

Family & Consumer Sciences

NEWSLETTER

July 2024

Life with Liz

Have you ever wondered what happens to the recyclables you diligently separate from your household waste? Recently, the Northern Kentucky Family & Consumer Sciences Agents had the opportunity to delve into the heart of sustainable waste management with a visit to the Rumpke Recycling Plant. After putting on our hard hats, eye protection, vest, and headphones we stepped inside and were greeted by whirring machinery and bustling activity, all geared towards one common goal: turning waste into a valuable resource.

Our journey began at the sorting area, where an array of conveyor belts transported heaps of mixed recyclables separating plastics, paper, glass, and metals with remarkable efficiency. Next, we witnessed the power of technology at the heart of the plant—the advanced sorting machines. These utilized a combination of sensors, magnets, air currents, and artificial intelligence to further refine the sorting process. It was fascinating to see how these machines could differentiate between different types of materials, ensuring that each item found its rightful place in the recycling stream. But perhaps the most enlightening part of our visit was learning about the journey of recyclables beyond the plant. Once sorted, these materials are baled and shipped to manufacturers where they are transformed into new products. Rumpke only ships the materials to local manufacturers to help conserve the energy needed for shipping. From plastic bottles to aluminum cans, every item recycled at Rumpke plays a crucial role in conserving natural resources and reducing landfill waste.

If you would like to learn more, plan to join us for the **free** program:
Renewable Northern KY: A Dinner and Discussion on Recycling and Solar Energy.

If you are unable to attend and would like to learn more, Rumpke offers free tours or check out these online videos at
<https://www.rumpke.com/about-us/education/recycling-videos>.



~ Liz Evans, Boone County FCS Agent

YOUTH

HEALTH BULLETIN



JULY 2024

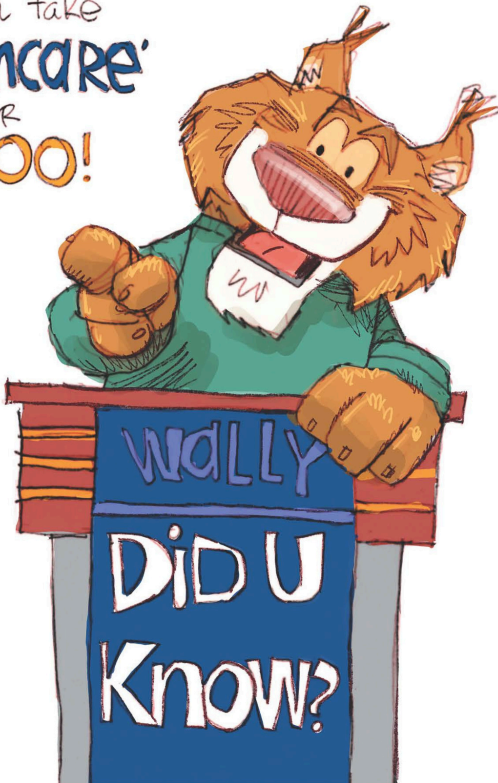
Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:

<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

THE BUZZ ABOUT SKINCARE

I'll take
'Skincare'
FOR
\$500!



What is the biggest organ in your body? You may be surprised to learn that it is your skin! That's right — the cells that cover your body make up your largest organ. There are many amazing facts about your skin and lots of ways to care for it. You may have heard or seen videos or commercials advertising skincare products lately. Maybe your friends have been talking about starting a skincare routine or using a special soap or lotion like they have seen on TV or social media videos.

It IS important to take care of your skin. And making good choices about what kinds of things you use on your skin is important, too! Before you start using a good smelling soap or mixing up a lotion potion of your own, let's talk about skincare safety.

As a kid, you probably don't have wrinkles, sagging skin, or age spots (dark spots that can come up on your skin after lots of time in the sun). Many of the skin products that you may have heard about,

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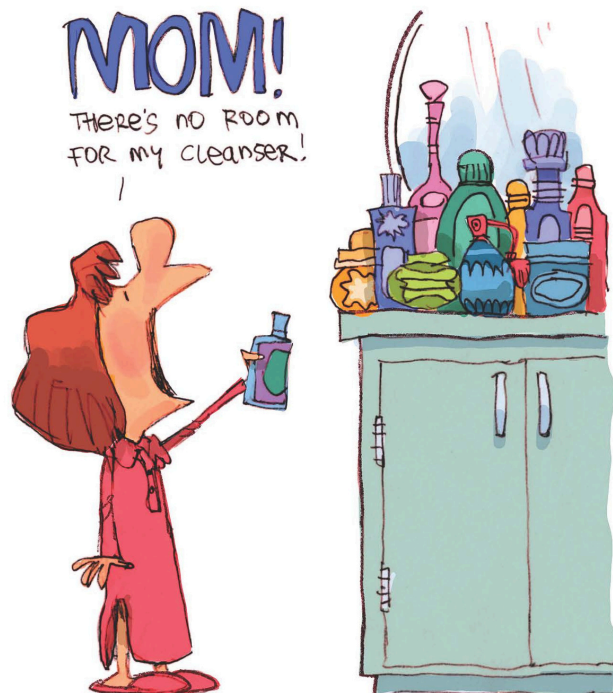


