

January 2025 Newsletter



FAMILY & CONSUMER SCIENCES
BOURBON COUNTY EXTENSION HOMEMAKERS



Kay Denniston
Bourbon County Extension Agent
for Family & Consumer Sciences



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Cooperative Extension Service
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January is Mental Wellness Month, a perfect time to focus on your mental health and well-being. It's like giving your mind a fresh start, just like you might give your home a deep clean after the holidays. You may be wondering, "but what is mental wellness?" Mental wellness is a state of well-being in which individuals are functioning as their best version, they can realize their strengths, build on their weaknesses, can cope with stress, and have an overall balance between their emotional, physical, spiritual, and mental selves. Dr. Natese Dockery, Clinical Assistant Professor and Extension Specialist for Mental Health and Well-Being at the University of Kentucky wrote that there are several activities that individuals can participate in to ensure they are taking care of their mental wellness. Consider how each of these activities relate to Extension Homemakers groups.

Here are some fun ways to boost your mental wellness:

- 1 Try something new:** Pick up a hobby you've always wanted to try or rediscover an old one. Maybe you've always wanted to learn to play an instrument, paint, or write. Or, if you used to love a particular activity, give it another shot. Sometimes, revisiting old hobbies can bring back a sense of joy and fulfillment.
- 5. Learn and Grow:** Engage in activities to better yourself such as reading self-help books, seeking therapy services, and engaging with a health and wellness coach.

- 3. Find your peace:** Try participating in activities that will calm your mind and enhance your mental health such as meditation or yoga.
- 4. Connect with others:** Volunteering or spending time with friends and family are shown to enhance your mental health.

So, this January, let's make it a month of feeling great! By incorporating these activities into your routine, you can improve your mental wellness and overall well-being. Remember, it's important to be patient with yourself and to find what works best for you

Kay Denniston

Agent for Family Consumer Science
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Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

**Bourbon County
Extension Office
will be closed Monday,
January 20th
in observance of
Dr. Martin Luther King Jr.
Day**

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Disabilities
accommodated
with prior notification.



Start off the new year with MyPlate

Kick the new year off by making it a point to include MyPlate meals in your day. MyPlate helps you to choose many foods throughout the day and throughout the week. It shows what and how much to eat from each of the food groups over the course of the day, whether you eat on a plate, from a bowl, or another way. Start with the tips below.

- Focus on whole fruits. Fresh, frozen, canned, or dried fruits are in this group. At least half that you eat should come from whole fruit, instead of 100% fruit juice.
- Vary your veggies. Veggies can be raw or cooked and can be fresh, frozen, canned, or dried.
- Vary your protein routine. Protein foods include all foods made from seafood; meat, poultry, and eggs; beans, peas, and lentils; and nuts, seeds, and soy products. Try to eat many kinds of lean proteins.
- Make half your grains whole grains. Foods made from wheat, rice, oats, cornmeal, barley, or other cereal grains is a grain product. Bread, pasta, breakfast cereals, grits, tortillas, and popcorn are all in this group.
- Move to low-fat or fat-free dairy milk, yogurt, and cheese (or lactose-free dairy or fortified soy versions).
- Drink and eat less sodium, saturated fat, and added sugars. Cook at home more often to limit added sugars, saturated fat, and sodium. Read the ingredient lists and use Nutrition Facts labels to compare foods.



Source: Adapted from MyPlate.gov

PUBLIC NOTIFICATION OF PROCEDURE FOR FILING A COMPLAINT

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Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to:

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105 Agriculture Science Building North, Lexington, Kentucky 40546

The UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

National Bagel Day January 15th

Use your Shop Local Card and pick up some homemade bagels at Hopewell Bake Exchange





UK Cooperative Extension Service

COOKING THROUGH THE Calendar

February 17th Noon
Bourbon County Nutrition
Education Program
Facebook Page

For more information about the
NEP calendars or program contact
Bourbon County Extension Office
603 Millersburg Rd., KY 40361
859-987-1895

January 17th featured recipe:

Split Pea Soup



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University of Kentucky

2025 INTERNATIONAL MEAL



GREECE

Thursday, February 6th
6:00 p.m.

