

# FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY  
COOPERATIVE EXTENSION  
APRIL 2025 NEWSLETTER



## 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 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.

*(Continued on pg. 2)*

### IN THIS ISSUE

REDEFINING “HEALTHY”: THE FDA’S NEW STANDARD FOR FOOD LABELS .....	1-2
NATIONAL KIDNEY MONTH.....	3-4
MOVE YOUR WAY.....	5
UPCOMING EVENTS.....	6
DIAMOND DOT ART.....	6
CCAC SPRING FLING MARKET .....	6
2025 KEHA STATE MEETING.....	7
2025 IT’S SEW FINE .....	7
FIRST AID & FIRE KIT GIVEAWAY....	7
TACO PIE .....	8

***(Continued from pg. 1, Redefining “Healthy”: The FDA’s new standards for food labels)***

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.

## FDA’s Updated “Healthy” Claim Definition

The “healthy” nutrient content claim for use in food labeling was originally developed in the early 1990s. Nutrition science and dietary recommendations have changed over the years, so FDA has updated the “healthy” claim for foods. Healthy diets are made up of a variety of food groups and nutrients and the “healthy” claim can help consumers identify those foods that are the foundation of healthy dietary patterns.

Limits on:

✓ Saturated fat



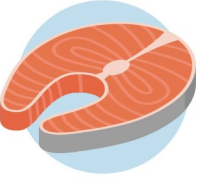





✓ Sodium

✓ Added Sugars

✓

**Required to contain:** A minimum amount of recommended food groups and sub-groups (vegetables, fruits, dairy, protein foods, whole grains) which contain an array of nutrients.

**Examples of foods that qualify under the updated “Healthy” claim:**

			
Fresh whole fruits and vegetables	Frozen, chopped, dried, or canned fruits and vegetables*	Salmon	Trail mix with nuts and dried fruit*
			
Plain low-fat or fat-free yogurt	Eggs	Water	100% olive oil

\* Nutritional content of these items may vary based on added ingredients and must meet a minimum food group amount and required limits for saturated fat, sodium, and added sugars to qualify to bear the “healthy” claim under the updated definition.

**Examples of foods that qualified under the original “Healthy” claim:**

- Yogurt that is high in added sugars
- Fortified breakfast cereal that is high in added sugars
- Fortified white bread with no whole grains
- Fruit snacks that are high in added sugars
- Snack bars that are high in added sugars
- Fortified fruit punch (not 100% juice)






# ADULT

# HEALTH BULLETIN



**APRIL 2025**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Franklin County Cooperative Extension Office  
101 Lakeview Court  
Frankfort, KY 40601  
(502) 695-9035  
[franklin.ca.uky.edu](http://franklin.ca.uky.edu)

## THIS MONTH'S TOPIC

# APRIL IS NATIONAL KIDNEY MONTH



**A**pril is National Kidney Month. This is a time to bring awareness to kidney health and disease prevention. This year's focus is on taking charge of your health and the many factors that go into managing your kidney function. Kidney health is important for overall well-being. The kidneys play a crucial role in our bodies. So, people need to be aware of what their kidneys do and how to support them.

The kidneys filter out waste and extra fluid from the blood, making urine. They also help balance fluids and other nutrients such as electrolytes, sodium, potassium, and calcium. The kidneys also play an important role in producing hormones that help regulate blood pressure. They produce red blood cells and support bone health.

