

# Extension Homemakers

## Arkansas County Newsletter

January, 2021



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With the rise in COVID cases, we are asked to limit face-to-face meetings. Now more than ever, it is important to check on our fellow members. Be an encourager while practicing social distancing – call a friend every day to beat isolation and overcome loneliness. For now, stay safe and maintain good practices such as wearing masks, handwashing and social distancing. For more healthy life resources contact the Arkansas County Cooperative Extension Service or visit our website at: <https://division.uaex.edu/employees/covid-19/mental-health.aspx>.

## JANUARY EH PROGRAM

The January EH Program is *Start Walking for Exercise*. I have enclosed the program materials along with an *Exercise and Nutrition* word search and *Basic Food Groups Crossword Puzzle* that you may enjoy.

## HEALTHY BREAKFAST

Research shows that those who eat breakfast have better concentration, are more alert, remember things easier, and have more motivation. When making a healthy breakfast choice, you are more likely to make healthier choices throughout the day and are an overall healthier person. Try these muffins ahead of time for a “grab and go” breakfast. Extra muffins can be frozen and reheated in the microwave.

### Fruit and Oat Breakfast Muffins

#### Ingredients:

|                         |  |
|-------------------------|--|
| 1 cup all-purpose flour | 2 teaspoon baking powder   |
| ½ cup sugar             | 1 cup drained and chopped canned fruit,<br>such as fruit cocktail, peaches, or pears |
| ¼ cup low-fat milk      | 1 egg, beaten  |
| ¼ cup water             | ¼ cup quick-cooking oats   |
| ¼ cup margarine, melted | ¼ teaspoon cinnamon  |

#### Directions:

- Preheat oven to 400 degrees. Coat muffin pan with nonstick cooking spray or line with paper muffin cups.
- In large bowl, mix flour, baking powder, sugar, oats, and cinnamon.
- In separate bowl, add egg, milk, water, and margarine to fruit and mix. Stir into flour mixture.
- Spoon batter into muffin cups. Cups should be half full.
- Bake 15 to 18 minutes or until a fork or toothpick inserted into the center of the muffins comes out clean.

#### Nutrition Information per Serving:

Calories 120, Fat 4g, Protein 2g, Carbohydrate 20g, Fiber 1g, Sodium 138mg

**Yield:** 12 muffins -- **Serving size:** 1 muffin

*Adapted from: USDA Mixing Bowl*

**START WALKING FOR EXERCISE**  
*Arkansas County Extension Homemakers*  
**Alta Lockley, CEA-4-H/FCS**  
**January, 2021**



Walking is inexpensive, safe, easy, and a great way to get the physical activity needed to obtain health benefits. Adding regular walking into your routine can help decrease the risk of many chronic diseases, improve your cholesterol, lower your blood pressure, improve your sleep, and increase your energy.

Walking not only helps you feel better physically, but also emotionally. A brisk walk, as well as other forms of physical activity, can improve your mood and help you feel better for up to several hours. Regular walking can also help reduce anxiety and depression symptoms over time. Walking can be a great way to spend time with your friends and family while practicing social distancing!

The current U.S. Physical Activity Guidelines recommend that adults get at least 150 minutes (2 hours and 30 minutes) each week of moderate intensity physical activity, such as brisk walking.

**Tips to get started:**

- Start slow and easy.
- Do some gentle stretching before, during, and after your walk.
- Pay attention to your posture.
- Focus on breathing.
- Bring water and wear a hat on sunny days. In the cold, wear layers, a hat, and gloves.
- Wear a comfortable pair of walking shoes.
- Slowly increase the pace, distance, and/or frequency of your walks.

**Set goals!**

- Set short-term and long-term goals.
- Track your progress.
- Add your walks into your to-do list.



**Tips to add walking:**

- Park farther away
- Walk during your lunch break.
- Instead of having coffee with friends, take a walk with them.
- Instead of e-mailing or calling, walk.
- Whenever you are on your cell phone, stand up and walk around.
- Join Walk Across Arkansas. Walk Across Arkansas is an eight-week team-based exercise program. Teams of three to eight set physical activity goals and try to meet them with a little friendly competition. Walking can be a great way to spend time with your friends and family while practicing social distancing! Join the 2021 Spring Walk Across Arkansas and walk towards a healthier life. Participation is free, and registration opens March online at [uaex.edu/walk](http://uaex.edu/walk). Minutes can be logged online. For more information call the Extension Office.