Bourbon County Extension Office
603 Millersburg Rd, Paris

Guest Speakers
Bonnie Sousley
Kay Denniston

Meal ticket
\$12/person



RSVP by: January 31st
859-987-1895



Travel to Ellada!

The official name for Greece is the Helleni Republic but when speaking informally or casually, most Greeks refer to it as “Ellada”, which translates literally as Greece.

Join us on February 6 to travel through Athens, Island of Mykonos and Island of Santorini!

The menu will be Greek food served in traditional Greek manner.

Get your tickets now as space will be limited on this tour.

LEADER LESSON

PRESIDENT'S NOTES



Macronutrients are the foundation of our diet. However, information about macronutrients and their role in a balanced diet can be confusing. By establishing a basis of nutrition knowledge about macronutrients, you can better understand their impact on health and wellbeing. Come learn the educational gaps related to macronutrients and their role in a balanced and nutritious diet.

DATE: Tuesday, January 21st
TIME: 10:00 a.m.
LOCATION: Bourbon County Extension Office

Lesson training is open to all members and the public. Call the office at 859-987-1895 to reserve a spot.

Happy New Year!

We have had a great start to the 2024-25 Homemaker year and now we are moving into the 2025 calendar year. I hope that everyone had a good holiday and got to spend time with family and friends. It is a busy time of year, but I am always thankful for the memories that are being created during these times.

As we start the 2025 year, please keep up to date on Homemaker activities that are taking place and are being planned by reading your monthly newsletter. Remember to invite non-members as well as members to participate with you in these activities. Our participation as Homemakers is our best recruiting tool. And remember:

“Alone we can do so little; together we can do so much” – Helen Keller

Thank you,
Elizabeth Rankin
 President Bourbon County
 Extension Homemakers

SAVE THE DATES

GAP CONFERENCE

- January 2.....New Recipe Calendars Available
- January 14.....Homemaker Council Meeting
- January 17.....Bourbon Bite Size Learning
- January 18.....Leader Lesson
- January 20.....MLK Day Office Closed
- January 21.....Leader Lesson
- February 6.....International Meal
- February 20.....Leader Lesson
- February 28-March 1.....Farm Machinery Auction
- March 4-6.....Extension Conference-Agents Out
- March 21.....GAP Conference
- March 20.....Council Meeting
- April 14-16.....FCS Retreat-Kay Out
- May 6-8.....KEHA State Meeting, Lexington

SAVE THE DATE

3 21 24 **GAP**
 Grandparents As Parents of Kentucky

20th Annual Bluegrass Regional Grandparents Raising Grandchildren Conference

Please join us, in Lexington, for one of the most informative and exciting celebrations of grandparents and relatives caregiving in Kentucky. This conference includes workshops, speakers, legal consultation, resources, exhibits and more!

WE WILL BE BACK AT THE NEWLY RENOVATED - CLARION HOTEL, 1950 NEWTOWN PIKE, LEXINGTON, KY

For more information and to view helpful resources, please visit our website at www.gapofky.org
 Follow us on Facebook-Grandparents as Parents Conference

If school is closed in Bourbon County, typically homemaker and FCS programs cancel as well. Feel free to call the Extension Office to double check on cancellations at 859-987-1895.

Shop Local Cards are here!



Club Presidents have received the 2024-25 **Shop Local Cards** for dues paying members.. If you have paid your dues but have not received your card, call 859-987-1895. Members at large as well as club members are eligible.

The card offers various savings with purchases from the following businesses:

- All About Kentucky
- Bourbon Boot Supply
- B-Town Hub
- Caffe Marco
- Frames On Main Gallery
- Happy People Coffee
- Hopewell Bake Exchange
- Magpie Mercantile
- NV Aesthetics
- Paris Bourbon County Farmers Mkt
- Paris Bourbon County YMCA
- Pauline's Hair Design
- Southern Lux Style
- The Market by Meals Made Easy
- The Rock

**2024-25 CARDS ARE YELLOW
WHITE CARDS NO LONGER VALID**

This is a great opportunity to show your support of out participating local businesses and receive savings.