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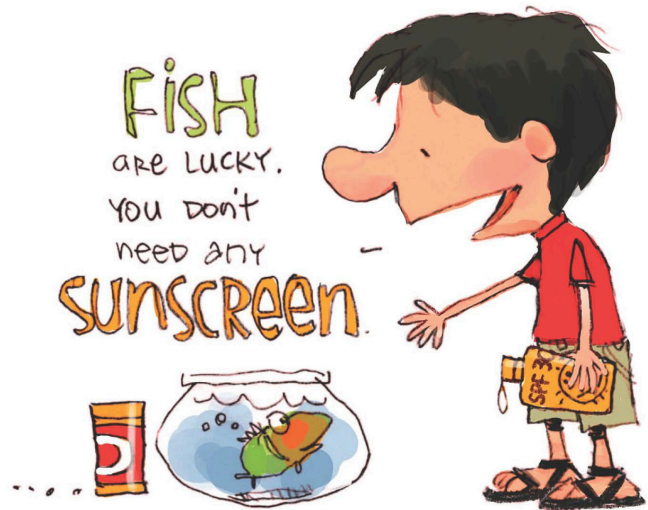
you probably don't need. The companies that make those products would love for you to buy them because they get more money! But they will not help your skin. What is worse, those products might even hurt your skin. Some products dry your skin out. If your skin does not need to be dried out, it could make your skin itch or get a rash. Other products add oil to your skin. If your skin does not need more oil, it could cause you to have acne or pimples (bumps on your skin that can get infected).

So, what kind of skincare products do you need? There are a few things that could help keep your skin healthy and feeling good. Before you try any of these things, talk to your parent or another grown-up. They can help you pick out a product that is right for you.

- **Sunscreen:** Protecting your skin from the sun is the best way to prevent sunburns, sunspots, and wrinkles in the first place. There are some special kinds of sunscreen that can make it easier to put on your face, like a stick to rub on, or small brush to wipe sunscreen onto your face. Look for sunscreen that has at least SPF 30.
- **Gentle cleanser:** It is important to wash your face every day. While we use soap on the rest of our bodies, there are specific cleaners



FISH
are LUCKY.
You don't
need any
SUNSCREEN.



made for faces that are gentle. Use warm water to wet your face, rub the cleanser on in small circles, and always rinse well.

- **Moisturizer:** Like lotion for the rest of your body, moisturizer helps keep the skin on your face from getting too dry or itchy. Unlike lotion that we use on the rest of our body, face moisturizer is not oily. Some people do not need face moisturizer, depending on their skin type.

It is good to want to take care of your skin and your body, to stay healthy and feel your best! Just remember that it probably doesn't take lots of products or a complicated routine to do so. While it may be fun to talk with your friends about what they use to stay healthy, you may not need the same things. Your skin is unique to you, after all!

If you have questions or concerns about your skin, or what products are right for you, talk to your parents or caregiver, or ask your doctor at your next visit.

REFERENCE:

<https://kidshealth.org/en/parents/skincare-products.html>

**ADULT
HEALTH BULLETIN**

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RECIPE OF THE MONTH!

Easy Summer Salad

Recipe Cost: \$3.89 Cost per Serving: \$0.65

 Cooperative
Extension Service



Ingredients:

- 1 cucumber, peeled and cubed
- 1 red onion, diced
- 2 tomatoes, diced
- 1 garlic clove, minced
- 1/4 cup lemon juice
- 1 tablespoon vegetable oil
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

Directions:

1. Mix cucumber, onions, tomato, and garlic in a large bowl.
2. Stir in lemon juice, oil, salt and pepper until well mixed.
3. Serve at room temperature or chill in the refrigerator for at least 1 hour before serving.

Make it a Meal

Pair this salad with a turkey burger with cheese on whole wheat bun, baked apples and water for an easy lunch or dinner!

Source: United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015.
www.usda.gov/whatscooking

45 calories; 2.5 total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 100mg sodium; 6g total carbohydrate; 1g fiber; 3g sugar; 0g added sugar; 1g protein; 0% Daily Value vitamin d; 2% Daily Value calcium; 0% Daily Value iron; 2% Daily Value potassium.

