities. If you are interested in becoming a blood donor and saving lives, reach out to a blood donation organization or your local hospital today!

**REFERENCE:**

<https://www.who.int/news-room/questions-and-answers/item/blood-products-why-should-i-donate-blood>

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**ADULT**  
**HEALTH BULLETIN**

**Written by:**  
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**Stock images:**  
123RF.com





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 14 • ISSUE 6

## THIS MONTH'S TOPIC: SAVING MONEY ON MEDICAL EXPENSES

When you need to see a doctor or refill a medication, worries about money can cause people to put off getting the care they need. Whether an expensive medication or a doctor's appointment, it can be hard to budget for health-care costs. Learning ways to lower medical expenses can help you stay healthy physically and financially.

### LOWERING PRESCRIPTION COSTS

One way to lower medication costs is by shopping around at different pharmacies for the best price. While it can be convenient to go to the same pharmacy every time you need to fill a prescription, try using multiple pharmacies if it can lower your costs. You also can ask your pharmacist about any savings plans your pharmacy offers and if your medications qualify for discounts. You may save money by ordering through the mail or buying in bulk. For example, a 90-day supply of your medicine may have a cheaper price than the standard 30-day supply.

Another way to save money on prescriptions is to ask your doctor about using generic brands. Some doctors might only tell you about the name brand, but there may be cheaper versions that are just as good. The Food and Drug Administration regulates



both generic and name-brand prescriptions, ensuring they have the same active ingredients that treat the same conditions. If there is not a generic form of your prescription, ask your doctor if there are more affordable alternatives that can treat the condition.

### STAYING IN-NETWORK

To save money at the doctor's office, review your health insurance policy to identify which doctors are in your network. Going to an out-of-network doctor can greatly increase your copayments. Your insurance company negotiates prices with approved providers, which basically allows you to pay a discounted rate on their services. Being aware of the physicians in your network will save money over out-of-network providers.



## A KEY TO KEEPING MEDICAL EXPENSES DOWN IS TO SCHEDULE ANNUAL CHECKUPS WITH YOUR DOCTOR



### CONSIDER AN HSA

Check to see if you can set up a Health Savings Account (HSA) with your health-care plan. You can add to an HSA with pre-tax dollars through your employer or through a high deductible health plan that meets Internal Revenue Service requirements. The money you put in an HSA can earn interest, and when you take money out for medical expenses, insurance premiums, or deductibles, it is tax-exempt.

### HEALTH IS AN ASSET

Finally, a key to keeping medical expenses down is to schedule annual checkups with your doctor. Having regular physical examinations, or well-visits, allows your doctor to watch a condition at its earliest stages. Keeping an eye on things like blood pressure and blood glucose levels can help you take steps to lower your risk of developing conditions in the future like heart disease or diabetes.

View your health as an asset. Forming healthy habits with diet and exercise can help in lowering the

likelihood of developing certain medical conditions that may be costly to you physically and financially. Additionally, if you have a medical condition, it is important to follow the guidelines that your doctor gives you about managing your lifestyle and medication. Preventing a bigger issue will be much cheaper than paying for it afterward.

Don't let the costs of health care keep you from getting the medical services you need. Be proactive in finding ways to save money on medical expenses.

### REFERENCES:

NH Health Cost *What kind of accounts can I use to set aside money for medical cost?*  
<https://nhhealthcost.nh.gov/guide/question/what-kind-accounts-can-i-use-to-set-aside-money-medical-cost>

National Library of Medicine.  
*health care costs.* <https://medlineplus.gov/ency/patientinstructions/000870.htm>

Written by: Nichole Huff and David McIver | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123rf.com

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)



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# Tuscan Chicken and Pasta

- 1 pound boneless and skinless chicken breasts
- 2 pints cherry tomatoes, halved
- 3 tablespoons olive oil
- 1/4 cup balsamic vinaigrette or Italian dressing
- 1 tablespoon dried basil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 bag (6 ounces) spinach, chopped coarsely
- 8 ounces whole-wheat pasta or spaghetti
- Parmesan cheese (optional)

Wash hands with warm

**1.** water and soap, scrubbing for at least 20 seconds.

Wash produce under cool

**2.** running water and dry before preparing for the recipe.

Preheat the oven to 400 degrees

**3.** F. Line a large baking sheet with parchment paper or aluminum foil.

If using thick chicken breasts, slice

**4.** crosswise into thinner cutlets. Place the chicken breast and halved tomatoes on the baking sheet.

Drizzle with the olive oil and balsamic vinaigrette (or Italian dressing).

Sprinkle with basil, garlic powder, onion powder, salt, and black pepper.

Wash hands after handling

**5.** raw chicken.

Place baking sheet in the preheated

**6.** oven and cook for about 30 to 40 minutes or until the chicken reaches an internal temperature of 165 degrees F using a meat thermometer. Note: The thickness of the chicken will impact the cooking time; always use a meat thermometer to check for doneness.



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

## Nutrition facts per serving:

350 calories;  
13g total fat; 2g saturated fat; 0g trans fat; 55mg cholesterol; 350mg sodium; 35g total carbohydrate; 3g dietary fiber; 4g total sugars; 0g added sugars; 24g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

## Source:

Brooke Jenkins,  
Extension Specialist,  
University of Kentucky  
Cooperative Extension Service

**7.** While the chicken and tomatoes cook, prepare the pasta according to package directions.

**8.** Once done, remove chicken and tomatoes from the oven. Add chopped spinach to the baking sheet.

Cover and allow the spinach to steam and the chicken to rest for about 10 minutes or until the spinach wilts.

**9.** Cut the chicken into thin strips or bite-sized pieces. Combine cooked pasta with the chicken, tomatoes, and juices from the baking pan. Sprinkle with parmesan cheese, if desired.

**10.** Refrigerate leftovers within 2 hours.

**Note:** If you have the time and want more flavor, marinate the chicken in an additional 1/4 cup balsamic vinaigrette or Italian dressing in the refrigerator for up to 12 hours before cooking it.

**Makes 6 servings**

**Serving size: 2 cups**

**Cost per recipe: \$11.52**

**Cost per serving: \$1.92**