# EXERCISE AND NUTRITION



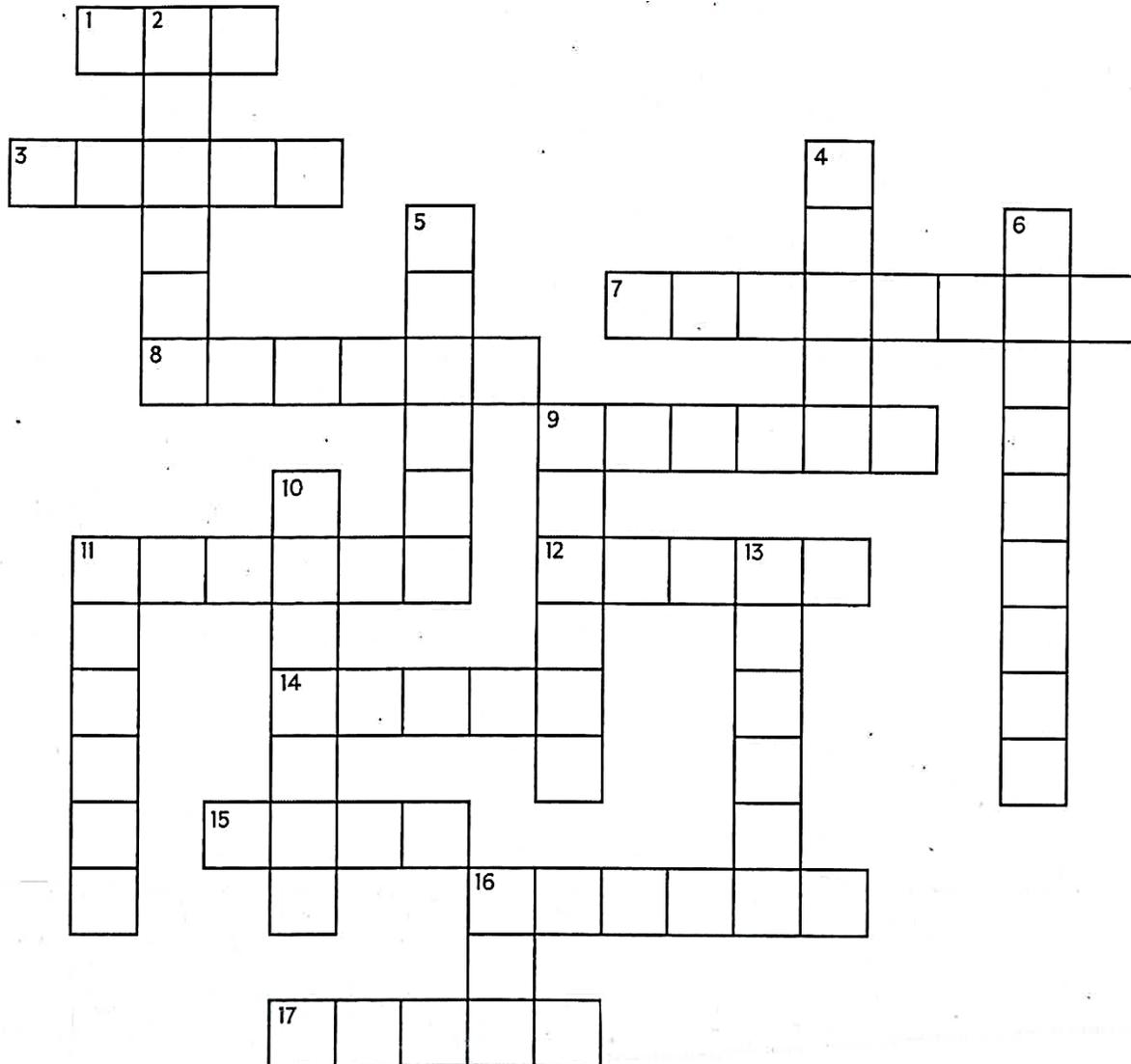
- |              |                   |            |
|--------------|-------------------|------------|
| APPLES       | GOOD FOR YOU      | RUNNING    |
| BEANS        | GRAINS            | SALAD      |
| BICYCLING    | GRAPES            | SWIM       |
| CORN         | HEALTHY           | TRIM       |
| DAIRY        | JUMP ROPE         | VEGETABLES |
| EXERCISE     | JUMPING           | VEGGIE     |
| FAST         | MILK              | WALKING    |
| FAT          | MOLINA HEALTHCARE | WATER      |
| FOOD PYRAMID | NUTRITION         | WEIGHT     |
| FRUITS       | RICE              |            |

www.whenwewordsearch.com/word\_search/exercise\_and\_nutrition/12462/word\_search.jsp

Visit our website at: <http://www.uaex.edu/counties/arkansas>

ANSWERS -  
Basic Food Groups Crossword Puzzle  
Across: (1)Raw (3)Dairy (7)Potatoes (8)Lowfat (9)Fruits (11)Citrus (12)Ounce (14)Three (15)Fish (16)Canned (17)Whole  
Down: (2)Animal (4)Plant (5)Grains (6)Vegetable (9)Frozen (10)Protein (11)Cereal (13)Cheese (16) Colors

## BASIC FOOD GROUPS CROSSWORD



### ACROSS

1. Children often don't care for cooked vegetables, but like to eat them \_\_\_\_.
3. The food group that provides the most calcium in our diet.
7. This common vegetable is starchy and is prepared many ways. Common types are white, russet, red, and sweet.
8. When possible, choose \_\_\_\_ foods, especially from the dairy and protein groups.
9. This food group has natural sugars and is rich in vitamins and minerals. Often peeled and eaten raw.
11. This group of fruits is high in vitamin C, usually round, and comes in different colors and flavors.
12. A slice of bread is generally considered one \_\_\_\_\_. Our intake in the grain group is measured in these.
14. How many cups of dairy are recommended for everyone except young children?
15. The protein group includes red meats, poultry, and what other important animal-based protein?
16. A convenient way to preserve foods while maintaining the nutritive value and giving them a long shelf life. These foods are \_\_\_\_\_.
17. When choosing foods from the grains group, make half of them \_\_\_\_\_ to get more fiber.

### DOWN

2. The protein group includes beef, pork, lamb, and chicken. These are all \_\_\_\_\_-based proteins.
4. Make sure you balance your choices in the protein group between \_\_\_\_\_ and animal sources.
5. This food group provides energy and fiber. It is served many different ways.
6. This food group can be eaten raw or cooked and is rich in vitamins and minerals while low in calories.
9. A great way to preserve foods and keep them tasting fresh and healthy, but requires a very low temperature for storage. These foods are \_\_\_\_\_.
10. This food group includes animal- and plant-based foods like chicken, beef, beans, and so much more.
11. A group of grains that are often eaten for breakfast is called \_\_\_\_\_.
13. This tasty food from the dairy group is made in many varieties and served alone or in other foods. It is rich in calcium and protein.
16. An easy way to get an assortment of vitamins and minerals from fruits and vegetables is to eat many different \_\_\_\_\_.