MONTHLY SPOTLIGHT



SIMPLE CLOTHING TIPS FOR SUN PROTECTION

Source: Jeanne Badgett, senior extension associate for clothing, textiles and household equipment

The sun provides energy and visible light that are necessary for our survival. However, what we don't see are the harmful ultraviolet (UV) light waves that can damage our skin. When properly applied, sunscreen can protect our skin from these rays for a certain amount of time based on its SPF (sun protection factor). In addition to sunscreen, our clothing can also provide significant protection. This rating is called the UPF (ultraviolet protection factor). Clothing's UPF is based on how the fabric is made or whether it is treated with a special finish that deflects UV rays. UPF ratings may be included on the garment label or tag, and these numbers relate to the percentage of available UV radiation that can pass through the garment:

- 50+ UPF = Excellent protection (less than 2% of UV rays can pass through)
- 30 UPF = Good protection (about 3% of UV rays can pass through)
- 15 UPF = Minimum protection (about 7% of UV rays can pass through)



In addition to the UPF rating, consider these other clothing characteristics:

- Darker, vivid-colored clothing offers more protection. Compared to light or white clothing, darker colors absorb more UV rays, preventing them from passing through to the wearer. For example, a white t-shirt has a 5 UPF, which means approximately 20% of UV rays can pass through the clothing, whereas a dark-colored shirt has a much higher UPF.
- Look for denser or more tightly woven or knit fabrics. These fabrics limit the amount of light that can pass through.
- Garments made with synthetic fibers such as polyester or nylon are more likely to reflect UV rays. Untreated natural fibers – such as cotton – absorb UV rays.
- Avoid clothing that is too tight or that stretches. Gaps in the fabric may allow UV rays to pass through.
- Wet clothing offers less protection. Changing clothing for activities that involve water may be beneficial. Clothing created or treated to offer sun protection may become less effective over time because of frequent wearing and washing.
- Follow the care label's laundering instructions for optimal results. If the care label is illegible, try these basic tips: rinse UPF bathing suits after each use; wash in cool water, by hand, or on a delicate machine cycle; use mild detergent; and dry on low or air dry while avoiding direct sunlight.

Contact the Boone County Extension office for more resources, tips and information to help you and your family continue to make healthy decisions.

UPCOMING EVENTS

JULY 16 10AM or 1PM	Stitch & Lounge Office Hours (get to know your sewing machine better) Boone County Enrichment Center-Upper Level 1824 Patrick Drive, Burlington, KY 41005
JULY 18 8AM - 4:30PM	Stitch & Lounge Beginner sewing class for ages 18+ Boone County Enrichment Center-Upper Level 1824 Patrick Drive, Burlington, KY 41005
JULY 19 9AM - 12PM	Planner Hours Boone County Cooperative Extension Office 6028 Camp Ernst Road, Burlington, KY 41005
JULY 19 10AM - 12PM	Friday Food Fun : Oh Nuts Boone County Enrichment Center-Upper Level 1824 Patrick Drive, Burlington, KY 41005
JULY 23-25 10AM - 12PM	Laugh & Learn Summer Camp Boone County Enrichment Center-Lower Level 1824 Patrick Drive, Burlington, KY 41005
AUGUST 27 5:30 - 9PM	Renewable Northern Kentucky: A Dinner and Discussion on Recycling & Solar Energy Boone County Enrichment Center-Lower Level 1824 Patrick Drive, Burlington, KY 41005

Register at boone.ca.uky.edu or call 859.586.6101

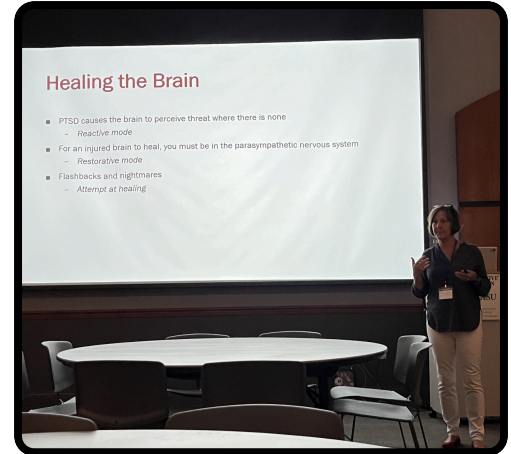
LIFE THROUGH THE LENS OF FCS



N. KY FCS agent association day
at Rumpke Recycling
May 29, 2024



Grill, Walk, Eat, Learn, Laugh for
Adults
June 18, 2024



First responder conference
May 22, 2024



Grill, Walk, Eat, Learn, Laugh
for Adults
June 4, 2024



First responder & spouses event
May 21, 2024



Friday Food Fun: Cooking for
One, Two, or a Few
June 14, 2024

HAPPY



Independence

DAY

AS WE CELEBRATE THE BIRTH OF OUR NATION, LET'S TAKE A MOMENT TO HONOR THE COURAGEOUS HEROES WHO SACRIFICED SO MUCH TO SECURE OUR FREEDOM. TAKE TIME TO EMBRACE THE SUMMER SUNSHINE AND INDULGE IN ALL THINGS RED, WHITE, AND BLUE.

WISHING YOU & YOUR FAMILY A SAFE AND HAPPY 4TH OF JULY.

For more information or if you have questions, please reach out--I'm here to help!

Elizabeth Evans

Elizabeth Evans

Boone County Extension Agent for Family & Consumer Sciences

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www.boone.ca.uky.edu

Boone County Family & Consumer Sciences



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Lexington, KY 40506



Disabilities
accommodated
with prior notification.