**Continued on the next page** ➔



**Cooperative Extension Service**

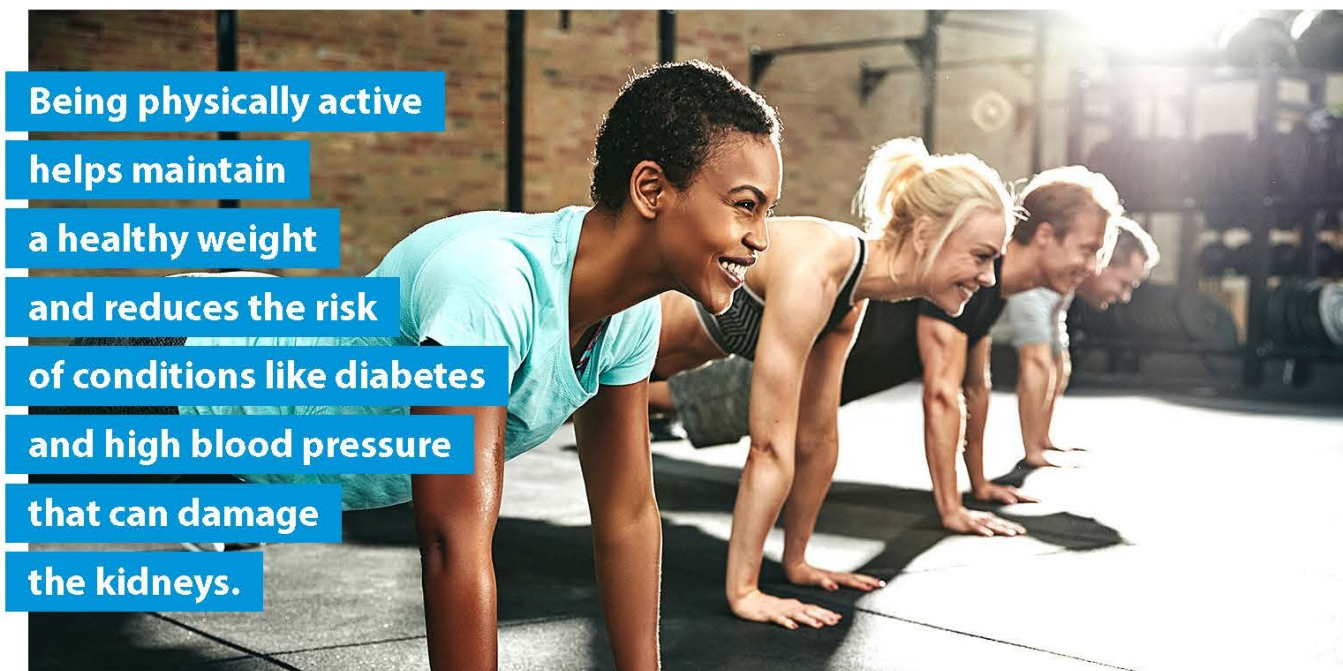
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.



→ Continued from the previous page

### There are many ways to help protect and support kidney health:

- **Drinking enough water** is crucial for kidney function. Dehydration can strain the kidneys. It makes them less effective.
- **Eating a diet low in sodium**, processed foods, red meat, and high in fruits, vegetables, and whole grains.
- **Being physically active** helps maintain a healthy weight and reduces the risk of conditions like diabetes and high blood pressure that can damage the kidneys.
- **Avoiding smoking and excessive drinking**, as smoking can damage blood vessels, including those in the kidneys. Drinking too much alcohol can cause dehydration and strain the kidneys.

Also, certain health conditions may increase the likelihood of kidney disease. Having high blood pressure or diabetes may increase your health risks. Keeping blood pressure and blood sugar levels within healthy ranges is vital to protect and maintain kidney function.

Kidney function naturally declines with age. So, it becomes even more important to monitor kidney health in older adults, especially those with diabetes, high blood pressure, or a family history

of kidney disease. See a health-care provider if you notice any symptoms of kidney problems. These include changes in urination, swelling, fatigue, or persistent back pain. Regular screenings, especially if you have risk factors (e.g., diabetes, high blood pressure), can help find kidney issues early.

If you are worried about your kidney health, talk to your health-care provider. They can help you decide if you need tests for your kidney function. For example, blood tests can measure the creatinine (waste product) level in the blood, indicating kidney function. Urine tests can help detect protein (which shouldn't be in significant amounts in the urine) and other markers of kidney disease.

Maintaining kidney health involves preventive care, a healthy lifestyle, and regular monitoring. Early detection and management of risk factors can help prevent or slow the progression of kidney disease.

