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You are tired. You are hungry. You are cranky. Your family is tired. They are hungry and they are cranky. Does this sound like your house at 5 in the evening? You want to serve them food quickly. You want to serve them food for them. But most of all, you want to serve them food that they like so that they will eat it. Can you do this? Sure you can!

The key to keeping you and your family happy is pre-planning. Honest, half the battle of making meals is deciding what you are going to fix. Do you have all the ingredients? Do you have the time? Will everyone like it? If this is done ahead of time, the rest will fall into place.

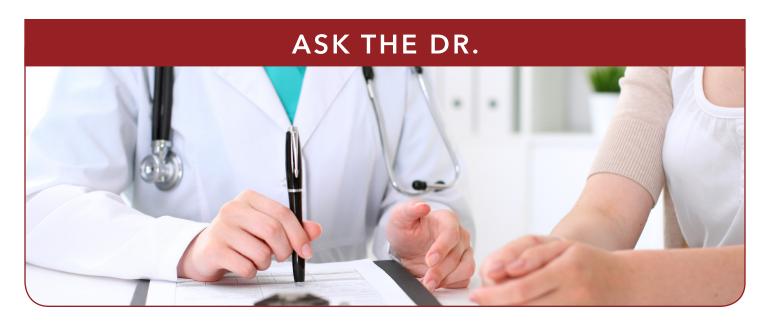
Did you know that hospitals, schools, and cafeterias plan meals on a rotation system? This might be weekly, bi-weekly, or even monthly. You can do this with your family. First ask, would the same supper every Monday night get boring? Would your family prefer the same supper every other Monday? If this sounds reasonable, as a family you will need to create 14 supper meals.

Ask each family to list their favorite breads. Ask them to list their favorite vegetables. Ask them to list their favorite main dishes. How would they propose getting their servings of dairy? This might include drinking milk, eating a cheese based main dish, or topping the meal off with low-fat pudding.

Now your family gets to mix and match the options into 14 different suppers. Make the meals full of color. Textures add interest to foods. Include different textures in each meal. Create meals containing different temperatures. Even on cold winter nights, a cold salad adds contrast to chili. Pick some lower fat items for each meal. If someone hates a particular food that someone else really likes, don't add to your work by making two different meals. You are not a short- order cook. Just be sure that there is at least one food in the meal that each person likes.

The next step is to match the meals with the days of the week. If Tuesday evening is always hectic, either choose a "make ahead" meal or a quick meal. You might even want to have one or two suppers in the rotation planned as a surprise. This is a perfect time to try a new recipe.

The Key to keeping you and your family happy is pre-planning.



My 4 year-old son and my 68 year-old mother don't like meat. Is this a serious problem?

If your mother and son eat a variety of foods, it is unlikely that not eating meat will cause a serious health issue.

Have you asked your mother and son why they don't like meat? Often the elderly and young children find it hard to chew meat. Your mother needs to see her dentist if her dentures or teeth hurt or feel loose. In the meantime, choosing softer protein foods such as dry beans, eggs, fish, and ground meats (turkey, chicken or beef) might help your mother and son.

Some people just don't like the flavor of meat. Meat and many other foods provide protein for our bodies to grow and repair old cells. As a matter of fact, people don't need as much protein as we used to think they did. Eating a diet with lots of variety will provide most of the protein both your mother and son need. It is not hard to get the

protein you and your family need.

Good sources of protein are low fat or skim milk, dry beans, eggs, peanut butter, soy products and of course meat, poultry and fish. Soy products can be a bit pricey. They look like but don't taste like meat. Two protein servings provide most of the protein your son and mother need each day. Adding other foods that contain smaller amounts of protein such as vegetables, bread and pasta will round out their protein needs. If you are concerned, contact your health care provider.

How Much Is That?

The recommended serving of meat is 3 ounces.

But what does that look like?

