

F&CS

Family and Consumer Sciences



UK Cooperative Extension Service

Campbell County
 3500 Alexandria Pike
 Highland Heights, KY 41076
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www.campbell.ca.uky.edu



Valley Homemakers enjoy “The Basics of Chocolate” program



Members of the Valley Homemaker Club enjoyed hearing from **Christy Eastwood, F&CS Agent from Carrol County**, about “The Basics of Chocolate.”



Many interesting facets about the cacao bean’s growth, harvesting, and production of chocolate were provided. Afterward, participants tasted many varieties and rated them for personal preference. This presentation was opened to the public for their enjoyment, too. A brief business meeting for members followed the presentation. Thank you to Christy for providing such worthwhile—and fun—info!

The Homemakers Garage Sale was a huge success.

We sold a lot of precious belongings. A huge thanks to Maureen, Sue, Susan, Glenda, Pam, Patty, Nancy and Peggy. We made over \$200 and all will go to The Ovarian Cancer Society. One great item is left. It is the Cricut Cutter (photo below). If interested call Marcia 859-816-8707 with your offer. It’s brand new!



Smart Summer Snacking

Source: Adapted from *Smart Snacks for Your Trip* (eatright.org)



Summer brings longer days and warmer weather. It also brings vacations and family outings with kids being out of school. It’s easy to grab soda and candy at a gas station. But with some planning you can snack smart on outings this summer. Pack wise snacks that will fuel your body with protein, fiber, and healthy carbohydrates. This will help you to feel full longer. Some good grab-and-go choices are peanut butter, pre-washed

fruit (apples, bananas, grapes), wholegrain crackers, and pretzels. Unsalted nuts, plain popcorn, dried fruit, cherry tomatoes, hummus, or yogurt are also good choices. Divide snacks before you go into single-serve packs. For food items that you need to refrigerate, be sure to store them in a cooler. Keep the cooler temperature less than 40 degrees F using ice packs. Stay hydrated by drinking water. Try drinking fizzy seltzer water or add a slice or two of lemon or lime to regular water to jazz it up.

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.



LOOKING AHEAD...

Date	Event
June 4 11:00 a.m.	Lunch Bunch — Cracker Barrel—Cold Spring Following lunch, those who wish can attend a grocery store tour of the Highland Heights Kroger. Please call Marcia, 859-816-8707 no later than May 31 for either or both.
June 7 1:00 p.m.	Program: Laughter Yoga — Room A - Call the Extension Office to Register Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
June 11 10:00 - 11:30 a.m.	Valley Club Meeting — Call Pam Fields to Register – 859-519-5823 Alexandria Community Park — 3965 Alexandria Drive, Alexandria, KY 41001
June 17 10:00 - 3:00 p.m.	Crazy Quilters — Room B & C Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
July 2 11:00 a.m.	Lunch Bunch — Coba Bar and Grill 5028 Old Taylor Mill Rd, Taylor Mill - (Next to Rempke's in the strip mall). Carpooling from the extension office if you want to follow or need a ride. Please call Marcia 858-816-8707 no later than June 28 for reservations or a ride.
July 11 10:00 a.m.	Homemaker Council Meeting — Board Room Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
July 31 1:00 p.m.	Area Homemaker Council Meeting Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076

Lunch Bunch



Tuesday, June 4, 2024

**Cracker Barrel
11:00 a.m.**

4210 Alexandria Pike, Cold Spring, KY 41076

Call or Text your reservation or cancellation to Marcia Kerby by May 31st.

859-816-8707

Tuesday, July 2, 2024

**Coba Bar and Grill
11:00 a.m.**

5028 Old Taylor Mill Rd, Taylor Mill 41015

Call or Text your reservation or cancellation to Marcia Kerby by June 28th.

859-816-8707

Text Marcia if you would like to meet at Extension Office and carpool. We will leave at 10:30 a.m.

