



Bath County Cooperative  
Extension Service

2914 East Hwy. 60  
Owingsville, KY 40360  
Phone: 606-674-6121  
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# FAMILY AND CONSUMER SCIENCE MARCH 2023 NEWSLETTER



## Waiting for you inside!

- Club Meetings
- KEHA State Meeting 2023
- Quilters Day Out
- It's Sew Fine Flyer
- MCV 2023 Training
- Recipe Club
- Laugh & Learn
- Coming Soon! Bingocize
- Health Bulletin
- Recipe

Hello everyone!

Spring is in the air! I hope everyone is enjoying this mild weather and has been able to get outside some.

Inside you will find flyers for upcoming events and programs, along with the registration form for KEHA State meeting and other educational information.

If you have ideas for programming, please let us know, we will work to provide as much as we can.

Enjoy this newsletter!



*Allee Sallie*

County Extension Agent for  
Family & Consumer Sciences





# March Club Meetings



**When:** March 7th  
**Where:** Bath Co.  
Extension Office  
**Time:** 10am

## Project ♥ Linus



## Paper Hugs

**When:** March 1st  
**Where:** Bath County Extension office  
**Time:** 10 AM

## Homemaker Club Meetings

**Bethel Nite:** March 9th, 5:30 pm  
@ Bethel Christian Church

**Country @ Heart:** March 13th, 5:30  
@ Slate Valley Church

**Hill N' Dale:** March 20th, 6 PM @  
Ramsey Building OCC

**Salt Lick:** March 7th, 12 PM @ Bath  
County Ag Center

**Sharpsburg:** March 3rd 11:30 AM @  
Leigh's Lunchbox

**Reminder: Don't forget brown bag**

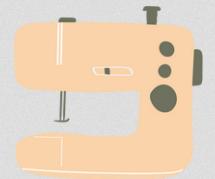
## Master Clothing Volunteers

**When:** March 20th  
**Where:** TBD  
**Time:** 10 AM

**Project: Book Mark & Not Your  
Average Pillow Case**

## Sewing Day

**When:** March 13th  
**Where:** Bath County Ext.  
Office  
**Time:** 9:30 AM



If your group/club would like to promote meeting dates, news, announcements, upcoming events, etc. into the next months newsletter, please email [alexandra.sallie@uky.edu](mailto:alexandra.sallie@uky.edu) with a caption, photos, etc. The goal is to share each club/groups activities and encourage more to be involved when possible. Please have any information sent or brought in by the 25th of each month.

**2023 KEHA STATE MEETING REGISTRATION FORM**  
 "Let's Take A Hike with KEHA" • May 9-11, 2023 • Louisville, Kentucky

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 County \_\_\_\_\_ Special Diet/Food Allergies \_\_\_\_\_  
 Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone # \_\_\_\_\_

**Check all that apply:**

KEHA MEMBER     STATE BOARD     MFH GUILD     AGENT     COUNTY STAFF     UK SPECIALIST  
 FIRST TIME ATTENDEE - YES  NO     VOTING DELEGATE - YES  NO      OTHER

	Early Bird Rate (By 4/10/23)	Late Registration (By 4/24/23)
Full Conference Registration	\$140	\$175
2-Day Conference Registration	\$120	\$140

2-Day Includes Either Tuesday/Wednesday OR Wednesday/Thursday - Please check appropriate boxes below

**MY REGISTRATION INCLUDES:**

<input type="checkbox"/> Tuesday 5/9	<input type="checkbox"/> Wednesday 5/10	<input type="checkbox"/> Thursday 5/11
Check-In for Cultural Arts, Quilt Squares, Showcase, Raffle and Auction Opening Luncheon Banquet (price included!) Seminars—Session 1 & 2* Hands-On Creative Classes—Session 1* Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show	Seminars—Session 3 & 4* Hands-On Creative Classes—Session 2* Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show Business Meeting Master Farm Homemaker Guild Luncheon and Meeting* General Session with KEHA Choir performance	Officer Training Workshops Educational Chairman Trainings Awards Luncheon (price included!)  <div style="border: 1px solid black; padding: 5px; background-color: #e0f0ff;"> <p><b>NOTE: Select specific sessions and classes on next page.</b>                          * = May include extra costs.</p> </div>