3 oz. meat = one deck of cards or palm of an adult hand (no fingers or thumb)

1 oz. meat = one small box of matches

Tips from the Chef

- Save your heart Reduce the fat
- Buy the leanest ground beef you can afford
- Drain the fat off of ground beef and other forms of meat
- Trim all visible fat from meat

- Eat chicken or turkey without the skin
- Buy tuna packed in water
- Try the next lower % milk
- Try angel food cake with fruit topping for a special treat

RECIPES

FARMER'S MARKET SKILLET BAKE

Ingredients:

- ½ small onion, finely chopped
- 2 cloves garlic, minced
- 4-5 small red potatoes, sliced
- 1 tablespoon olive oil
- 2 cups shredded mozzarella cheese, divided
- 1 medium summer squash, sliced

- 1 medium zucchini, sliced
- 4 medium sized tomatoes, sliced
- 1 teaspoon salt
- 1 teaspoon pepper
- fresh basil leaves, finely chopped, divided



Directions

- 1. Wash hands.
- 2. Preheat oven to 375 degrees F
- 3. Prepare onion, garlic and sliced potatoes (about ¼ inch thick).
- 4. Heat olive oil over medium heat in a 10 or 12 inch oven safe skillet.
- 5. Add onion, garlic, and potatoes to pan and stir to coat with oil.
- 6. Cook over medium heat, stirring occasionally until golden brown and tender.
- 7. Add 1 cup mozzarella cheese.
- 8. In a bowl, toss together the squash, zucchini and tomatoes with salt, pepper, and half of the finely chopped basil.
- 9. Layer squash and tomato slices over the potato and cheese layer.
- 10. Top with remaining mozzarella cheese.
- 11. Bake 35 minutes or until vegetables are tender and cheese is melted.

Makes 8, 1 cup servings

Kids Can Help: Kids can help layer the vegetables and cheese. With supervision, older children can slice the vegetables.

Make a Complete Meal: Add a protein, fruit and milk.

Nutrition Facts 8 servings per container Serving size 1 cup (267g) Amount Per Serving 200 **Calories** Total Fat 8g 10% Saturated Fat 4g Trans Fat 0g Cholesterol 20mg 7% Sodium 490mg 21% Total Carbohydrate 24g 9% 11% Dietary Fiber 3g Total Sugars 5g Includes 0g Added Sugars 0% Protein 10g 20% Vitamin D 0mcg 0% Calcium 234mg 20% Iron 1mg 6% Potassium 623mg 15% *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

BROCCOLI AND BEEF STIR-FRY

Ingredients:

- 1 pound lean beef steak, sliced diagonally across the grain into thin strips
- 1 tablespoon plus ½ cup stir-fry sauce
- 1 clove minced garlic
- 4 tablespoons canola oil, divided
- 1 medium red onion, cut into ½ inch dice
- sweet red pepper, cut intoinch dice
- 1 medium yellow squash, cut into ¼ inch slices
- 2 cups fresh broccoli florets
- 1 cup cauliflower florets
- ½ teaspoon crushed red pepper flakes



Directions

- 1. Wash hands.
- 2. Combine 1 tablespoon stir-fry sauce and minced garlic in a bowl. Add the beef strips. Let stand 15 minutes.
- 3. Heat 1 tablespoon canola oil in a large skillet or wok.
- 4. Add beef and stir fry for one minute. Remove beef from skillet.
- 5. Heat the remaining 3 tablespoons canola oil in the skillet or wok. Add vegetables. Stir-fry for four minutes or until vegetables are crisp-tender.
- 6. Return beef to skillet.
- 7. Add the remaining ½ cup stir-fry sauce and red pepper flakes. Cook and stir 1 to 2 minutes longer, until heated through.

Makes 8, 1 cup servings.

Kids Can Help: With supervision, older children can help dice veggies and stir vegetables and meat in the pan or wok.

Make a Complete Meal: Add fruit and milk.