Safe and Healthy Picnics

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

Warm sunny weather encourages outdoor activities like walking, cycling, swimming, or a friendly game of wiffle ball. Take advantage of a local or state park and all their offerings this summer by planning a picnic with family or friends. Summer is also peak season for many fruits and vegetables. It makes sense to combine them. But bacteria can grow rapidly in warm weather. Keep your family and friends from getting sick by following these food safety picnic tips.



you don't place cooked meat (or other food) on the same plate that held raw meat or its juices. Remember to bring a meat thermometer to ensure grilled food reaches the proper internal temperature. Cook beef burgers to 160 degrees F, pork chops to 145 degrees F, chicken to 165 degrees F, and hot dogs according to the package directions. Consider grilling vegetables too. You can cook them right

on the grill or in a foil packet to your desired doneness.



Have a way to wash your hands. It's not always easy to wash your hands at a picnic. You

may be in an area where restrooms or hand-washing facilities are not available. Pack extra bottled water, soap, and disposable towels for hand-washing. You can use hand sanitizer or hand sanitizing wipes (these are different than disinfecting wipes used for cleaning) as a backup option if necessary.

Pack smart. Take only the amount of food you'll eat. Pack small quantities of food so there is no food waste or leftovers to worry about. You can plan a picnic with simple nutritious menus like peanut butter and jelly on whole-grain bread or crackers, fresh fruits and vegetables, yogurt-based dips, baked chips or pretzels, and mixed cheeses. Bring bottled water or try flavored or infused water to keep hydrated while outside.

Keep food out of the danger zone.

When traveling with food, keep cold foods cold and hot foods hot. Bacteria multiply quickly between 40 degrees F and 140 degrees F - the danger zone. Use a cooler when transporting perishable food to keep temperatures at 40 degrees or below to limit bacterial growth. This includes cut fruits and vegetables.

You can use frozen water bottles, gel packs, or zipper bags of ice to keep food cold. Place the cooler inside the air-conditioned car when traveling and not in the trunk. Store it in the shade once you've arrived. Do not take hot food on a picnic unless you have a way to keep it 140 degrees F or above during transport and serving.



Separate raw from ready to eat food.

If you plan to grill during your picnic, make sure to transport raw meat in a different cooler than other foods. Bring plenty of plates and utensils so



Don't let food sit out. Food should not remain at room temperature for more than two hours. Throw away any leftovers that have been sitting out for more than two hours, 1 hour if the temperature is above 90 degrees F.

With a little planning, you can make your next picnic a safe and healthy outdoor event. For more information on food safety and dining outdoors, contact your local Extension office.

Reference

<https://www.foodsafety.gov/keep-food-safe/food-safety-by-events-and-seasons#spring>

Teaching Your Child to Talk to Adults

Source: David Weisenhorn, Ph.D.; specialist for parenting and child development



Praise efforts. Acknowledge children when they try to engage in conversation with adults, regardless of the outcome. Positive reinforcement encourages continued participation and builds confidence.

Be realistic. Understand that each child has their own pace of development when it comes to communication skills. Be patient and supportive. Avoid putting undue pressure on them to perform.

By implementing these strategies, adults can help children develop the confidence and skills necessary to engage in meaningful conversations with people of all ages.

Encouraging children to have conversations with adults is important for their social development, confidence building, and learning effective communication skills. Here are some strategies to strengthen their skills:

Lead by example. Children often mirror the behavior of adults around them. Demonstrating respectful and attentive communication with adults sets a positive model for them to follow.

Practice at home. Create environments in which children feel comfortable expressing themselves without fear of judgment or criticism. Have them practice initiating and maintaining conversations with you given different topics. Provide constructive feedback to help them improve their communication skills.

Active listening. Teach children the importance of listening attentively when talking with adults. Encourage them to maintain eye contact, nod, and respond appropriately to show they are engaged in the conversation.

Ask open-ended questions. Ask questions that require more than just a

yes or no answer. This not only promotes active participation but also fosters critical thinking and curiosity.

Practice empathy. Help children understand the perspectives of others by discussing different viewpoints and encouraging them to consider how others might feel. This empathy fosters meaningful connections in conversations.