**FULL OR 2-DAY REGISTRATION** \$ \_\_\_\_\_  
**AMOUNT FROM SESSIONS, CRAFTS, SHIRTS LISTED ON PAGE 6** \$ \_\_\_\_\_  
 (MAKE CHECKS PAYABLE TO KEHA)    **GRAND TOTAL** \$ \_\_\_\_\_

NOTE: MASTER FARM HOMEMAKER GUILD LUNCHEON IS A SEPARATE REGISTRATION THIS YEAR,  
 CONTACT FAYE KORTHAUS AT: [mfkshorthorns@gmail.com](mailto:mfkshorthorns@gmail.com)

 <p>Mail by <b>April 10</b> for the discounted registration fee. Any registration with a USPS postmark after <b>April 24</b> will be returned. This is necessary to allow processing time.</p>	<p><b>MAIL TO:</b></p> <p><b>Harlene Welch</b>  <b>KEHA Treasurer</b>  <b>207 Fifth Street</b>  <b>Cynthiana, KY 41031</b></p>	<p><b>FOR KEHA TREASURER USE ONLY:</b></p> Date received: _____ Check number: _____ Amount Paid: _____ Balance Due: _____ Refund Due: _____
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If you would like to receive an email confirmation of your registration and session enrollment check here  or enclose a self-addressed, stamped envelope with your registration. (Continued on other side...)

Name \_\_\_\_\_

Please select your 1st, 2nd, and 3rd choices with a 1, 2, or 3 for each session and only pay for your 1st choice if there is a fee.

**Tuesday, May 9 - SESSIONS**

- Seminars - Session 1 - 2:00 p.m. - 3:15 p.m.**
- RANK \_\_\_\_\_ Financial Management Before and After a Natural Disaster (Max: 60 attendees)
- RANK \_\_\_\_\_ The Leadership Academy - What Would I Gain? (Max: 50 attendees)
- RANK \_\_\_\_\_ Who We Are vs. How People See Us (Max: 50 attendees)
- RANK \_\_\_\_\_ Herbalicious Cooking (Max: 30 attendees)
- RANK \_\_\_\_\_ Edible Plants and Flowers in Your Landscape (Max: 30 attendees)
- RANK \_\_\_\_\_ Pots - Plants and More (Max: 25 attendees)
- RANK \_\_\_\_\_ Beginning Shuttle Tatting (Cost: \$15) \$15
- RANK \_\_\_\_\_ Native Bees: All the Buzz on Our Busiest Pollinators (Max: 40 attendees)

- Seminars - Session 2 - 3:45 p.m. - 5:00 p.m.**
- RANK \_\_\_\_\_ The Art of Charcuterie (Cost: \$10) \$10

- RANK \_\_\_\_\_ Vanilla - The Second Most Expensive Spice in the World (Max: 50 attendees)
- RANK \_\_\_\_\_ What is a Quilt Registry? Why Should You Register Your Quilt? (Max: 50 attendees)
- RANK \_\_\_\_\_ Edible Plants and Flowers in Your Landscape (Max: 30 attendees)
- RANK \_\_\_\_\_ Home Decor - Creative Summer Kitchen Towels (Cost \$10) (Max: 25 attendees) \$10
- RANK \_\_\_\_\_ KEHA Leadership Academy Reunion (limited to past Academy members only)
- RANK \_\_\_\_\_ Raising Hope Kentucky: Building Connectedness and Community (Max: 60 attendees)
- RANK \_\_\_\_\_ Preparing for the Future: Impacts of a Wetter and Warmer Climate in KY (Max: 40 attendees)