Nutrition	Facts
8 servings per containe	r
Serving size	1 cup (208g)
Amount Per Serving	400
Calories	190
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 640mg	28%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sug	ars 0 %
Protein 15g	30%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.8mg	10%
Potassium 376mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SALMON BURGERS

Ingredients:

- 1 can (14 ounces) pink salmon, skin removed and drained
- 2 eggs
- 1/4 cup dry bread crumbs
- ½ cup onions, finely chopped
- 1/4 cup fat free mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon pepper cooking spray

Directions

- Wash hands.
- 2. Mix all ingredients together in bowl expect cooking spray. Shape into 6 patties.

Makes 6 servings.

Kids Can Help: Kids can carefully mix ingredients together. **Make a Complete Meal**: Add a green vegetable, buns for the burgers, fruit and milk.

Nutrition Facts

6 servings per container Serving size 1 each (112g) Amount Per Serving 150 **Calories** Total Fat 6g 8% Saturated Fat 1.5g 8% Trans Fat 0g Cholesterol 100mg 33% Sodium 560mg 24% Total Carbohydrate 6a 2% Dietary Fiber < 1g 2% Total Sugars 2g 0% Includes 0g Added Sugars Protein 17g 34% Vitamin D 0mcg 0% Calcium 260mg 20% Iron 1.08mg 6% Potassium 0mg 0% Vitamin A 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

2%

Vitamin C



- 2 egg whites
- 2 tablespoons milk
- 2 cups corn flakes, crushed
- 1½ teaspoons oregano or tarragon
- 5 pieces of chicken (without skin) cooking spray

Directions

- 1. Wash hands.
- 2. Heat oven to 350 degrees F.
- 3. Mix egg whites and milk in small bowl.
- 4. Crush corn flakes in zipped plastic bag. Add oregano.
- 5. Dip chicken pieces in milk mixture, then put in plastic bag with corn flakes. Zip closed and shake to coat chicken.
- 6. Place chicken on cookie sheet lightly coated with cooking spray.
- 7. Bake about 40 minutes or until thermometer reads 165 degrees F and juices run clear.

Makes 6 servings.

Kids Can Help: Kids can shake the zipped bag.

Make a Complete Meal: Add a green vegetable, bread, fruit and milk.

Note: To make "chicken nuggets", cut pieces of chicken into small nugget-size pieces.

Nutrition Facts 6 servings per container Serving size Amount Per Serving 160 **Calories** Total Fat 6g 8% Saturated Fat 1.5g Trans Fat 0g 17% Cholesterol 50mg Sodium 170mg 7% Total Carbohydrate 9g 3% Dietary Fiber 0g 0% Total Sugars 1g Includes 0g Added Sugars 0% Protein 16g 32% Vitamin D 0mcg 0% Calcium 26mg 2% Iron 1.08mg 6% Potassium 0mg 0% Vitamin A 2% Vitamin C 0% The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

THE LEANER KENTUCKY HOT BROWN CASSEROLE



Ingredients:

- 1/4 cup low fat margarine
- 1/4 cup flour
- 2 cups skim milk
- 1 chicken bouillon cube
- 6 slices bread, toasted

- 34-1 pound thinly sliced or shredded turkey
- 2/3 cup shredded low fat cheese (or low fat cheese slices)
- 2 tomatoes, sliced
- 3 bacon slices, cooked and crumbled

Directions

- 1. Wash hands.
- 2. Melt margarine in pan over heat.
- 3. Add flour, stirring until smooth. Add bouillon and milk.
- 4. Cook over medium heat, stirring until thickened and bubbly, about 5 minutes. Set aside.
- 5. Place toast in 13-by-9 inch baking dish, greased with cooking spray.
- 6. Top each slice of toast with desired amount of turkey.
- 7. Spoon sauce over meat.
- 8. Layer cheese, tomato slices and crumbled bacon over sauce.
- 9. Bake at 350 degrees F for 20-25 minutes.

Makes 6 servings.

Kids Can Help: Kids can make the toast, and put in the prepared dish.

Make a Complete Meal: Add a salad or vegetables, fruit, and milk.