Encourage curiosity. Have your child share a topic they find interesting and ask others what they think of it. Provide opportunities for them to learn from adults who have diverse experiences and expertise.



Kate Vaught Thompson

Kate Vaught Thompson

Campbell County Extension Agent for
Family and Consumer Sciences

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Renewable Northern KY.



A Dinner and Discussion on Recycling and Solar Energy



Don't miss out on this fantastic opportunity to learn about sustainable energy, and recycling while enjoying a mouth-watering meal. Join us in welcoming Owen Electric and Rumpke for an evening of education and inspiration in Northern KY, open to everyone who is passionate about protecting the environment for future generations.



When:
Tuesday, August 27, 2024 6-9pm
Dinner line opens at 5:30pm,
Program to start at 6pm!



Register by August 23 at:
859.586.6101 or
[https://boone.ca.uky.edu/
online-registration](https://boone.ca.uky.edu/online-registration)



Where:
Boone County Extension Enrichment Center
1824 Patrick Drive, Burlington, KY 41005

Dinner will be served, so you must RSVP!

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Family and Consumer Sciences
4-H Youth Development

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Disabilities accommodated with prior notification.

Mindfulness

with Nature

Children will learn mindfulness techniques while drawing on the elements of nature.

(Day Camp)

9-11 a.m.



This program is for Ages 7-10

Space is Limited!



June 11 and 12, 2024

Campbell County Cooperative Extension Service

3500 Alexandria Pike | Highland Heights, KY 41076

Registration is required, 859-572-2600 or online at campbell.ca.uky.edu

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FALL
2024

Flower Buds



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

A Laugh and Learn Playdate

Flower Buds meet for story time, tours of our educational gardens, an engaging activity for the child and parent or relative to make together and a light snack.



Family Time for preschoolers (age 3-5).
Older children are also
welcome to join with prior notification.

Space is limited to 15 children
plus 1 parent or relative.

Registration for each class is required
859-572-2600 or online at
campbell.ca.uky.edu

Fall 2024 Flower Buds Schedule:

10:00 a.m. - 11:30 a.m.

- Thursday, August 1
- Thursday, September 5
- Thursday, October 3
- Thursday, November 7
- Thursday, December 5

Location:
Campbell County Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076

If you have questions, please contact Kate Thompson or Terri Turner.

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LAUGHTER YOGA CLASS

Laughter Yoga is a combination of breathing (yoga), stretching, and simulated laughter. The benefits of laughter are experienced through eye contact, interaction, and movements that simulate laughter—which becomes real and contagious!

- Wear comfortable clothing
- Yoga mat not needed

**New Date
& Time!**

June 7, 2024
1:00 p.m.

Laughter is the best medicine!

*(You will not be on the floor
during this program.)*

Registration is limited!

Register at

**<https://campbell.ca.uky.edu/> or
859-572-2600**

at the Campbell County
Cooperative Extension Office

*Presented by: Suzanne Piper, Certified
Senior Advisor and Certified Laughter Yoga
Instructor*

*Sponsored by: The Northern Kentucky
Homemakers*



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Disabilities
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with prior notification.

Stress relief from laughter? It's no joke

When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered. Here's why.

By Mayo Clinic Staff

Whether you're guffawing at a sitcom on TV or quietly giggling at a newspaper cartoon, laughing does you good. Laughter is a great form of stress relief, and that's no joke.

Stress relief from laughter

A good sense of humor can't cure all ailments, but data is mounting about the positive things laughter can do.

Short-term benefits

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

- **Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.
- **Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

Long-term effects

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long term. Laughter may:

Improve your immune

system. Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. By contrast, positive thoughts can actually release neuropeptides that help fight stress and potentially more-serious illnesses.



Relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers.

Increase personal satisfaction.

Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.

Improve your mood. Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your stress, depression and anxiety and may make you feel happier. It can also improve your self-esteem.

Improve your sense of humor

Are you afraid that you have an underdeveloped — or nonexistent — sense of humor? No problem. Humor can be learned. In fact, developing or refining your sense of humor may be easier than you think.