PLEASE remember to thank each local business for their support of Bourbon County Extension Homemakers when using the card.

**BOURBON COUNTY HOMEMAKERS
SHOP LOCAL!**

Homemaker Membership Numbers

Current (2024-25) Membership-275
Number of members as of December 15, 2024 - 260

Remember new members are welcome anytime!



ATTENTION SNOW BIRDS - Traveling South for the Winter

If you are heading south for the winter months, do not forget to let us know! We will send your newsletter to your winter address - no problem. The post office will not forward or hold your newsletter. They return it to us and charge us for the return.

Remember to bring us some warm weather and sunshine in the spring!

Cervical Cancer Screening

January is Cervical Health Awareness Month. Screening, or testing for signs or symptoms of disease, is the best way to find early-stage cervical cancer. Early detection gives patients the best chance of successful treatment and surviving the disease. Kentucky has one of the highest rates of cancer in the United States. This makes it very important that all Kentuckians get screened for the types of cancer that might affect them.

Experts recommend that women ages 21 to 65 receive HPV or Pap tests every 3 to 5 years, depending on age and risk factors. You can receive these cervical cancer screenings at either an OB-GYN appointment, with your general doctor, or at a local health department or clinic. Most insurances cover this screening, and you can schedule it as part of your annual wellness exam.

Also, the Kentucky Women's Cancer Screening Program is a federally funded public health program that provides free breast and cervical cancer screening to eligible women in Kentucky. Services like mammograms and Pap tests are offered through local health departments and participating clinics around the state. To find a provider near you, visit <https://www.chfs.ky.gov/agencies/dph/dwh/Pages/cancerscreening.aspx> and click on "Kentucky Women's Cancer Screening Program Locations."

It is always worth the time and effort to be screened. Cancer screening saves lives!

Source: Katherine Jury, Extension Specialist for Family Health

Creating a Car Emergency Kit

We all know the importance of preparing for an ice storm or other potential natural disasters. Having an emergency kit with essential items in your home is the first step to surviving such an event. But you should also think about your car. Winter storms can create dangerous roads and a higher risk of frostbite, hypothermia, and carbon monoxide poisoning.

Create an emergency kit for your car and be prepared if caught out during a winter storm. Include the items below and have them in a bag, bucket, or small tote for easy access.

- Warm clothes (heavy coat, extra socks, gloves, hand warmers)
- Blankets
- Ice scraper
- Bottled water
- Shelf-stable snacks (Choose high protein foods to provide energy.)
- Flashlight
- Cell phone charger and battery backup
- Jumper cables or battery-powered jump starter
- Sand or kitty litter (to help with traction if you are stuck in snow)
- Small or collapsible shovel
- Roadside flares or glow sticks
- Flat tire inflation canister (non-explosive)

During the winter months, you should keep your gas tank full. Don't let it get low as you never know when you might be sitting for a while and not able to refuel. If you're stranded, only run the engine for 10 minutes each hour to charge your phone and run the heater. Be sure to open a window slightly to allow fresh air to enter the car and avoid carbon monoxide poisoning while it's running.

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



January is
Cervical Cancer
Awareness Month

Scan the QR code to learn
more about our program:



REFRAMING HOW WE TALK ABOUT FOOD: Shifting into neutral

When selecting articles to share in the newsletter, I try to find articles that I think would benefit me or would have benefited me earlier in life with my mental and physical health as well as parenting. This article checked all the boxes. This is something I need to read, reread and read again. Words do make a difference! Changing word habits is hard as is changing all habits. Words create images and those images can be helpful or harmful, positive or negative. This is a word habit that I need to work at changing and thought you may need it as well. Your feedback is welcome!