**Wednesday, May 10 - SESSIONS**

- Seminars - Session 3 - 8:15 a.m. - 9:30 a.m.**
- RANK \_\_\_\_\_ Wardrobe Accessories: The Finishing Touch (Maximum: 60 attendees)
- RANK \_\_\_\_\_ Stretching Your Dollar: What to Do When the "Ends" Don't Meet (Maximum: 60)
- RANK \_\_\_\_\_ Emergency Health Information (EHI) Cards - Save a Life (Maximum: 50 Attendees)
- RANK \_\_\_\_\_ Helpful Tips and Tricks for Online Grocery Shopping (Maximum: 50 attendees) \$2
- RANK \_\_\_\_\_ Leading 4-H Clubs by Empowering Youth (Cost \$2) (Maximum: 30 attendees)
- RANK \_\_\_\_\_ Plan. Eat. Move. For Better Health! (Maximum: 40 attendees)
- RANK \_\_\_\_\_ Herbalicious Cooking (Maximum: 30 attendees)
- RANK \_\_\_\_\_ Robert's Rules of Order Said What?? (Cost \$10) (Maximum: 25 attendees) \$10

- Seminars - Session 4 - 1:30 p.m. - 2:45 p.m.**
- RANK \_\_\_\_\_ Homemakers, Take the Lead! (Maximum: 50 attendees)
- RANK \_\_\_\_\_ Helping Others Navigate Stress After a Disaster (Maximum: 50 attendees)
- RANK \_\_\_\_\_ Stretching Your Dollar: What to Do When the "Ends" Don't Meet (Maximum: 50 attendees)
- RANK \_\_\_\_\_ Pathways to Wellness: Navigating the People, Places, and Spaces That Influence Health (Maximum: 50 attendees)
- RANK \_\_\_\_\_ Preparing for the Future: Impacts of a Wetter and Warmer Climate in KY (Maximum: 30 attendees)
- RANK \_\_\_\_\_ Plan. Eat. Move. For Better Health! (Maximum: 40 attendees)
- RANK \_\_\_\_\_ How to Get Your Club Noticed - Marketing & Publicity (Maximum: 40 attendees)
- RANK \_\_\_\_\_ KEHA Choir Rehearsal (pre-registered choir members only)

**Tuesday, May 9 - CRAFTS**

- Hands-On Crafts Session 1 - 5:15 p.m. - 6:15 p.m.**
- RANK \_\_\_\_\_ Let's Make Soap \$10
- RANK \_\_\_\_\_ Swedish Weaving Embroidery \$10
- RANK \_\_\_\_\_ Flower Pounding Craft \$0
- RANK \_\_\_\_\_ English Paper Piecing \$0
- RANK \_\_\_\_\_ Snackle Box \$5
- RANK \_\_\_\_\_ Wilderness Flowers in a Mason Jar \$0
- RANK \_\_\_\_\_ Daisy Painting \$0

**Wednesday, May 10 - CRAFTS**

- Hands-On Crafts Session 2 - 3:30 p.m. - 4:30 p.m.**
- RANK \_\_\_\_\_ Let's Make Soap \$10
- 1 Swedish Weaving Embroidery \$10
- 3 Flower Pounding Craft \$0
- RANK \_\_\_\_\_ English Paper Piecing \$0
- RANK \_\_\_\_\_ Snackle Box \$5
- 2 Wilderness Flowers in a Mason Jar \$0
- RANK \_\_\_\_\_ Daisy Painting \$0

**Thursday, May 11 - TRAININGS**

Please check the **Officer and Chairman trainings you plan to attend.** NOTE: All who are registered are welcome to attend. Learn what it means to lead!

- Officer Trainings - Thursday, May 11 - 8:00 a.m.-9:15 a.m.**
- President
- Secretary
- Vice President
- Treasurer

- Educational Chairmen - Thursday, May 11 - 9:45 a.m.-11:00 a.m.**
- Management & Safety
- Leadership Development
- Cultural Arts & Heritage
- Environment, Housing & Energy
- Family & Individual Development
- Food, Nutrition & Health
- International
- 4-H/Youth Development

**STATE MEETING SHIRT \$16**

Qty: \_\_\_\_\_ Size: \_\_\_ Small \_\_\_ Medium  
 \_\_\_ Large \_\_\_ XL \_\_\_ XXL \_\_\_ XXXL \_\_\_ XXXXL

