

April 2025

# Building Strong Families in Scott County



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This month...



**New FDA Food Label Standards**



**Blackberry Lemon Cake**



**International Project Sew Day**

## FCS Today

### REDEFINING "HEALTHY": THE FDA'S NEW STANDARDS FOR FOOD LABELS

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

When grocery shopping, you may notice food packages labeled as "healthy." This term is meant to help buyers easily identify options that can support their health. To use "healthy" on the label, foods must meet standards set by the Food and Drug Administration (FDA). When enjoyed within a balanced diet, these foods can contribute to overall well-being.

At the end of 2024, the FDA announced it would update its definition of "healthy," which was

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Sincerely,

**Alivia Stevens**  
Scott County Extension  
Agent for Family and  
Consumer Sciences



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# NEW FDA STANDARDS

## *Continued from Page 1*

originally developed in the 1990s. Because nutrition science has changed significantly since then, the new definition is intended to align with current federal dietary guidance and support better health. According to the updated criteria, foods labeled “healthy” must include a certain amount of at least one food group—fruits, vegetables, dairy, grains or protein—and contain limited amounts of saturated fat, sodium and added sugars. These modifications reflect the emphasis on a balanced, varied diet rather than a focus on individual nutrients.

Under the original definition, products like yogurt, breakfast cereals, fruit snacks, snack bars high in added sugar, fortified white bread and fruit punch not containing 100% juice qualified as “healthy.” However, these no longer meet the updated requirements as they either contain too much added sugar or do not include specific amounts of certain food groups.

Foods that now qualify for the “healthy” label include fresh, frozen, canned or dried fruits and vegetables (as long as they contain limited saturated fat, sodium and added sugar), fatty fish such as salmon, trail mix with dried fruit (with limited sodium and added sugar), plain low-fat or fat-free yogurt (with limited added sugar), eggs, water and 100% olive oil.

While food manufacturers may choose to include “healthy” on the label if their products meet these standards, not all nutritious options will necessarily carry this claim. Ultimately, the new definition can guide consumers toward foods that can support good health but does not encompass every food that can fit into a balanced diet.

To learn more about healthy food choices, contact your local Scott County Extension office.



# Upcoming Dates to Remember

## April

- 3rd: Rug Hookers @ 10:00 AM
- 9th: Rug Hookers @ 10:00 AM
- 9th: FCS Book Club @ 1:00 PM
- 11th: Shorts for Uganda @ 9:00 AM
- 11th: Homemaker Council Meeting @ 3:30 PM
- 15th: Elkhorn Creek Quilt Guild Meeting @ 6:00 PM
- 17th: Needlework Club @ 1:00 PM
- 22nd: Barbados Bag Class @ 10:00 AM
- 23rd: Barbados Bag Class Part 2 @ 10:00 AM
- 24th: Rug Hookers @ 10:00 AM
- 28th: Homemaker Leader Lesson @ 10:00 AM
- May 1st: Rug Hookers @ 10:00 AM



## Blackberry Lemon Upside Down Cake

<b>2 teaspoons</b> melted butter	<b>1½ cup</b> all-purpose flour	<b>1</b> large egg
<b>⅓ cup</b> brown sugar	<b>1½ teaspoons</b> baking powder	<b>¾ teaspoon</b> vanilla extract
<b>1½ teaspoons</b> grated lemon peel	<b>¼ teaspoon</b> salt	<b>1 teaspoon</b> lemon juice
<b>2 cups</b> fresh blackberries	<b>⅔ cup</b> sugar	<b>½ cup</b> skim milk
	<b>2 tablespoons</b> butter	

**Preheat** oven to 350°F.

**Place** melted butter in the bottom of a 9-inch round cake pan.

**Sprinkle** with brown sugar and lemon rind.

**Top** with berries. Set aside.

**Combine** flour, baking powder and salt in a small bowl. Set dry ingredients aside.

**Beat** sugar and butter together in a large bowl with a mixer

on medium speed until well blended.

**Add** egg, vanilla, and lemon juice. Mix well.

**Add** dry ingredients to egg mixture alternately with milk, beginning with milk and ending with flour. Mix after each addition.

**Spoon** the batter over the blackberries.

**Bake** at 350 degrees for 40

minutes.

**Cool** cake for 5 minutes on a wire rack. **Loosen** edges of the cake with a knife and place a plate upside down on top of cake; **invert** onto plate.

**Serve** warm.

**Yield:** 8, 3 inch wedges.

**Nutritional Analysis:** 230 calories, 5 g fat, 35 mg cholesterol, 220 mg sodium, 45 g carbohydrate, 2 g fiber, 4 g protein.

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



THIS MONTH'S  
**Recipe**

### Health Bulletins

Scan here to read full issues!



# THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -



## A Note from the FCS Agent

*Hello everyone!*

Thank you so much for your patience over the past month. It's been a busy time both at the Extension Office and in my personal life, but I'm excited to settle back into a more consistent routine. We have some exciting things coming up and I'm really looking forward to seeing you at our Spring and Summer programs!