Kay Denniston

The language you use when talking about food can have an impact on your child's mental, emotional, and physical health, and your own. Children pick up on things you say, sometimes before you even realize it. Foods are often described as "good" and "bad," or "healthy" and "unhealthy." But what determines which category a food belongs in?

Describing food as "good" or "healthy" comes with good intentions. There are foods that are more nutrient-dense than others, meaning they are packed with nutrients that support our health. These nutrients include protein, carbohydrates, fat, fiber, vitamins, minerals, and more. But there is more to food than just the nutrients it provides.

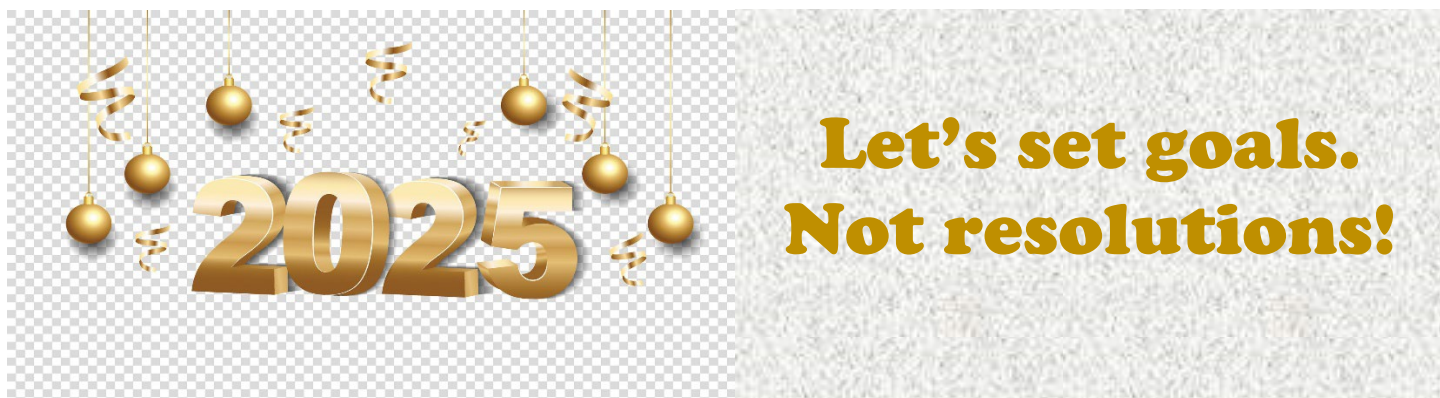
Food is linked with emotions. When we describe a food or type of food with a label, like "bad" or "unhealthy," the feelings of guilt and shame can come up when we eat these foods. When someone hears foods described with negative words, they may feel ashamed or embarrassed for eating them. Rather than pitting one food against another or by simplifying food to be one or the other, try taking a neutral approach to food.

To practice this neutral approach to food, take it one step at a time. It will take some extra "thinking before speaking" at the beginning, but over time this shift will come more naturally.

Here are just a few examples of ways you can shift your food language:

- Instead of saying "I don't need that" or "I can't eat that" when offered dessert, shift to saying, "I am full from dinner." Or eat it, enjoy it, and don't say anything at all.
- Avoid encouraging children to eat the foods that are "good" for them or using "bad" to describe foods. Encourage them to eat protein to help build muscles, fruits and vegetables for fiber, vitamins and minerals, drink milk for strong bones, etc.
- Describe foods by their color, texture, shape, and flavor.

Recognize food for what it provides. Food gives you energy in the form of calories, some more than others. Food gives you other nutrients to support your health. Food can satiate a sweet tooth. It can be a source of comfort in a time of sadness. It's often a part of celebrations. It can be a connection to your culture.