\$ \_\_\_\_\_

**AMOUNT DUE FROM SESSIONS AND CRAFTS \$ \_\_\_\_\_**

**STATE MEETING SHIRT \$ \_\_\_\_\_**

**TOTAL \$ \_\_\_\_\_**

**PLEASE TRANSFER THIS AMOUNT TO PAGE 5**

QUILTERS GUILD OF THE BLUEGRASS  
PRESENTS

# Quilter's Day Out

MARCH 18, 2023 9 AM - 3:00 PM, \$5.00

FAYETTE COUNTY EXTENSION OFFICE  
1140 HARRY SYKES WAY, LEXINGTON, KY 40504

Featured Speaker - Deb Strain,  
Quilter, Moda Fabric Designer

Vendors+Food+Quilts  
Door prizes + Show & Tell



Quilters Guild  
of the  
Bluegrass

Bring a Fat Quarter for the  
Charity Basket Door Prize



## It's Sew Fine Sewing Seminar

April 13-14, 2023

Join us for classes on:  
-clothing accessories  
-garment construction  
-quilting  
-home decoration

Full-day and half-day classes.

View schedule & details online:  
[tinyurl.com/3fvpb5vx](https://tinyurl.com/3fvpb5vx)



Register &  
pay online!

Held at Boyle County Extension Office  
99 Corporate Drive, Danville, KY



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

For questions, contact:  
Mercer County Extension Office  
859-734-4378 tara.duty@uky.edu



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race,  
color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State  
University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546





# Save the Date: Oct 24 –26 2023 MCV Training

at the Cave City Convention Center  
in Cave City KY



open to active Master Clothing Volunteers  
Classes 1990 through 2022

Details and Cost Information will follow

nearby lodging is arranged at the Comfort Inn & Suites\*

\*reservations at this hotel will be made through Jeanne

Questions? [jeanne.badgett@uky.edu](mailto:jeanne.badgett@uky.edu)



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

# RECIPE CLUB

Expand your menu

## MAILED MONTHLY

Each month you will receive a recipe card in your mailbox

## POST YOUR DISH ON FACEBOOK

Brag about your dish on our Facebook page and share your thoughts for others to try

## COMPLETE A SURVEY

Complete a short survey asking about the monthly recipe



### Fiesta Potatoes

- 8 small to medium russet potatoes, peeled and sliced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium onion, chopped
- 1 cup Mexican blend cheese, shredded
- 1/2 cup margarine, melted
- 1/2 cup low-fat milk
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon dried basil, crushed
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

**Preheat** oven to 350 degrees F. Place the potatoes, bell peppers and onion in a medium pan and cover with water. **Place** over high heat and bring to a boil. **Reduce** heat and simmer 12-15 minutes, or until vegetables are tender. **Drain** the vegetables and place in a mixing bowl. **Stir** in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a

**Yield:** 12, 1/2 cup servings  
**Nutritional Analysis:** 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmer's market, or roadside stand. <http://oklahoma.ca.uky.edu>



### Ratatouille Soup

- 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 1/2 cups 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

**Place** the cubed eggplant in a colander. **Toss** with the salt and let sit for 20-25 minutes. **Thoroughly** rinse in cold water and press as much water out of the eggplant as possible. **Set** aside in a large heavy pot. **Brown** the ground beef over medium heat until crumbly and no longer pink. **Drain.** **Raise** the heat to medium-high. **Add** the canola oil to the same pot. **Return** the beef to the pot. **Add** the zucchini, bell pepper, onion, and garlic. **Cook** together for 5-7 minutes, until onion is translucent. **Add** the eggplant to the mixture and continue to cook for 5

minutes. **Add** the beef broth, pasta sauce, water and basil. **Bring** to a boil, then reduce heat to medium-low, cover and simmer for 10 minutes. **Add** the pasta. **Raise** heat to medium. **Bring** to a slow boil and cook, stirring occasionally for 10-12 minutes, or until the pasta is tender.

**Yield:** 12, 1 cup servings  
**Nutritional Analysis:** 210 calories, 10 g fat, 3 g saturated fat, 35 mg cholesterol, 660 mg sodium, 19 g carbohydrates, 3 g fiber, 8 g sugar, 13 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmer's market, or roadside stand.