Nutrition Facts

6 servings per container

Serving size 1 each (239g)
Amount Per Serving

Calories	270
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 560mg	24%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 28g	56%
Vitamin D 0mcg	0%
Calcium 260mg	20%
Iron 1.8mg	10%
Potassium 0ma	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



- 1 small eggplant, peeled and cubed
- 2 teaspoons salt
- 1 pound lean ground chuck
- 1 tablespoon canola oil
- 1 medium zucchini, chopped
- 1 medium bell pepper, chopped
- 1 medium onion, chopped
- 1 tablespoon finely minced garlic (about 3 cloves)
- 1 14.5 ounce can low sodium beef broth
- 1 24 ounce jar chunky garden style pasta sauce
- 2 cups water
- 1 teaspoon dried basil
- 1 cup uncooked whole grain pasta



Directions

- 1. Wash hands.
- 2. Place the cubed eggplant in a colander.
- 3. Toss with the salt and let set for 20-25 minutes.
- 4. Thoroughly rinse in cold water and press as much water out of the eggplant as possible. Set aside.
- 5. In a large heavy pot, brown the ground beef over medium heat until crumbly and no longer pink.
- 6. Drain.
- 7. Raise the heat to medium-high. Add the canola oil to the same pot.
- 8. Return the beef to the pot.
- 9. Add the zucchini, bell pepper, onion and garlic. Cook together for 5-7 minutes. until onion is translucent.
- 10. Add the eggplant to the mixture and continue to cook for 5 minutes.
- 11. Add the beef broth, pasta sauce, water and basil. Bring to a boil.
- 12. Then reduce heat to medium-low, cover and simmer for 10 minutes.
- 13. Add the pasta. Raise heat to medium.
- 14. Bring to a slow boil and cook, stirring occasionally for 10-12 minutes, or until the pasta is tender.

Nutrition Facts

12 servings per container Serving size 1 cup (272g) Amount Per Serving **Calories** Total Fat 9g Saturated Fat 2.5g Trans Fat 0g Cholesterol 50mg 17% Sodium 650mg 28% Total Carbohydrate 14g 5% Dietary Fiber 2g 7% Total Sugars 7g Includes 0g Added Sugars 0% Protein 17g 34% Vitamin D 0mcg 0% Calcium 26mg 2% Iron 0.36mg 2% Potassium 470mg 10%

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Makes 12, 1 cup servings.

Kids Can Help: Kids will love the name of this soup because it will remind them of the animated movie. With supervision, allow older children to help dice vegetables and brown meat.

Make a Complete Meal: Add fruit and milk.



- 3 tablespoons Dijon mustard
- ½ cup low fat mayonnaise
- 1 lemon, juiced (approximately 3 tablespoons)
- 2 teaspoons dried thyme
- 2 teaspoons black pepper
- ½ teaspoon salt

- 6 spears fresh asparagus, trimmed
- 4 skinless, boneless chicken breast halves (about 5 ounces each)
- 4 slices skimmed mozzarella cheese
- 1 cup panko bread crumbs



Directions

- 1. Wash hands.
- 2. Preheat oven to 400 degrees F.
- 3. Grease an 9-by-11 inch baking dish.
- 4. In a bowl, mix together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside.
- 5. Place asparagus in a microwave safe dish and microwave on high 1 1½ minutes.
- 6. Place chicken breasts between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface.
- 7. Pound the chicken breasts with the smooth side of a meat mallet to thickness of ¼ inch.
- 8. Place one slice of cheese and four asparagus spears on each breast.
- 9. Tightly roll the chicken breasts around the asparagus and cheese.
- 10. Place each, seam side down, in the prepared baking dish.
- 11. Apply a coating of the mustard mixture to each chicken breast and sprinkle each with the panko crumbs, pressing the crumbs into the chicken to secure.
- 12. Bake 35 minutes or until the chicken temperature is 165 degrees F.

Nutrition Facts

- Tacificioni	uoto
4 servings per container	
Serving size 1 rol	lup (312g)
Amount Per Serving	
Calories	370
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 1060mg	46%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 41g	82%
Vitamin D 0mcg	0%
Calcium 195mg	15%
Iron 1.8mg	10%
Potassium 470mg	10%
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*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Makes 4 servings.