Cooperative Extension Service

FAMILY CAREGIVER HEALTH BULLETIN



JANUARY 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>

Bourbon County Extension Office
603 Millersburg Road
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(859) 987-1895

THIS MONTH'S TOPIC

PHYSICAL AND MENTAL BENEFITS OF COLD WEATHER ACTIVITY

While staying safe in the cold, snow, and ice is a priority, don't let winter keep you from the outdoors if you are able. Both mental and physical health can be negatively affected by the shortened, cold days. It is not uncommon to feel sluggish or less productive. Use winter to your advantage and get invigorated.

Spending time outdoors is essential for well-being and can positively affect mental and physical well-being, including reducing stress and enhancing sleep. Research supports the idea that spending at least 120 minutes a week in nature has positive benefits on health and well-being (White, et al., 2019). Time in nature can include being physically active or just relaxing and taking in the sounds, sights, and smells.

Spending time outdoors during the winter can be a little more challenging, especially as we age, however, as we get older, we lose body heat faster than when we were

Continued on the next page ➔



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➔ Continued from the previous page

younger, making us more susceptible to cold weather. As a result, it is important to know the risks and benefits of spending time outside.

Dress warm and feel the sunshine.

When you are dressed warmly and can feel the sun on your face, your body is triggered to create vitamin D, which is good for your bones, muscles, immune system, and mood. To get sunshine in the winter, dress appropriately for cold weather and venture out for a picnic on your porch, build a snowman, photograph the snowflakes, walk around the neighborhood if sidewalks are clear of snow and ice, or take a winter hike and soak in the winter birds and other wildlife.

Stay physically active.

Daily physical activity can improve physical and mental well-being. Depending on where you live or visit, winter outdoor activities may include walking, shoveling, snowball fights, and cross-country skiing. Winter exercise needs extra planning and preparation.

• **Talk to a health-care provider about your health and outdoor activity.** Cold temperatures make it more difficult for the heart to pump blood throughout the body which may result in heart strain. Blood vessels can narrow in cold weather and prevent muscles from getting the oxygen they need to function properly. As a result, cold weather can make you vulnerable to muscle strain and injury.

• **Learn the signs of hypothermia.** Hypothermia occurs when the body's temperature loses heat more rapidly than heat is produced. When the body's core temperature drops below 95 degrees, it may cause a medical emergency. According to the Mayo Clinic, some signs of hypothermia include shivering, weak pulse, slurred speech, confusion, low energy, and shallow breathing.

• **Avoid frostnip and frostbite.** Exposure to severe cold and direct contact with ice, cold liquids, and frozen metals can lead to skin and tissue freezing. The early stage of frostbite is called frostnip, which causes cold and numbness. As frostbite gets worse, skin can change color, tingle, sting or feel prickly, throb, and become waxy-looking or hard.

Frostbite can occur on covered or uncovered skin, especially on the fingers, toes, ears, nose, and cheeks. To prevent frostbite, cover your extremities, stay hydrated, recognize the symptoms, and go indoors immediately. If your frostbite is more than mild, the Mayo Clinic recommends seeking medical attention to help prevent permanent damage.

• **Prevent falls.** The chances of falling increase when the ground freezes and becomes icy and slick. The best way to stay safe in icy conditions is to stay inside. If you must go out, take your time, wear proper footwear, use handrails, and walk like a penguin, which means taking smaller waddle-like steps that help maintain your center of gravity.

Be smart!

While going outside in winter can be good for you, watch the weather. If the conditions are too extreme, stay indoors! If you choose to go out on a nice winter day, pick the warmest part of the day to be outside when the sun is at its peak. Dress warmly, avoid cotton, and wear layers made of wool, fleece, or other fabrics that help keep you warm while wicking away moisture. When exercising outdoors, layers allow you to stay comfortable and not overheat. Keep your head and hands and feet covered so you do not lose heat. Wear proper footwear for the conditions. Protect your skin, lips, and eyes. Lastly, stay hydrated.