### Peach Crisp

- 1/2 cup quick cook oats
- 1/2 cup honey sweetened granola
- 3 tablespoons whole wheat flour
- 1/2 cup packed light brown sugar
- 1/2 cup butter, softened
- 6 cups peaches, peeled and sliced
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice
- 1/4 cup chopped pecans

**Preheat** oven to 375 degrees F. **Combine** the oats, granola, flour and brown sugar in a medium mixing bowl. **Cut** small pieces of softened butter over the top. **Cut** butter into dry ingredients until well combined and crumbly. **Lightly** coat an 8-by-8-inch baking dish with cooking spray, **add** peaches. **Sprinkle** the dry ingredients and butter mixture over the peaches. **Add** spices and chopped nuts evenly

over the top. **Place** on rack in the middle position in oven. **Bake** 25 to 30 minutes, or until topping is golden brown.

**Yield:** 9 servings  
**Nutritional Analysis:** 200 calories, 8 g fat, 3.5 g saturated fat, 15 mg cholesterol, 5 mg sodium, 32 g carbohydrate, 2 g fiber, 20 g sugars, 3 g protein.

## INTERESTED??

Call or email Bath County Extension Office to Sign-Up

606-674-6121 or bath.ca.uky.edu

COOPERATIVE EXTENSION





# LAUGH & LEARN PLAYDATE

Its Free!

Registration  
Required!

1:30 PM - 3:30 PM

Date:  
March 17th  
Theme: Rainbows

Join our 12-month Laugh and Learn Playdate Program that targets school readiness objectives! Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays and season festivities.

Each session will be held at the Bath County AG Center, the 3rd Friday of each month from 1:30 PM - 3:30 PM.

Free for all children 3-5 years old and all children must be accompanied by an adult. Lessons will include a book, craft, fine & large motor activities.

For more information, contact our office at 606-674-6121 or scan the QR code.







A fun combination of bingo,  
exercise and health education.

**When:** Every Tuesday & Thursday in August

**Where:** Bath County AG Center

**Time:** 2 PM

**Registration information will be  
provided closer to starting date.**



# ADULT HEALTH BULLETIN



**MARCH 2023**

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

## THIS MONTH'S TOPIC:

# PREVENT POISONINGS IN YOUR HOME



National Poison Prevention Week raises awareness of poison prevention during the third full week of March every year. Poisoning occurs when someone ingests a substance that can cause sickness or death. That can mean they swallow it, breathe it, touch it, or splash it in their eye. Sometimes, it is the substance itself that is dangerous because it is not meant for the body.

But often, poisoning happens when a person ingests too much of a substance, or misuses a substance, mixes it with other substances, or it is contaminated in some way before ingestion.

The American Cleaning Institute reports that 90% of all poisonings occur in the home. Even though it is the one environment you think people

**Continued on the next page** →



# Keep medications in a secured area out of the reach of children.

## → Continued from the previous page

would have the most control over and would therefore be the safest. This statistic highlights the need for adults to make good choices in their homes. They need to pay attention when it comes to household products that can be a danger to themselves and their family members.

