

Wellness . . . Nutrition . . . Family



Fall/Winter Issue #1

Martin-Gatton  
College of Agriculture,  
Food and Environment

**WARREN**

COOPERATIVE  
EXTENSION  
SERVICE



# Living Well in Warren County Newsletter



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**Family & Consumer Sciences Agent**

## 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.

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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!



## Lasagna Soup

### Ingredients:

1 pound lean ground beef  
1/4 teaspoon salt  
1/8 teaspoon ground black pepper  
1 jar (24 ounces) marinara sauce  
1 box (32 ounces) low-sodium chicken, vegetable, or beef broth  
12 ounces water (fill half of the marinara jar)  
6 sheets lasagna noodles, broken into bite-size pieces (NOT oven-ready noodles)  
(\*any short-shaped pasta will work)  
1 container (10 ounces) frozen, chopped spinach

### Directions:

1. Wash hands with soap and warm water, scrubbing for at least 20 seconds.
2. Heat a large pot over medium high heat. Add beef to pot and break into fine crumbles. Season with salt and pepper. Cook beef until it's no longer pink and it reaches 160 degrees F using a food thermometer. Drain any fat.
3. Add marinara sauce, broth, and water to the pot with beef. Increase heat to high, place lid on the pot and bring to a boil, about 6 minutes.
4. Once boiling, add lasagna noodles and lower heat to medium-high. Stir occasionally so noodles do not stick to the bottom of the pot. Cook uncovered for about 6 minutes, or until noodles are close to being done.
5. Add frozen spinach. Cook until noodles have a bit of firmness left and until spinach is heated through, about 2 to 3 minutes.
6. Ladle into bowls and add desired toppings.
7. Refrigerate leftovers within 2 hours.

Optional toppings: a scoop of ricotta or cottage cheese, a sprinkle of parmesan or mozzarella cheese

Nutrition facts per serving: 310 calories; 8g total fat; 3g saturated fat; 0g trans fat; 60mg cholesterol; 590mg sodium; 29g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 20% Daily Value of iron; 25% Daily Value of potassium



Scan to watch how to make this recipe!



# Green Bean Bundles

## Recipe Highlight

These “Green Bean Bundles” would make a great addition to your holiday meal. They require few ingredients, are heart healthy, and easy on the wallet!

### Ingredients:

- 1 pound fresh green beans
- 1/4 teaspoon black pepper
- 12 slices turkey bacon
- 2 tablespoons unsalted butter
- 2 cloves garlic, minced
- 1/8 teaspoon ground cinnamon
- 1/4 teaspoon allspice



Scan for more recipes and tips!



### Directions:

1. Preheat oven to 400° F.
2. Remove ends and strings from beans. Wash and dry beans thoroughly and season with black pepper.
3. Bundle together 5-8 beans and wrap with a strip of turkey bacon to hold them together.
4. Lay each bundle, seam side down in a large baking dish. In a small saucepan, heat butter, garlic, cinnamon and allspice over low heat, whisking until butter is melted.
5. Brush the mixture over the top of each green bean bundle with a pastry brush.
6. Cover with foil and bake for 35 minutes.
7. Remove foil and bake for 15 additional minutes, until bacon is crisp

60 calories; 5g fat; 2g saturated fat; 20mg cholesterol; 170mg sodium; 3g carbohydrate 1g fiber; 1g sugar; 3g protein.

# Nutrition Tips and Tricks



From budgeting to meal prep and finding creative ways to use or store leftovers, we all need a few fresh ideas and a helping hand in the kitchen from time to time.