Put humor on your horizon. Find a few simple items, such as photos, greeting cards or comic strips, that make you chuckle. Then hang them up at home or in your office, or collect them in a file or notebook. Keep funny movies, TV shows, books, magazines or comedy videos on hand for when you need an

added humor boost. Look online at joke websites or silly videos. Listen to humorous podcasts. Go to a comedy club.

Laugh and the world laughs with you.

Find a way to laugh about your own situations and watch your stress begin to fade away. Even if it feels forced at first, practice laughing. It does your body good.

Consider trying laughter yoga. In laughter yoga, people practice laughter as a group. Laughter is forced at first, but it can soon turn into spontaneous laughter.

Share a laugh. Make it a habit to spend time with friends who make you laugh. And then return the favor by sharing funny stories or jokes with those around you.

Knock, knock. Browse through your local bookstore or library's selection of joke books and add a few jokes to your list that you can share with friends.

Know what isn't funny. Don't laugh at the expense of others. Some forms of humor aren't appropriate. Use your best judgment to discern a good joke from a bad or hurtful one.

Laughter is the best medicine

Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughing at work.

CAMPBELL COUNTY

FARMERS MARKET

2024

UK Martin-Gatton
College of Agriculture,
Food and Environment



Large variety of home grown produce, breads, honey and other KY Proud commodities. For more information, call 859-572-2600.

Highland Heights*— Tuesdays
Senior Citizens Activity Center
3504 Alexandria Pike
May 14 thru October 28
3:00 p.m. to 6:00 p.m.

Fort Thomas— Wednesdays**
Mess Hall in Tower Park
801 Cochran Avenue
April 10 thru December 18 (no market on 11/27/2024)
3:00 p.m. to 6:00 p.m.
Hours extend to 7:00 p.m. June-September (Senior shopping begins at 2:45 p.m.)

Alexandria*— Fridays
Southern Lanes Sports Center
7634 Alexandria Pike
May 17 thru October 25
3:00 p.m. to 6:00 p.m.

Newport*— Saturdays
Next to Pepper Pod Restaurant
709 Monmouth Street
May 18 thru October 26
9:00 a.m. to 12 noon

* Accepts WIC, SNAP and Senior Farmer's Market Nutrition Program
** Accepts WIC, SNAP, Senior Farmer's Market Nutrition Program and Kentucky Double Dollars

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ADULT HEALTH BULLETIN



JUNE 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>

Campbell County
Cooperative Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600

THIS MONTH'S TOPIC

STEP INTO NATURE, SUMMER EDITION



As the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

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When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

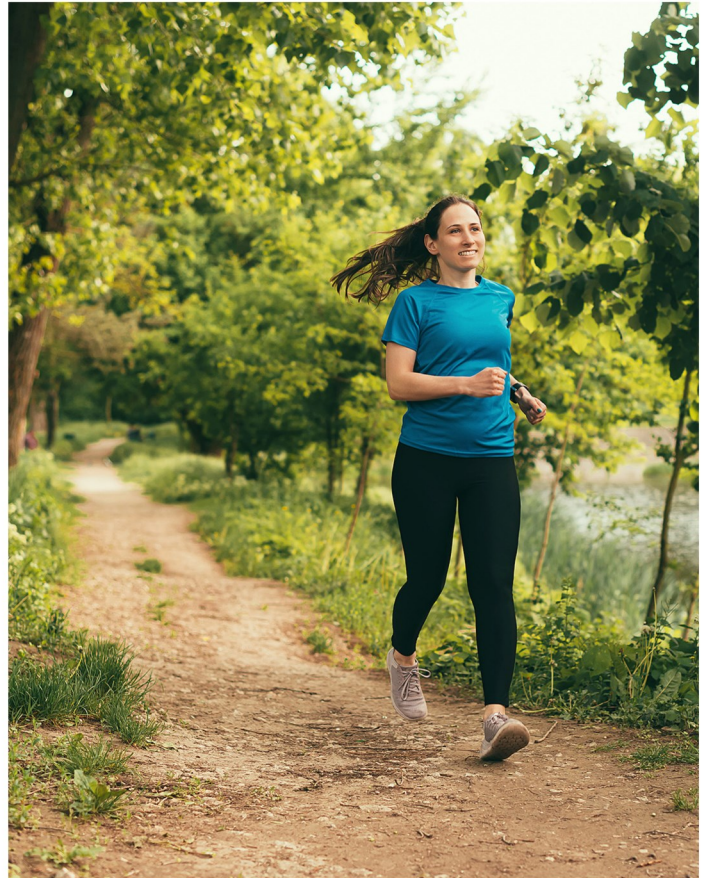
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There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