On a personal note, the most significant update from the past month is that I got married! I've included a few photos from our special day below to share this joyful milestone with you.

I hope to see you at a program soon!

*Alivia Stevens*  
Scott County Cooperative  
Extension FCS Agent



**Homemaker  
Council Meeting**  
Friday, April 11th at 3:30 PM



**Homemaker Leader  
Lesson: Air Fryers**  
Monday, April 28th at 10:00 AM



Reminder



When Scott County Public Schools are Closed  
Due to inclement weather Scott County FCS  
Programs are also Canceled.  
-Stay Safe Everyone -

## Barbados Bag Class

April 22nd and 23rd  
at the Scott County Extension  
Office

10:00 AM- 4:00 PM

This class is not for beginners, those who sign up should have intermediate sewing experience with the ability to read a pattern, use a sewing machine independently, etc.

Barbados bag by  
Pink Sand Beach Designs

This is a fat quarter friendly pattern to make a 10 1/2" x 10 " tall bag with lots of pockets.

Some supplies are provided however, participants will also have to purchase some of their own materials.

- Class space will be limited.
- A supply list will be provided once you have registered for the class.
- Registration is limited and will be closed once the class is full or by April 8th (whichever occurs first).
- You will need to bring your own lunch or make plans to pick up lunch as it will not be provided during this class.

To register call: (502)863-0984



## International Sewing Work Day

Join us April 11th starting  
at 9:00 AM.

We will be working on our international service project, making shorts and a some dresses for Ghana.

Even if you do not know how to sew we need help organizing sewing kits, ironing, organizing the clothes, and some cutting.

Come and go as you like  
all day!

ATTENTION!  
PLEASE!

Alivia is driving the van back and forth every day for KEHA State meeting, if you need a ride please let us know!

Space is limited on the van so you **MUST** call to sign up for the van list.

Call: (502) 863-0984

# Safety during Storms and Power Outages

With the onset of warmer weather, nature tells us of the changing season with tree buds, blooming flowers, greener grass, and singing birds. However, the onset of spring and summer brings with it the possibility of thunderstorms, tornados, and power outages. Although many of us may never experience tornadic activity or a power outage, it is important to remain safe and stay prepared for our family and friends. For those of us who have experienced the devastating effects of a tornado and power outages, here are some good reminders to help us keep our family and friends safe.

## THUNDERSTORMS

- “If thunder roars, go indoors.” Thunder is one of the earlier indicators of a storm and is caused by lightening. Thunder can be heard from more than 10 miles away. If you can hear the thunder, then you are at risk for being struck by lightning because it can travel 10 to 12 miles.
- If boating or swimming, get to land and find shelter or get in a vehicle.
- If hiking, seek shelter or a vehicle. If you are unable to seek shelter, avoid remote trees and tall objects.
- Keep away from groups, staying 15 feet apart from others.
- If you see lightening, then crouch down keeping your feet together and your head low and covered with your hands.

## FLOODING

- Evacuate immediately if asked to do so.
- Follow specified evacuation routes.
- “Turn around and don’t drown,” avoiding flooded roadways. Six inches of water will cause most cars to stall. More importantly, when roadways are covered with water, there is no way to determine if the pavement is intact. This would result in getting stuck in flood waters.
- Do not walk or swim through flood areas.
  - Downed power lines can cause electrocution.

## TORNADOES

- Make a tornado emergency plan that includes a rally point in your home for safety and an emergency kit.
  - You can ask you county Extension agent for help preparing an emergency kit.
  - Take shelter immediately if you see a dark-green sky, funnel-shaped cloud, flying debris, large hail, or hear a loud roar like that of a freight train.
  - Shelter in a basement or an inner room of your house on the lowest floor like a bathroom, closet, or hallway.
  - If possible, avoid rooms with windows.
  - Protect your head with your hands, or if possible, a blanket or bed mattress.
  - Do not shelter in a mobile home.

## POWER OUTAGES

- DO NOT operate generators indoors, near windows and doors, or within 20 feet of your home.
- DO NOT connect generators directly to your home’s power supply.
- DO NOT use gas stoves or appliances to heat your home.
- Keep freezers and refrigerators closed.
- Keep phones charged and have a flashlight on hand that is easily accessible.
- USE alternate plans for refrigerators for medicines or power-dependent devices.
- Consider an alternate location for heat or cooling if it is safe.
- Check on neighbors especially if elderly or those with young children.
- ALWAYS prioritize safety for yourself and others.
- “When in doubt, throw it out!” Do not eat food exposed to temperatures 40 degrees or above for at least two hours. If the food looks, feels, or smells bad, discard it.

## ADDITIONAL CONSIDERATIONS

- Keep batteries and a weather radio on hand.
- Protect important documents in a waterproof container.
- Make an emergency plan for thunderstorms, tornados, flooding, and power outages.
- Follow the recommendations of officials in your area to take shelter or evacuate.

Source: Paul E. Norrod, DrPH RN, Extension specialist for Rural Health and Farm Safety

Reference: Federal Emergency Management Agency (FEMA). (2022). Disasters and Emergencies. Ready.gov. Retrieved April 18, 2022.