Kids Can Help: Kids will enjoy helping to flatten and roll chicken breasts. They can also stir together the mustard mixture.

Make a Complete Meal: Add fruit and milk.



- 1 small green bell pepper, seeded and diced
- 1 small red bell pepper, seeded and diced
- 1 tablespoon hot pepper, minced (optional)
- 1 pound skinless, boneless chicken breast, diced
- 1 1 ounce packet fajitas seasoning mix

- 1 tablespoon olive oil
- 10 10 inch whole-wheat tortillas
- 1 8 ounce package reduced fat cheddar cheese, shredded



Directions

- 1. Preheat the broiler and prepare baking sheet with non-stick spray.
- 2. Toss the diced chicken with the fajita seasoning and place on the baking sheet.
- 3. Spread chopped peppers on baking sheet.
- 4. Place under the broiler and broil until the chicken pieces are thoroughly cooked and no longer pink in the center, about 10 minutes.
- 5. Brush skillet with oil and heat to medium.
- 6. Place one tortilla in skillet.
- 7. Layer half of tortilla with approximately one-third cup chicken and pepper mixture.
- 8. Sprinkle with 3 tablespoons cheddar cheese.
- 9. Fold over and flip. Repeat until all quesadillas have been prepared.
- 10. Cut each quesadilla into wedges and serve with salsa, if desired.

Makes 10 servings.

Kids Can Help: Kids can sprinkle the veggie mixture and cheese on the tortillas. With supervision, older children can help with dicing veggies and flipping the quesadillas.

Make a Complete Meal: Add fruit and milk.

Nutrition Facts 10 servings per container Serving size 1 (150g) Amount Per Serving Calories % Daily Value Total Fat 10g 13% Saturated Fat 3g Trans Fat 0g Cholesterol 40mg 13% Sodium 860mg 37% Total Carbohydrate 22g 8% Dietary Fiber 12g 43% Total Sugars 2g Includes 0g Added Sugars **n**% Protein 24g 48% Vitamin D 0mcg 40% Calcium 520mg Iron 1.8mg 10% Potassium 0mg 0% Vitamin A 15% Vitamin C 25% The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



(R.D. = Registered Dietitian)

How do I know if a main dish is high in fat?

There are simple clues that indicate a main dish is high in fat such as:

- Made with a cream, butter or cheese sauce
- Meat is fried
- Meat has visible fat or skin
- Fish is canned in oil
- Contains high fat meat such as hotdogs, bacon and bologna

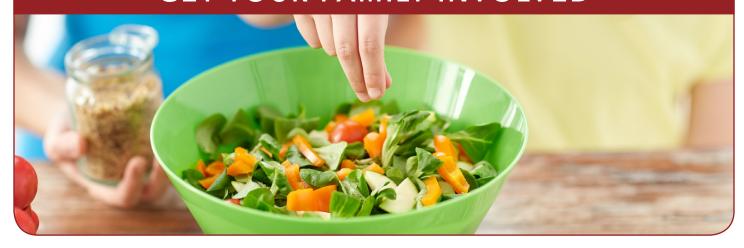
Try to eat food that is not high in fat.

WISE BUYS

Dry Beans and Peas

- easily stored in a covered container in a cool, dry location for several months
- 1/2 cup cooked beans supplies about the same amount of protein as 1 egg; 1 ounce meat, fish or poultry; or 1 cup skim or low fat milk
- buy beans canned or dry in bags
- soak dry beans (dry peas and lentils do not require soaking): add at least 6 cups of water to 1 pound of dry beans; boil 2-3 minutes and soak overnight (hot soak method)
- cook soaked beans drain soaking water, cover beans with hot water; simmer with lid slightly ajar for 2-4 hours until beans are tender
- canned beans only need to be opened and heated

GET YOUR FAMILY INVOLVED



- Ask for family input when planning your menus
- Ask a family member to set the table
- Ask an older child to pour the milk
- Ask young children to put ice in glasses
- Ask a family member to cut up fruit and vegetables for a pre-meal snack
- Ask a family member to make the salad

ASK THE CHEF

It has been several months since I have baked. How do I know if my baking powder and baking soda are fresh?