REFERENCE:

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2024

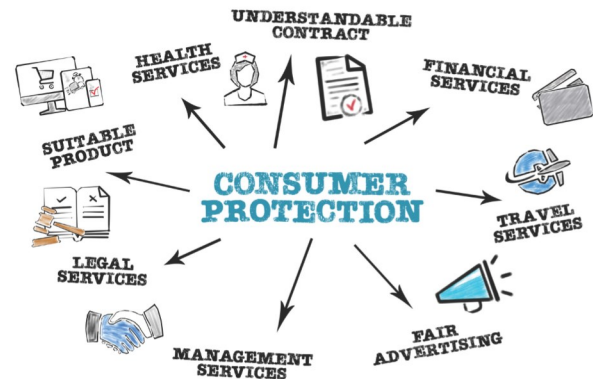
Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

FAIR AND SAFE: THE ROLE OF CONSUMER PROTECTION AGENCIES

When you shop, you probably expect that the seller will treat you fairly, offer a reasonable price, and sell a safe product. Consumer protection agencies exist to ensure that these expectations are true. They safeguard your rights and interests as a buyer. Three of these agencies are the Federal Trade Commission (FTC), the Consumer Financial Protection Bureau (CFPB), and the Food and Drug Administration (FDA). Let's explore how these agencies help keep the marketplace balanced and secure.

FEDERAL TRADE COMMISSION (FTC)

The FTC makes sure that competition is fair and that buyers are protected in different industries. They investigate and stop unfair competition, scams, and misleading advertising. For example, if someone tries to trick people into buying something with false claims, the FTC steps in to stop it. They also help people who have had their identity stolen by providing resources, assisting in recovery, and raising awareness. In 2021, they helped nearly 24 million identity theft victims, according to the Bureau of Justice Statistics. By promoting fair competition, the FTC encourages lower prices and better-quality products, giving consumers more choices. They also teach people about their



rights and give information to help them make smart choices, especially with big purchases or money matters.

CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)

The CFPB is a government agency that monitors how consumers interact with banks, mortgage companies, payday lenders, and other financial businesses. Their main job is to make sure consumers are treated fairly by enforcing laws that protect them from being financially harmed or deceived. If you have a problem with a financial product or service, like a bank account or a loan, you can reach out to the CFPB for help. By filing a complaint online or over the phone, they will investigate and try to resolve the issue. The CFPB also provides educational



THE FTC, CFPB, AND FDA ARE ONLY A FEW U.S. CONSUMER PROTECTION AGENCIES.



resources to help people better understand their financial choices. They offer tools and programs to teach consumers about important financial topics such as managing money, understanding credit, and avoiding financial scams. For instance, the CFPB ensures that mortgage companies follow rules to prevent people from losing their homes through foreclosure. They also require credit card companies to clearly explain their fees and terms so consumers can make informed decisions.

FOOD AND DRUG ADMINISTRATION (FDA)

The FDA is another federal agency that looks after the safety and effectiveness of products that we use every day, like food, medicines, and medical devices. They play an important role ensuring the food we buy is safe to eat and food labels are accurate. The FDA also verifies the safety of new medicines and medical devices before they are sold to the public. This protects consumers from using products that could be dangerous or might not work as they should. Along with their role in product safety, the FDA teaches

people about important health topics. They provide information on how to use medications safely and how to handle food to avoid getting sick. They also warn about the dangers of risky behaviors like smoking. By setting rules and making sure companies follow them, the FDA plays a key part in keeping consumers healthy and informed.