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- Utah Health. (2022). The Physical and Mental Benefits of Getting Outside in the Winter. Retrieved 10/11/24 from <https://healthcare.utah.edu/healthfeed/2022/01/physical-and-mental-benefits-of-getting-outside-winter>

FAMILY CAREGIVER HEALTH BULLETIN

Written by: Amy F. Kostalc,
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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JANUARY 2025

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

THIS MONTH'S TOPIC: FORMING HEALTHY FINANCIAL HABITS

Have you ever wished you could change the way you handle money? Learn more about the science of forming habits and how you can use these strategies to improve your finances.

HOW HABITS ARE FORMED

James Clear, author of *Atomic Habits*, describes habits as behaviors that we repeat so many times they become automatic. There is a four-step process to creating a habit that forms what he calls the “habit loop.” Those four steps are:

Cue → **Craving** → **Response** → **Reward**

The first two steps involve *responding to a problem*. The last two steps involve *arriving at a solution*. By becoming more aware of our habit loops, we can take actions to create a good habit or break a bad habit.

HABITS AND MONEY

So how do we apply this to personal finance? Think of something you want to change about your money habits. Maybe you want to reduce the number of times you eat out each week. You might accomplish this by going to the grocery store and cooking at home.

First, identify what “cues” you to eat out in the first place. The **cue** may be hunger. For example, you saw a commercial for pizza,



drove past the sign for a delicious sit-down restaurant, or it was 6 p.m. and that is your normal dinner time! The **craving** is for food. The **response** is to buy the food, and the **reward** is that you are no longer hungry.

In order to change this cycle – and the money spent on it – there are things we can do to reinforce a good habit, as well as things we can do to avoid a bad habit. The table below breaks down this dinnertime “habit loop.” Namely, you want to make a new habit obvious, attractive, easy, and satisfying. Similarly, you want to make an old habit invisible, unattractive, difficult, and unsatisfying.

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Cycle of Habit Loop	Form a Good Habit – Make it ...	Break a Bad Habit – Make it ...
Cue: Hunger	Obvious: Plan ahead. Place the recipe for tonight on the counter or save a picture to your phone.	Invisible: Avoid TV and internet before mealtimes if advertisements trigger you to eat out. Or go home a way that avoids restaurant temptations.
Craving: Food	Attractive: If cooking is a chore, then pair an activity you enjoy with it. Maybe call a friend or listen to music, or an audiobook or podcast.	Unattractive: Give yourself reminders of why you don't want to eat out. Put a picture of what you're saving for in your wallet to remind you not to spend.
Response: Buy food	Easy: Prepare your cooking space the night before, so when you come home from work it's a breeze to get started.	Difficult: Make visiting restaurants more of a chore. Delete apps that allow for restaurant delivery or remove phone numbers for call-ahead orders.
Reward: Full	Satisfying: Reward yourself for sticking to the plan! Prepare a small dessert to complement your meal or plan a fun after-dinner activity.	Unsatisfying: Appoint someone to hold you accountable and remind you of your commitment.

CHANGING YOUR HABIT LOOPS

Use this blank chart to note a financial habit you would like to create or change. First, decide on the habit, then identify the parts of the cycle in the first column. Finally, brainstorm ways to reinforce a good habit in the second column and/or find ways to make a bad habit less appealing in the third column.

New Habit: _____

Cycle of Habit Loop	Form a Good Habit – Make it ...	Break a Bad Habit – Make it ...
Cue:	Obvious:	Invisible:
Craving:	Attractive:	Unattractive:
Response:	Easy:	Difficult:
Reward:	Satisfying:	Unsatisfying:

REFERENCE:

Clear, James. (2018). *Atomic Habits: An Easy and Proven Way to Build Good Habits & Break Bad Ones*. Avery Press.

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Please return lesson ideas to the Bourbon County Extension Office by February 12.
(by paper copy, texts or email)

2025-2026 Lesson Ideas

HEALTH &
WELLNESS

FINANCES &
MANAGEMENT

CULTURAL ARTS/ART

FOOD &
NUTRITION



HOME &
ENVIRONMENT

FAMILY

CLOTHING

OTHER INTERESTING
UPDATES