- **baking soda** add 1 tablespoon vinegar to 1 1/2 teaspoons baking soda, if it bubbles, it is fresh
- **baking powder** add 1 teaspoon baking powder to 1/3 cup hot water, it if it foams, it is fresh

What can you do with old baking soda?

Put the opened box in your refrigerator to absorb odors or use a little to clean your glass coffee pot. Pour some down your sink drain to freshen it. For an extra relaxing bath, put a little in your bath water. Sprinkle a little baking soda in your wastebasket to help freshen it. Remove coffee and tea stains from mugs and cups by scrubbing with a little baking soda. Baking soda mixed with a little water can be used to clean glass cooktops.





There is nothing as inviting as a sparkling kitchen. Let's talk about the counters and sink. Get rid of all the clutter on the counter tops. Scrub the counters and sink with soapy hot water thus getting rid of the grease and grime. Do this often. For a germ killing clean, wipe the counters and sink with a solution of bleach and water. There is nothing that looks as grungy as a dirty dish cloth, towel or sponge. Put fresh ones out daily.

Solution for Germ Killing Clean:

Mix 1 teaspoon of chlorine bleach with one quart (4 cups) of water. Make fresh each time you use it.



MAKE YOUR MEAL SPECIAL

- •use a different table cloth or place mats to make a meal special
- pick wild flowers to put into a vase or glass as a "center piece"
- •design an international meal (Italian, German, etc.)
- •design a theme meal (based on your favorite game, favorite holiday or favorite TV show etc.)
- •spread a blanket on the living room floor for an indoor picnic





Back in grandmother's day, food was produced close to home. Many people shopped daily and prepared meals from scratch. In other words, they made food from basic ingredients not from mixes. Eating out was for very special occasions. Food today comes from all over the world. More folks are eating out often. Over the years science has discovered many new germs that can be found in food. These germs cause a variety of illnesses. The elderly, the young and those with other diseases are more likely to get sick and develop the side effects of these illnesses.

Getting sick from the germs in some foods can be dangerous, but often is easy to prevent by following the food safety rules:

- wash hands and surfaces often,
- keep raw meats and their juices away from other foods,
- cook to proper temperatures,
- refrigerate foods quickly
- thaw foods in the refrigerator (not on the counter top)

Why Use a Meat Thermometer?

It takes the guess work out of cooking

- For the juiciest meat
- For the tastiest meat
- For the safest meat

Use a thermometer to check doneness of meat Min. Temp.

Beef Roasts, steaks 145 degrees F
Whole poultry (in the thigh) 165 degrees F
Chicken breast 165 degrees F
Ground beef or pork 160 degrees F
Fresh pork 145 degrees F
Ground poultry 165 degrees F
Leftovers (steaming hot) 165 degrees F

FOR SENIORS

These foods are more likely to contain harmful germs. Seniors especially are advised not to eat:

- raw fish and raw shell fish (such as oysters)
- raw or unpasteurized milk or cheese
- soft cheeses (feta, Brie, Camembert and blue cheese)-other cheeses are fine
- raw or soft cooked eggs
- raw meat or poultry
- raw sprouts
- unpasteurized or untreated fruit and vegetable juices (These juices will carry a warning label.)



WHERE DO THESE THINGS COME FROM?

Draw a line to show where it comes from







PORK CHOPS





PEANUT BUTTER





CHEESE





CHICKEN





PINTO BEANS







Plate it Up Kentucky! Proud is a partnership project between the University of Kentucky Cooperative Extension Service, the Kentucky Department of Agriculture and the University of Kentucky School of Human Environmental Sciences, Department of Dietetics and Human Nutrition. This project provides healthy, great tasting recipes using Kentucky Proud products for the people of Kentucky. For more recipes, visit plateitup.ca.uky.edu.

Janet Kurzynske, Ph.D Extension Specialist for Food and Nutrition

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