

Wellness . . . Nutrition . . . Family



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Martin-Gatton
College of Agriculture,
Food and Environment

WARREN

COOPERATIVE
EXTENSION
SERVICE



Living Well in Warren County Newsletter



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Agent's Insight

Hello and welcome! This newsletter is your guide to living well through balanced nutrition, regular physical activity, and smart budgeting. Inside, you'll find practical tools, affordable recipes, and simple wellness tips to help you and your family eat better, move more, and thrive—one step at a time.

IN THIS ISSUE:

Pg. 1: Intro

Pg. 2-3: Recipes

Pg. 4: AI in the Kitchen
Tips for Leftovers

Pg. 5: Cooking
Together

Pg. 6: Digital Wallets

Pg. 7: Fitness Goals

Pg. 8: Connect with Us!

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Recipe Highlight

With the crisp air of fall comes the craving for comfort foods that warm the body and soul. Soups, stews, and casseroles are timeless favorites for feeding the family without overspending or complicating mealtime. Here's a delicious and affordable soup recipe that's sure to satisfy!



White Chicken Chili

Ingredients:

- 1 pound boneless skinless, chicken breasts
- 1 small onion, diced
- 2 cans (15.5 ounces each) white beans such as cannellini or great northern, drained and rinsed
- 1 can (4 ounces) diced green chilies
- 1 cup fresh or frozen corn kernels
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 tablespoon chili powder
- 1 teaspoon salt
- 1 box (32 ounces) low-sodium chicken broth or water

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place the chicken in the slow cooker. Wash hands after touching raw poultry.
3. Add onion, beans, chilies, corn, garlic powder, cumin, chili powder, and salt.
4. Carefully, pour broth or water over top to cover all ingredients.
5. Cook on high for 4 hours or on low for 8 hours.
6. When ready to serve, carefully remove chicken breasts from the slow cooker and place on a plate. Shred with two forks and carefully place back in the slow cooker.
7. For a thicker soup, mash some of the beans with a potato masher or a fork.
8. If you want to thicken the soup without mashing any beans, mix cornstarch and cold milk together in a separate bowl. Turn the slow cooker to high, stir the cornstarch slurry into the soup and replace lid. Cook for an additional 20 minutes on high.
9. Ladle into bowls and add desired toppings.
10. Store leftovers in the refrigerator within 2 hours

250 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 60mg cholesterol; 610mg sodium; 28g total carbohydrate; 8g dietary fiber; 3g total sugars; 0g added sugars; 27g protein; 0% Daily Value of Vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 25% Daily Value of potassium

Visit here for more
recipes!



<https://www.planseatmove.com>



Servings: 6

Serving Size: 1 1/2 cups

Recipe Cost: \$8.94

Cost per Serving: \$1.49

Recipe Highlight

These “Broccoli Cheddar Biscuits” would complement your soups and stews or make a great addition to any salad you serve. They require few ingredients, are and easy on the grocery budget!

Ingredients:

- 1 cup broccoli florets, chopped
- 1 carrot, grated
- 2 cups all-purpose flour, divided
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup buttermilk
- $\frac{1}{2}$ cup vegetable oil
- $\frac{2}{3}$ cup shredded cheddar cheese

Servings: Makes 20

Serving Size: 1 Biscuit

Recipe Cost: \$5.43

Cost per Serving: \$0.27

Broccoli Cheddar Biscuits



Directions:

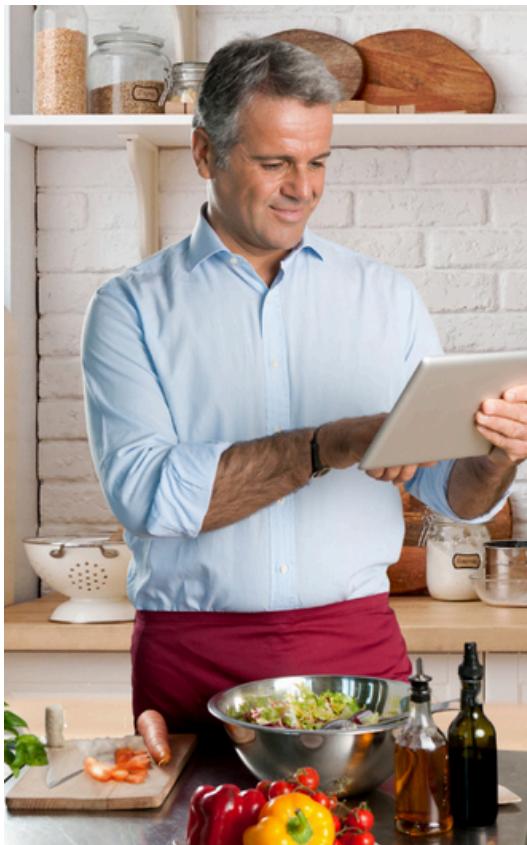
1. Preheat oven to 400 degrees F.
2. Place chopped broccoli and grated carrot in a medium bowl. Toss with $\frac{1}{4}$ cup of flour and set aside.
3. In a large bowl, stir together remaining (1 $\frac{3}{4}$ cups) flour, baking powder and salt.
4. Add buttermilk and vegetable oil into flour mixture and stir until just combined, being careful not to overmix.
5. Fold in vegetable mixture and cheese into flour mixture. In the bowl, knead two or three times until a dough ball is formed.
6. Transfer dough to a lightly floured surface. Pat the dough into an inch thickness. Using a cookie cutter or glass (2 inches in diameter), cut dough into rounds.
7. Arrange biscuits on a baking sheet. Bake 12 minutes or until golden.