The FTC, CFPB, and FDA are only a few U.S. consumer protection agencies. Understanding the functions and roles of agencies like these helps consumers make informed decisions and avoid or address problematic issues with services and products.

REFERENCES:

Federal Trade Commission.
<https://www.ftc.gov/>

Consumer Financial Protection Bureau.
<https://www.consumerfinance.gov>

U.S. Food and Drug Administration.
<https://www.fda.gov/>

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CAMPBELL COUNTY  **Martin-Gatton**
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HOMEMAKER

MAILBOX MEMBERS

Mailbox members are homemaker members who are unable to attend regularly scheduled Homemaker meetings. By joining the Homemaker's organization as a Mailbox Member, you receive the Campbell County Extension newsletter and any updates or flyers that contain information about upcoming programs and events. You are able to participate in any Homemaker events or programs.

Join now

Contact Kate Thompson
For more information
Email katevaught@uky.edu or
call (859)572-2600




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Campbell County Homemakers  **Martin-Gatton**
College of Agriculture,
Food and Environment
University of Kentucky.

LUNCH BUNCH CLUB

Join us to meet new friends and enjoy great lunches.

Campbell County Homemakers will visit various local restaurants each month.


WE MEET THE 1ST TUESDAY OF EACH MONTH

TIME OF MEETING: 11am (CHECK NEWSLETTER)
MEETING LOCATION: various restaurants
CONTACT: Marcia Kerby 859-816-8707
EMAIL: jotandtittle51@hotmail.com



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


ENJOY LEARNING NEW INFORMATION AND SKILLS

The club emphasizes service, volunteering with others to help individuals and groups within the local community. Valley members enjoy making a variety of craft projects and have plans for learning many more.

WE MEET THE 2ND TUESDAY OF EACH MONTH

WE WELCOME NEW MEMBERS ANY TIME THROUGHOUT THE YEAR AND HOPE THAT YOU WILL BRING A FRIEND AND JOIN.

TIME: 10am (check newsletter)
MEETING LOCATION: Campbell County Extension Office
CONTACT: Pam Fields (513) 519-5823 (leave voicemail)



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

Crazy Quilters is for members to meet together and bring their quilting, crocheting, or knitting to work with others working on similar projects. They get to share ideas, give support, and help each other as they work. It is an opportunity to learn new skills and techniques from each other.

Two retreats are planned each year at Blue Lick State Park, usually in the spring and fall, as a time to get away and create without any distractions. A quilt vendor is on-site at the retreat for needed supplies, fabrics, and new projects.

MEET THE 3RD MONDAY OF EACH MONTH

Time: 10am (check newsletter)
Meeting Location: Campbell County Extension Office
Contact: Linda Booth (859)620-0262



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FRUITED COLESLAW

Servings: Makes 6 Serving Size: 1/2 cup Recipe Cost: \$1.57 Cost per Serving: \$0.26



Ingredients:

- 2 tablespoons mayonnaise
- 1/2 teaspoon apple cider vinegar (or any type of vinegar)
- 2 teaspoons sugar
- 3 tablespoons crushed pineapple canned in 100% juice, including juice
- 2 cups shredded or finely chopped cabbage
- 1/2 cup chopped apples (or fruit of choice: orange, mandarin oranges, pear)
- 1/2 cup raisins or dried cranberries

Nutrition facts per serving:

300 100 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 16g total carbohydrate; 2g dietary fiber; 14g total sugars; 1g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source: Adapted from Iowa State University Extension

Directions:

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. Combine mayonnaise, vinegar, sugar, and pineapple in a small bowl. Stir to mix well.
4. In another bowl, combine cabbage and other fruit.
5. Pour dressing over cabbage and fruit. Stir to mix.
6. Serve right away.
7. Refrigerate leftovers within 2 hours.