### Read the label

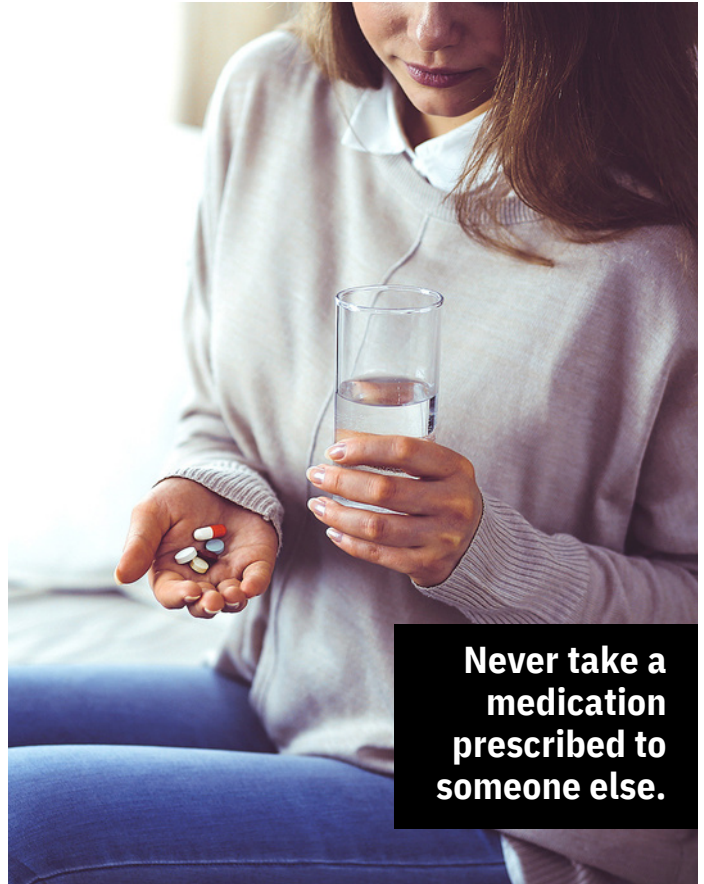
Poison prevention at home starts with reading product labels. Turn on the lights, get your glasses, and read product labels, even if you use the item often. This includes medications, cleaners, repair products such as glue, or project supplies like paint and stain.

Pay close attention to products whose labels include words like “Caution,” “Warning,” “Danger,” or “Poison.” If you have any questions about how to use or store the item, call the toll-free number found on most product labels.

### Share safety with others

**There are some simple tips you can share with your friends and family to help keep poisoning accidents from happening:**

- Always read and follow product label directions for proper use, storage, and disposal.
- Store cleaning products in a closed area that is away from food and not accessible to young children or pets.
- Store products in their original containers and keep the original label intact. Product use and storage, disposal instructions, precautions, and first aid instructions vary according to their ingredients.
- Do not mix cleaning solutions or other chemicals.
- Keep medications in a secured area out of the reach of children. Supervise children when they are taking a medication, even vitamins or supplements.
- Consult your pharmacist about taking multiple medications at once and taking any over-the-counter medications along with prescription medications. Never take a medication prescribed to someone else.



**Never take a medication prescribed to someone else.**

### Call for help

Keep the number to Poison Help Line (below) posted in an easy-to-find place in your home and in your phone.

**If you think someone may have ingested or otherwise been exposed to a harmful product, call the Poison Help Line at 1-800-222-1222.**

This national number will connect you with your local Poison Control Center.

**If the person is in distress, call 911 immediately.**

#### REFERENCE:

<https://www.cleaninginstitute.org/prevent-poisoning-home>

**ADULT  
HEALTH BULLETIN**

#### Written by:

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

123RF.com





# Vegetarian Taco Soup



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

- 2 tablespoons olive oil
- 1 large onion, diced
- 1 can (46 ounces) no-salt-added tomato juice
- 2 cans (15 ounces) pinto beans, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) no-salt-added corn, drained
- 1 can (15 ounces) no-salt-added diced tomatoes
- 3/4 cup dry brown rice
- 1 packet reduced-sodium taco seasoning mix
- 2 tablespoons garlic powder
- 1/2 teaspoon cumin
- 4 cups water

**Optional toppings:** cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat olive oil in a large pot on the stovetop over medium heat.
3. Add diced onion and stir well.
4. Cook and stir for 4 to 5 minutes or until the onion starts to turn clear.
5. Add remaining ingredients and bring to a boil.
6. Reduce heat to low. Cover and simmer for 40 minutes, or until rice is tender.
7. Just as you would a taco, top each bowl of soup with ingredients like cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado. Refrigerate leftovers within 2 hours.

**Makes 14 cups**  
**Serving size: 1 cup**  
**Cost per recipe: \$9.11**  
**Cost per serving: \$0.65**

**Nutrition facts per serving:**  
220 calories;  
3.5g total fat;  
0g saturated fat;  
0g trans fat; 0mg cholesterol; 340mg sodium; 40g total carbohydrate; 5g dietary fiber; 6g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

**Source:**  
Andrea Wilde, Staff Support, Northern KY; and Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension

