

# THE EXTENSION LINE

*Bringing University information to the local level to  
strengthen families, spend smart, eat right, and live well.*



## FALL IN LOVE WITH YOUR BLESSINGS

Fall is coming as the leaves are starting to turn and the night air cools down. You know what that means, the Holidays are right around the corner. What are some of your favorite holiday traditions? One of my favorite traditions in Posey County is the Giving Tree that so many in the community contribute to in order to make others Christmas bright! If you would like more information, please contact Trinity United Church of Christ 812-838-3805.

As you prepare to welcome your family into your house, or get together try and look for alterations you can make in your recipes so that everyone has something to eat at the table. Check out the substitution options I have added in to help make everyone's taste buds water.



**KRISTEN LOWRY**

**HEALTH AND HUMAN  
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Bits from Beth. . .

Hello, Friends! Welcome to fall with cooler temps, bright colors, and warm cider!

Thanks to Joanna Dickhaut for the great presentation on bees! If you missed it, maybe we can ask her to be a presenter on our “Lesson Day!”

Information about the Christmas Program (already?!) is included in this newsletter.

Invite a friend to join us!



At our next Council meeting I want to continue our brainstorming session on how to publicize/market Extension Homemakers to the community.

Several members have expressed an interest in having a day of lessons and/or programs and sharing friendship. Please bring ideas on what you would like to learn and how we can set up that day. I’d like to plan this for January, when life is a bit quieter.

Several of our clubs are working on our “Be Kind” hearts project. Please update us at the meeting! I think the creative juices are really flowing on this project.

Thanks for all you do, ladies. You are such an asset to the community – let’s toot our horns a bit to let others know what we are all about!

Indiana Extension Homemakers Week is October 17-22, with *Make a Different Day* Saturday October 22. Bring ideas to the next Council meeting for what we can do to highlight Extension Homemakers. I think the Kindness Hearts project could be a large part of this annual event.



And just for fun: What happens to an illegally parked frog? It gets toad away!

Beth

Add these to your calendar. . .

October 11 – Extension Homemakers Council meeting

October 17-22 – Indiana Extension Homemakers Week

October 22 – Indiana Extension Homemakers “Make a Difference Day”





## Smart Substitutions to Eat Healthy

These healthy substitutions can help you cut down on sodium, sugar, saturated fats, trans fats and cholesterol, with little, if any, difference in taste. Smart substitutions can help you maintain an overall healthy eating pattern, even when dining out.

### For Recipes

You can make many of your favorite recipes healthier by using lower-fat or no-fat ingredients. These healthy substitutions can help you cut down on saturated or trans fats, while noticing little, if any, difference in taste.

- Instead of whole milk (1 cup), use 1 cup fat-free or low-fat milk, plus one tablespoon of liquid vegetable oil.
- Instead of heavy cream (1 cup), use 1 cup evaporated skim milk or 1/2 cup low-fat yogurt and 1/2 cup plain low-fat unsalted cottage cheese.
- Instead of sour cream, use low-fat unsalted cottage cheese plus low-fat or fat-free yogurt; or just use fat-free sour cream.
- Instead of cream cheese, use 4 tablespoons soft margarine (low in saturated fat and 0 grams trans fat) blended with 1 cup dry, unsalted low-fat cottage cheese; add a small amount of fat-free milk if needed.
- Instead of butter (1 tablespoon), use 1 tablespoon soft margarine (low in saturated fat and 0 grams trans fat) or 3/4 tablespoon liquid vegetable oil.
- Instead of unsweetened baking chocolate (1 ounce), use 3 tablespoons unsweetened cocoa powder or carob powder plus 1 tablespoon vegetable oil or soft margarine; since carob is sweeter than cocoa, reduce the sugar in the recipe by 25%.

### For Snacks

You can snack healthier by substituting snacks that are high in saturated fats and/or trans fats with these sensible snacks:

- Instead of fried tortilla chips, enjoy baked tortilla chips (reduced sodium version).
- Instead of regular potato or corn chips, enjoy pretzels or low-fat potato chips (reduced sodium version).
- Instead of high-fat cookies and crackers, enjoy fat-free or low-fat cookies, crackers (such as graham crackers, rice cakes, fig and other fruit bars, ginger snaps and molasses cookies).
- Instead of regular baked goods, enjoy baked goods, such as cookies, cakes and pies, and pie crusts made with unsaturated oil or soft margarines, egg whites or egg substitutes, and fat-free milk.

## **Snacks Continues**

- Instead of devil's food cake, enjoy angel food cake.
- Instead of ice cream bars, enjoy frozen fruit bars.
- Instead of pudding made with whole milk, enjoy pudding made with fat-free or low-fat milk.
- Instead of ice cream, enjoy sherbet, ice milk or frozen, fat-free or low-fat yogurt.
- Instead of a doughnut, enjoy a bagel or slice of toast.

## **For High-Fat Items at Restaurant**

You can eat sensibly when you eat out by choosing lower-fat foods instead of "the usual."

- Instead of cream-based soups, try broth-based soups with lots of vegetables
- Instead of quiche and salad, try soup and salad.
- Instead of buffalo chicken wings, try peel-and-eat shrimp.
- Instead of bread, muffins, or croissants, try melba toast, pita bread, or whole-grain rolls.
- Instead of a fried chicken sandwich, try a grilled chicken sandwich.
- Instead of chicken fried steak, try a veggie burger.
- Instead of french fries, try baked potato, brown rice, or steamed vegetables.
- Instead of potatoes and gravy, try potatoes without gravy or a baked potato.
- Instead of creamy coleslaw, try sautéed vegetables, steamed vegetables or a tossed salad.
- Instead of a hot fudge sundae or ice cream, try nonfat yogurt, sherbet or fruit ice.

## **For Fast-Food Restaurants**

You can eat sensibly at fast-food restaurants by choosing lower-fat foods instead of "the usual."

- Instead of a danish, try a small bagel.
- Instead of a jumbo cheeseburger, try a grilled chicken sandwich, a sliced meat sandwich or a regular hamburger on a bun with lettuce, tomato and onion.
- Instead of fried chicken, try a grilled chicken and a side salad.
- Instead of fried chicken pieces, try a grilled chicken sandwich.
- Instead of french fries, try a baked potato with vegetables and/or low-fat or fat-free sour cream or margarine on the side.

Taken from the American Heart Association's article <https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/cooking/smart-substitutions-to-eat-healthy>

# PARENTS FOREVER

Parents Forever is an educational program for families experiencing divorce, separation, or a change in custody.

## 2022 DATES

**June 7** 9:30-1:30 CST / 10:30-2:30 EST  
EVPL Central  
200 SE Martin Luther King Jr Blvd, Evansville

**June 15** 12:00-4:00 CST / 1:00-5:00 EST  
Food Court Meeting Space  
Daviess County 4-H Grounds  
1 4-H Way, Washington

**June 23** 8:00-12:00 CST / 9:00-1:00 EST  
Dubois County  
(exact location TBD)

**July 7** 12:00-4:00 CST / 1:00-5:00 EST  
Boonville Warrick County Public Library  
611 W Main St., Boonville

**July 19** 9:30-1:30 CST / 10:30-2:30 EST  
Vanderburgh County  
(exact location TBD)

**August 3** 8:00-12:00 CST / 9:00-1:00 EST  
**\*\*BILINGUAL - English/Spanish\*\***  
Dubois County  
(exact location TBD)

**August 18** 9:30-1:30 CST / 10:30-2:30 EST  
Vanderburgh County  
(exact location TBD)

**September 7** 8:00-12:00 CST / 9:00-1:00 EST  
Dubois County  
(exact location TBD)

**September 28** 9:30-1:30 CST / 10:30-2:30 EST  
Alexandrian Public Library  
115 W 5th St, Mt Vernon

**October 11** 2:00-6:00 CST / 3:00-7:00 EST  
Pike County 4-H Building  
1211 W State Rd 56, Petersburg

**October 26** 8:00-12:00 CST / 9:00-1:00 EST  
**\*\*BILINGUAL - English/Spanish\*\***  
Dubois County  
(exact location TBD)

**November 10** 12:00-4:00 CST / 1:00-5:00 EST  
Food Court Meeting Space  
Daviess County 4-H Grounds  
1 4-H Way, Washington



Extension

For more information:  
812-435-5287 or  
brotherm@purdue.edu

**Cost: \$50 per participant**  
(financial assistance may be available)

Register here:

<https://bit.ly/ParentsForever2022>

# Parents Forever

Education to aid families in transition after divorce, separation, or custody change

Families face many challenges and sometimes have to deal with transitions. Parents Forever © is an educational program for families experiencing divorce, separation, or a change in child custody. It was developed by the University of Minnesota Extension's Center for Family Development and adopted for use by Purdue Extension for Indiana residents.



Participants will receive a certificate after completing the course. The cost is \$50 per participant, due the day of class. Cash, check, or money order are the only payment methods accepted.

Financial assistance may be available



## ***By completing a Parents Forever course, participants learn to:***

- Describe the family transition journey and how each family member will be affected.
- Recognize the role of self-care, parent-child relationships, and co-parenting in child well-being.
- Identify internal and external resources and strategize how to leverage these resources to promote resilience for all involved.

**\*\*This course is appropriate for adults only. Please make childcare arrangements.**

**Classes are held monthly**

**For specific dates and locations and to register,  
call your local Extension Office  
or go to <http://bit.ly/ParentsForever2023>**



It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.



YOU ARE INVITED TO  


# "GOOD TIDINGS AND JOY"

A CHRISTMAS EVENT

Roadrunners Home Extension Club invites you to join us for an evening of food, fun, fellowship, Christmas music, games and door prizes

**MONDAY, NOVEMBER 28, 2022**  
**TRINITY UCC HALL**  
**505 MULBERRY STREET, MT VERNON**

**5:30 PM-6:00 PM REGISTRATION**  
**6:00 PM THE FESTIVITIES BEGIN**



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**PRESIDENTS PLEASE CALL NANCY LEWIS, ROADRUNNER PRESIDENT**  
**812-985-3697 WITH RESERVATIONS BY NOVEMBER 1, 2022**

**PLEASE BRING A CANNED GOOD ITEM FOR A LOCAL FOOD PANTRY AND/OR**  
**A PAIR OF SOCKS FOR THE HOMELESS SHELTER**

**MUSIC BY BRUCE WELLS**

PURDUE EXTENSION-POSEY COUNTY

126 E. THIRD STREET, ROOM 29

MT. VERNON IN 47620

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<b>Precious Poseys - 2022</b>	<b>Second Wednesday 1-3 p.m.</b>	<b>Second Saturday 9-11 a.m.</b>	<b>Fourth Wednesday 9-11 a.m.</b>	<b>Club</b>
January	13	9	27	Members on the Move
February	10	13	24	Roadrunners
March	10	13	24	Town & Country
April	13	16	27	Busy Homemakers
May	11	14	25	Domestic Doers
June	8	11	22	Friendship Circle
July	13	9	27	Friendship Circle
August	10	13	24	Busy Homemakers
September	14	10	28	Members on the Move
October	12	8	26	Roadrunners
November	9	12	16 (3 <sup>rd</sup> Wednesday)	Town & Country
December	14	10	21 (3 <sup>rd</sup> Wednesday)	Busy Homemakers