#### REFERENCE:

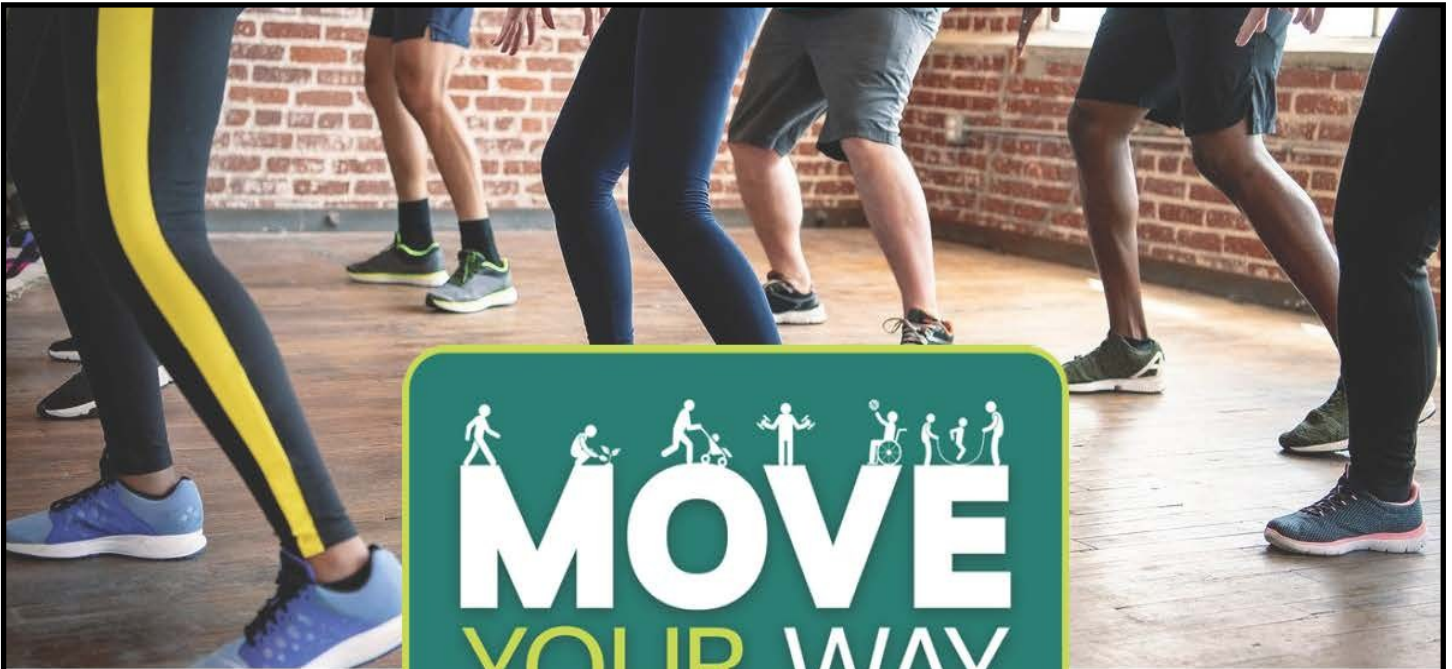
<https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month>

**ADULT  
HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock



# UPCOMING events



with **B I N G O** *ize*<sup>®</sup>

## Exercise for Everybody

Learn about non-impact exercises to help improve balance, posture, muscular strength, and ability to perform daily living activities.

**Date: April 24, 2025**

**Time: 10am**

**Location: Franklin Co. Extension Office**

**101 Lakeview Court, Frankfort KY**

**Please call (502) 695-9035 to register.**

**Registration deadline is April 17th.**

**FRANKLIN CO. 4-H WEEKEND MINI CAMP** 

**June 27-29, 2025**

**Registration Open!**



One campfire wasn't enough for Summer 2025!

**Cost: \$175 Ages 9 +**  **J.M. Feltner 4-H Camp**  
London, KY

4-H Summer Camp fun packed into ONE weekend!