## HOW LONG WILL IT LAST?

1-2 DAYS			7+ DAYS		
<b>BANANAS</b> Store on counter	<b>CHERRIES</b> Store in fridge	<b>MUSHROOMS</b> Store in fridge	<b>APPLES</b> Store on counter (store in fridge if >7 days)	<b>BEETS</b> Store in fridge	
<b>STRAWBERRIES</b> Store in fridge	<b>CORN</b> Store in fridge	<b>BROCCOLI</b> Store in fridge	<b>CELERY</b> Store in fridge	<b>POTATO</b> Store on counter (store in dark to prevent greening)	
2-4 DAYS			<b>ONIONS</b> Store on counter (store in dark to prevent greening)	<b>CARROTS</b> Store in fridge	
<b>LETTUCE</b> Store in fridge	<b>PINEAPPLE</b> Store on counter	<b>CUCUMBER</b> Store in fridge	<b>GRAPES</b> Store in fridge	<b>CARROTS</b> Store in fridge	
<b>ZUCCHINI</b> Store in fridge	<b>EGGPLANT</b> Store in fridge	<b>AVOCADOES</b> Ripen on counter then store in fridge	<b>ONIONS</b> Store on counter (store in dark to prevent greening)	<b>CARROTS</b> Store in fridge	
4-6 DAYS			<b>ONIONS</b> Store on counter (store in dark to prevent greening)	<b>CARROTS</b> Store in fridge	
<b>PEPPERS</b> Store on counter	<b>BLUEBERRIES</b> Store in fridge	<b>CAULIFLOWER</b> Store in fridge	<b>TOMATOES</b> Store on counter	<b>CARROTS</b> Store in fridge	
<b>ORANGE</b> Store in fridge	<b>LEMON</b> Store on counter	<b>PARSLEY</b> Store in fridge	<b>GRAPEFRUIT</b> Store on counter	<b>CARROTS</b> Store in fridge	
<b>BRUSSELS SPROUTS</b> Store in fridge	<b>SPINACH</b> Store in fridge	<b>PEACH</b> Store in fridge	<b>WATERMELON</b> Store on counter	<b>CARROTS</b> Store in fridge	
<b>PLUM</b> Ripen on counter then store in fridge	<b>PEAR</b> Ripen on counter then store in fridge				

## Reusing Leftovers:

Learning to love leftover food is all about knowing how to use it! To begin, you can try creative remixing by using leftover ingredients for new dishes. For example, try adding leftover meat and vegetables to a salad, wrapping them in a whole wheat tortilla for an easy wrap, or tossing them together with broth and other ingredients to make a soup or stew. Try some flavor enhancements by experimenting with new sauces or seasoning to give the leftovers a whole new taste. If you made roasted chicken and vegetables, combine the leftovers with a simple sauce and brown rice for an easy stir-fry, or use your favorite taco seasoning to make tacos the next day. Lastly, there are no rules for mixing and matching leftovers. At the end of the week, prepare a “hodge podge” dinner to use up any remaining leftovers. Here are some examples and ideas for ways to use up leftovers from some of your weekly meals.

### Beef and Vegetable Stew

Turn your hobo stew into real stew by mixing in a can of tomato sauce, a little broth, and any extra fresh vegetables you need to use up. Green beans, peas, or tomatoes would all be delicious.

### Fried Rice Salad Bowl

Make your fried rice part of a bowl: heat the rice with a tablespoon of water to prevent drying then assemble a bowl with a combo of your favorite salad greens, fresh chopped vegetables and some extra chicken for additional protein. Top with a small amount of your favorite dressing.

### Shredded Chicken Salad

Shred the meat from leftover chicken legs to add to a salad the next day or try the cucumber salad as a topping for whole wheat crackers for a simple snack.

# Free Cooking Class!!



## Cooking Through the Calendar

Join us for a free, monthly adult cooking class that celebrates the best of each season!

- One class each month featuring a fresh, seasonal recipe.
- Hands-on learning and tips to make cooking fun and easy.
- Perfect for all skill levels!

**Upcoming class:**  
November 14 @ 3:00 pm

Limited space is available.

RSVP is **required** by 11/10

Call 270-842-1681 to reserve your spot!

**Where:** Warren County Extension Office  
5162 Russellville Rd. Bowling Green

Cooperative Extension Service

Agriculture and Natural Resources  
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4-H Youth Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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University of Kentucky, Kentucky State University, UK Department of Agriculture and Kentucky Cooperative Extension



Disability accommodations with your volunteer.