130 calories; 8g total fat; 2g saturated fat; 0g trans fat; 5mg cholesterol; 240mg sodium; 12g carbohydrate; 1g fiber; 1g sugar; 0g added sugar; 3g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Nutrition Tips and Tricks



From managing food budgets to planning meals and learning how to properly store and creatively reuse leftovers, everyone can benefit from new ideas and practical support in the kitchen from time to time.



USING AI IN THE KITCHEN

Using Artificial Intelligence to create innovative recipes that repurpose leftovers, use pantry items in danger of 'expiring,' or reduce food waste might seem like a great solution to the kitchen doldrums. But you must use it with caution.

- Always consider food safety.
- AI generated recipes might not taste good.
- Always compare AI generated recipes to trusted, research-based sources, like Plate it up! Kentucky Proud or PlanEatMove.com.

Cooperative Extension Service | Family and Consumer Sciences

Reheating Tips:

- Reheat food to at least 165°F (74°C) to ensure safety.
- Only reheat what you plan to eat; avoid reheating multiple times.
- Stir food while reheating to ensure even temperature throughout

Visit here for detailed information on how to store leftovers, how long they last, and how to properly reheat them..



planeatmove.com/plan-ahead/storing-leftovers/

Storing Leftovers:

- Use airtight containers or tightly wrap food to keep it fresh.
- Label containers with the date to track how long they've been stored.
- Store leftovers in the refrigerator within 2 hours of cooking.
- Freeze items you won't eat within a few days to extend shelf life.

How Long Do Leftovers Last?

- Most cooked foods last 3–4 days in the fridge.
- Soups, stews, and cooked grains can last up to 4–5 days.
- Frozen leftovers are typically safe for 2–6 months, depending on the food type

Free Cooking Class!!



**COOKING
THROUGH THE
CALENDAR**

GUEST HOST: MED CENTER HEALTH & WELLNESS

BECAUSE EVERY BEAT COUNTS:

Discover how to love your heart through the food you eat! Join us for a Heart-Healthy Cooking Class and learn how to prepare a flavorful, nutritious recipe that is good for your heart and your taste buds!

FEBRUARY 27 @ 3PM

LIMITED SPOTS AVAILABLE!

CALL TO RSVP BY FEB. 23

WARREN COUNTY EXTENSION OFFICE
5162 RUSSELLVILLE RD.
270-842-1681

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Upcoming Class Dates:

Feb. 27

Mar. 27

Apr. 24

For more information, contact the
Warren County UK Cooperative
Extension Service
270-842-1681

A cooking class provides benefits beyond learning new recipes. It helps participants improve their health by preparing nutritious meals at home, making better food choices, and reducing reliance on processed foods while enjoying more fruits, vegetables, and whole grains.

Cooking at home can also lower food costs by teaching smart shopping, meal planning, and ways to reduce food waste.

The Warren County Extension Office supports these goals by offering adult cooking classes designed to build practical skills and confidence in the kitchen. In addition to the health and financial advantages, these classes provide a welcoming social environment where participants can connect, share experiences, and build relationships. In a supportive and enjoyable setting, adults of all skill levels can learn affordable, balanced cooking techniques that fit their everyday lives.

Self-Care Through Finances



Digital Wallets

Digital Wallets are a convenient and secure way to make payments without carrying physical cards. They store your credit or debit card information digitally on smartphones or smartwatches, allowing contactless payments at most retailers. Using Near Field Communication (NFC) technology, digital wallets exchange data safely over a short distance, often requiring authentication like passcodes or biometrics. Security is further enhanced through tokenization, which replaces your real card number with a unique token during transactions, protecting your information from theft. Overall, digital wallets offer both convenience—letting you pay even if you forget your wallet—and added protection compared to traditional cards.



[Visit here to read the full article](#)



Contact the Warren County Extension Office for more information regarding finances and budgeting.
270-842-1681

New Goals for the New Year



After the New Year, many people set physical fitness goals as a way to improve their health and start fresh. Common goals include becoming more active, building strength, improving flexibility, or simply moving more consistently throughout the week. Setting realistic, achievable goals—such as walking a certain number of days per week or adding short exercise sessions into a daily routine—can help create lasting habits rather than short-term changes.

Staying motivated is easier when fitness goals are specific and flexible. Tracking progress, celebrating small successes, and choosing activities you enjoy can make physical activity feel less like a chore and more like a positive part of everyday life. Whether the goal is better overall health, increased energy, or stress reduction, focusing on gradual improvement can lead to long-term success.

- **Start with realistic goals**

Set small, achievable goals that fit your current fitness level and schedule.

Gradual progress helps prevent burnout and reduces the risk of injury.

- **Schedule your workouts**

Treat physical activity like any other appointment. Planning specific days and times increases consistency and helps fitness become part of your routine.

- **Choose activities you enjoy**

Select exercises that you find enjoyable and motivating. When you like what you are doing, you are more likely to stick with it long term.

- **Prepare ahead of time**

Lay out workout clothes, plan routes, or gather equipment in advance. Removing barriers makes it easier to get started, even on busy days.

- **Track progress and be flexible**

Monitor your activity and celebrate small successes. If a routine is not working, adjust it rather than quitting—consistency matters more than perfection.



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Contact us!



270-842-1681

Warren County UK Cooperative
Extension Service
5162 Russellville Rd.

Join us for the Farm and Home Show!

Mon - Fri 5:15 - 5:30
WBKO Channel 13-1



Check out this local
guide for food banks,
meals and food pantries:

www.startherewarrencounty.org

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