Questions? **502-695-9035**  **Registration Link:**  
<https://franklin.ca.uky.edu/4-h-mini-camp-weekend-2025> 

Capital City Activity Center

**SPRING FLING MARKET**

now ACCEPTING VENDORS

**April 26th, 2025**  
9:00am - 3:00pm

VENDOR INFO: CONTACT ROBIN/MARCHELE 502-223-5794  
MEMBERS@FCCOA.COM OR MJENKINS@FCCOA.COM

CAPITAL CITY ACTIVITY CENTER  
202 MEDICAL HEIGHTS DR. FRANKFORT, KY  
502-223-5794 WWW.FRANKFORTKYSENIORS.ORG



**Farm City Field Day** 

**07.10.25**

5 pm - 8 pm

**SAVE THE DATE & TIME** 





**Easy Cut Flowers From Seed** 




**Wednesday, April 16**  
**6 PM**

This class will cover the basics for easy-to-grow flowers, perfect for creating stunning bouquets from your garden.

RSVP:  
502-695-9035 or [franklin.ext@uky.edu](mailto:franklin.ext@uky.edu) 101 Lakeview Court  
Frankfort, KY

FAMILY & CONSUMER SCIENCES  **DIAMOND DOT ART** 

OUR ORGANIZATION FOCUSES ON SUPPORTING AND DEVELOPING ARTS EDUCATION FOR FRANKLIN COUNTY RESIDENTS.



TWO CLASSES ON  
**APRIL 10, 2025**  
11 AM - 1 PM OR 6 PM - 8 PM

\$10 PER PERSON FOR A LARGE CANVAS OR \$5 FOR A SMALL CANVAS. CHILDREN ARE WELCOME BUT MUST BE ACCOMPANIED BY AN ADULT. SPACE IS LIMITED.

Call to register: 502-695-9035 or email: [franklin.ext@uky.edu](mailto:franklin.ext@uky.edu)  
101 LAKEVIEW COURT

For more information on upcoming events visit our website at <https://franklin.ca.uky.edu/events>.

### 2025 KEHA STATE MEETING



The 2025 KEHA State Meeting will take place May 6-8, 2025, at Hyatt Regency in Lexington. The lodging room blocks are now open for reservations!

**Hyatt Regency Lexington**  
 401 West High Street, Lexington, KY 40507  
 Room rate \$149.00 + tax (1-4 people per room)  
 Online Reservations: <https://www.hyatt.com/en-US/group-booking/LEXRL/G-KEHA>  
 Phone Reservations: 800-233-1234  
 (group code **G-KEHA** for conference rate)

**Reserve your lodging & register for the early-bird rate BY April 7, 2025**

### It's time to submit a class for the 2025 It's Sew Fine: Sewing Expo

This is an opportunity to teach a class on garment construction, home décor, quilting or accessory classes. The Expo will be at the Boyle County Extension Office on **September 4th and 5th 2025**. Your class can be full day, half day or if needed 1 1/2 days in length. **The deadline for submission is May 1st.** Please email tara.duty@uky.edu with any questions. To submit an application please follow this link: <https://form.platoforms.com/fr32zdhw7e> or use the QR code below. Submitting an application does not guarantee class selection. Committee will make final class selections and notify instructors by June 1st.



Cooperative Extension Service  
 Agriculture and Natural Resources  
 Family and Consumer Sciences  
 4-H Youth Development  
 Community and Economic Development  
 LEXINGTON, KY 40526

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, creed, religion, national origin, sex, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or disability or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



GIVE BACK



## PHONE IT FORWARD CHARITY CAMPAIGN

Give a Phone - Save a Life

Since 2004, over 250,000 phones have been repurposed as emergency devices for victims in need.



Donate a smartphone or other personal electronic device.  
 Secure data erasure guaranteed.  
 Tax-Deductible.  
 Free shipping.  
[911cellphonebank.org](http://911cellphonebank.org)

Together we give.