A cooking class offers more than just recipes—it's an opportunity to improve your health, save money, and connect with others in your community. Learning to cook nutritious meals at home helps you make healthier food choices, manage portion sizes, and feel more confident in the kitchen. By preparing meals yourself, you can cut down on processed foods and enjoy more fruits, vegetables, and whole grains—all while spending less.

Cooking classes also teach smart shopping and meal planning tips to help stretch your grocery budget. You'll learn how to make the most of what you have, reduce food waste, and create affordable, balanced meals that taste great. Beyond the health and financial benefits, cooking with others is a fun, social experience.

Participants can share stories, exchange ideas, and build friendships while learning new skills in a relaxed, supportive setting. Whether you're a beginner or experienced cook, these classes offer something for everyone!

## Upcoming Class Dates:

Nov. 14

Dec. 19

Jan. 16

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



# Self-Care Through Finances



Holidays are always a busy time of year. We often enjoy family traditions and celebrations during this joyous season, but for many it can be a stressful time as well. It is important to take time out to inventory your Self-care so that you are able to reset after busy events. Giving yourself a weekly or monthly budget for meals and other household expenses will assist you from over-spending and keep your stress levels down, especially during the holiday season.

## Using Technology to Manage Your Money

### 1. Simplify your finances with FinTech

Financial technology—or “FinTech”—includes apps and online tools that help you budget, save, invest, and track spending. Think of it as having a personal finance helper right on your phone!

### 2. Make the most of mobile banking

Your bank’s app can do much more than check balances. Many offer mobile check deposits, bill pay, and instant money transfers—helping you manage your accounts anytime, anywhere.

### 3. Use payment apps wisely

Peer-to-peer apps like Venmo, PayPal, and CashApp make it easy to send or receive money. However, always transfer funds to an FDIC-insured bank or credit union for safety and protection.

### 4. Keep an eye on your credit

Monitoring your credit helps protect against identity theft and keeps you aware of your financial health. You can check your credit report for free each week at [AnnualCreditReport.com](http://AnnualCreditReport.com).

### 5. Try free debt management tools

Want to pay down debt faster? The free PowerPay tool from Utah State University Extension lets you explore different repayment strategies and track your progress. Try it at [extension.usu.edu/powerpay](http://extension.usu.edu/powerpay).

### 6. Build healthy money habits

Consistency matters! Set reminders to check your apps, review spending, and track progress regularly. Small steps can lead to lasting financial habits.

Scan to read the full article  
on how to “Manage Holiday  
Expenses”



# ACTIVITY



*Stay Active and Nourished  
This Fall & Winter*

## **Tips For Staying Active and Nourished:**

- Take short, stretch breaks every hour
- Try chair, seated or standing exercises while watching TV
- Put on some music and dance for 10 minutes
- Walk inside a mall or hallway when it's cold outside
- Include Vitamin D rich foods like eggs, salmon and fortified milk



As the weather turns cooler and the days grow shorter, it's easy to become less active. However, regular movement during the fall and winter months is essential for keeping your body strong, your joints flexible, and your mood positive. Physical activity also supports heart health, boosts energy, and helps manage stress—important benefits during the colder, darker months.

When it's too chilly to get outside, try simple indoor options like stretching, chair exercises, walking in place, or even dancing to your favorite music. Every bit of movement counts and helps keep your body and mind healthy.

Another key part of winter wellness is maintaining healthy vitamin D levels. Since we get less sunlight in the colder months, it's important to include vitamin D-rich foods in your diet. Good sources include fortified milk or cereals, egg yolks, and fish like salmon, tuna, and mackerel. Vitamin D helps support strong bones, immunity, and overall well-being—so making sure you get enough is especially important this time of year.

By keeping your body moving and nourishing it well, you can stay strong, energized, and healthy all season long.

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## Contact us!

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Warren County UK Cooperative  
Extension Service  
5162 Russelville Rd.

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



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



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