**RAISING HOPE**  
 Supporting Healthy Lives on Kentucky Farms



# PREPARED & PROTECTED ESSENTIAL FIRST AID & FIRE KITS GIVEAWAY

ALL Franklin County Farmers are welcome to stop by and pick up a FREE First Aid Kit and Fire Extinguisher at Western Hills High School Ag Dept. First come first serve. There are 80 first aid kits and fire extinguishers.

**APRIL 12TH**

**9:00AM - NOON**



**CONTACT FOR QUESTIONS**

[jenna.burke@franklin.kyschools.us](mailto:jenna.burke@franklin.kyschools.us)



**UK** Martin-Gatton  
 College of Agriculture, Food and Environment  
 University of Kentucky.

## JEWELRY UP-CYCLING PROJECT



**GARRARD COUNTY EXTENSION OFFICE**  
**APRIL 28 & 29**  
**(2-PART CLASS)**  
**6:00-9:00 PM**  
**COST: \$17**



This jewelry up-cycling class will be an opportunity to put together jewelry pieces into one decorative framed piece.

To get ready for class you need:

- Wooden frame without glass (size matters; minimum of 12' x 14")
- Jewelry: variety of sizes and shapes, with sparkle or not, variety of color or plan with a certain color palette: brooches, earrings, cuff links, stick pins, bracelets, strands of beads and chains. This project lends itself to use vintage jewelry, un-worn jewelry and broken pieces.

**PLEASE REGISTER BY APRIL 21ST VIA EVENTBRITE.COM. JUST SCAN THE QR CODE AND FOLLOW INSTRUCTIONS FOR CHECKOUT! CALL THE GARRARD COUNTY EXTENSION OFFICE AT 859-792-3026 IF YOU NEED ASSISTANCE WITH REGISTRATION.**





Recipes from the 2024 Food and Nutrition

# Recipe Calendar

## Taco Pie

- 1 small white onion, chopped
- 1 pound lean ground turkey or ground beef
- 3 tablespoons reduced-sodium taco seasoning
- 1 can (15 ounces) unsalted tomato sauce
- 1 can (15 ounces) black beans, drained and rinsed
- 2 (8 inch) whole-wheat tortillas
- 1/2 cup shredded cheddar or Mexican blend cheese
- **Optional:** serve with taco toppings such as salsa, cilantro, jalapeno, onion, low-fat sour cream

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 375 degrees F.
4. Over medium-high heat, add onion to a large skillet. Sauté 1-2 minutes until slightly softened.
5. Lower the heat to medium. Add ground turkey to the skillet, allow it to fully cook and reach an internal temperature of 165 degrees F using a food thermometer, about 7 to 8 minutes.
6. To the skillet, add taco seasoning, tomato sauce, and black beans. Stir to combine and allow to simmer for about 2 to 3 minutes until heated through. Remove from heat.
7. Using a 9-inch round glass baking dish, add one-third of the meat mixture. Place one tortilla on top of mixture. Next, add the same



- amount of meat mixture. Place the second tortilla on top of mixture. Finally, add the remaining meat mixture on top of tortilla.
8. Bake for 20 minutes. Remove from the oven, top with cheese and bake for an additional 5 minutes or until cheese is melted.
  9. For best results, allow it to cool 5 minutes before serving. Slice and serve alone or with your favorite taco toppings.
  10. Refrigerate leftovers within 2 hours.

**Makes 6 servings**  
**Serving size: 1/6th of pie**  
**Cost per recipe: \$10.20**  
**Cost per serving: \$1.70**



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

**Nutrition facts per serving:**  
300 calories; 5g total fat; 2g saturated fat; 0g trans fat; 45mg cholesterol; 600mg sodium; 34g total carbohydrate; 7g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

**Source:**  
Kristi Shive, Warren County Agent for Family and Consumer Sciences, University of Kentucky Cooperative Extension Service

Be sure to follow our Facebook page for all the up-to-date information and articles.



@FranklinCountyKyCooperativeExtension

*Carla A. Carter*

Carla A. Carter  
County Extension Agent for  
Family and Consumer Sciences

### Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.