

Classifieds

Buy, Sell, Trade or Giveaway, Call (606) 723-5012

BUYING ROOTS
Cranesbill, Beth root, yellow root, yellow root tops, wild yam, blood root, Virginia Snake Root and May Apple Root. Call Thackers at (606) 723-4404.

YARD SALE
Ravenna Church of God, 210 3rd Street in Ravenna, Saturday, September 8th, starting at 8:00 a.m. A little bit of everything.

09/25

Apt. Rentals

FOR RENT
1-BEDROOM APARTMENTS
229 Broadway, Irvine
Available Immediately!

Appliances furnished, including dishwasher, water, sewer and trash paid. Total electric with central heat and air. Coin operated washers and dryers in basement.
NO SMOKING BUILDING - HANDICAPPED ACCESSIBLE
Call (606) 723-0288, Mon.-Wed., 9:00-1:00 or (606) 401-5889 after 1:00
Equal Opportunity Housing

\$2 for 20 Words
Additional Words 10 cents each.
Send with payment to
Estill Tribune,
6135 Winchester Road

Public Notice

PUBLIC NOTICE

Crooked Creek Christian Church Incorporated will be having its annual meeting on Thursday, September 13, 2017 at 6:00 p.m. at 645 Crooked Creek Road in Irvine.

Stickeler's Answer

Stickelers Answer

$$1/2 + 1/3 + 1/6 = 1$$

Stickeler's Puzzle on Page 12

Public Notice

Public Notice

The Estill County Extension District's most recent audit and adopted budget can be viewed anytime on the Department for Local Government's Public Portal website, <https://kydlgweb/ky.gov/Entities/SpecDistSearch.cfm>. If you would like to view our most recent financial statement, please visit us at our home office located at 76 Golden Court, Irvine, weekdays during our normal office hours from 8:00 a.m. to 4:30 p.m. EST.



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

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Davidson Tree Service
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Real Estate

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Bill Van Winkle
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James Woolery
859-358-0691
james.woolery@live.com

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Kitchen Diva

Goodbye Summer, Hello Classroom!

by ANGELA SHELF MEDEARIS

School bells are ringing again! You probably go to great lengths during the school year to ensure your child has the right equipment -- pens, notebooks, clothing -- to make it through the day. Proper nutrition also is a key ingredient for school success because it fuels brain cells and gives your child the energy and nutrients he or she needs for optimal learning. Packing your child's lunch lets you know exactly what he or she is eating. Try one or two tips each week and soon you should see some relief in your grocery bills!

SAVE MONEY

1. Invest in a good container. Choose an insulated bag and freezer packs to keep food at a safe temperature.
2. Use washable and reusable containers. Avoid plastic sandwich baggies. Buy containers in a variety of sizes to fit your lunch-box needs.
3. Buy in bulk. Avoid single-serve packaging. You save money when you buy food in bulk and pack it yourself into single servings. Buy a large container of yogurt or pudding, and use 4-ounce containers to pack your own. Buy a block of cheese and cut it into cubes or shred it. Buy crackers in boxes, rather than individual packages.
4. Make your own. Look beyond lunch meat. Slice your own meat or grilled chicken breast and cut it into strips or cubes. Avoid prepackaged lunches, which are high-priced.
5. Send in leftovers. Invest in a good insulated food container to keep food warm. Homemade soup is always a good option.
6. Buy what's on sale and use coupons. Get whatever is on sale each week and work it into a menu. Use fruits and vegetables that are in season.
7. Buy store-brand food and compare unit prices.
8. Look high and low -- bargains are usually on the top or bottom shelves, not at eye level.
9. Plan ahead and have a list when you go to the store. The more time you spend in a store, the more money you spend.

MAKE IT NUTRITIOUS

10. Pack a rainbow! Provide a variety of options -- the more color, the more nutrients.
11. A healthy lunch should contain foods from each of the five food groups: carbohydrates, protein, dairy, fruits and vegetables. Choose whole-grain products like bread, tortillas, pita bread, bagels or whole-grain crackers. These are more nutritious; have more fiber, vitamins and minerals, and keep blood sugar steady for optimal learning.
12. Select protein foods wisely. Use lean meat like chicken or turkey breast, hard-boiled eggs, tuna packed in water, beans or peanut butter. Protein in every meal helps keep blood sugar steady.
13. Buy fruits and vegetables that are in season and serve them creatively. Examples include baby carrots with yogurt dip or other cut vegetables with low-fat dip or hummus.
14. Choose low-fat or fat-free dairy products like yogurt, milk and cheese. These are great calcium and protein sources.
15. For side items, rethink that bag of chips. Instead, choose carrots sticks, celery sticks with peanut butter and raisins, apple slices with peanut butter, fruit salad, whole fruit, raisins or pretzels.
16. For dessert, think beyond the cookie. Try whole-grain graham crackers, ginger snaps, raisins, unsweetened applesauce, homemade muffins or fresh fruit.
17. Choose a beverage that hydrates, like water, or choose low-fat or fat-free milk for additional protein, calcium and vitamin D. Avoid drinks with calories and no nutrients.



Photo Credit: DepositPhotos

MAKE IT FUN

18. Add some fun touches to the meal. The traditional peanut butter and jelly sandwich can become pretty boring. Get a couple of cookie cutters and have kids cut the sandwich into different shapes.
19. Include the kids in the preparation process and give them choices. Take them along when grocery shopping. Let them pick one new fruit or vegetable each week that they would like to try. Let them help pack their lunch.
20. Think beyond bread when making sandwiches. Think whole-grain bagels, whole-grain pita wraps and whole-wheat tortillas. A good alternative is a whole-wheat pita pocket with hummus, shredded vegetables and grilled chicken strips.
21. Pack a variety of options to keep a child's interest. Avoid packing the same lunch every day -- this prevents kids from getting bored.
22. Vary the preparation. Try grilled or baked, chopped or grated, plain or with a dip.
23. Practice good nutrition yourself. Children learn by association -- you need to be a role model. Discuss with them the benefits of healthy eating.
24. Don't get discouraged if your child rejects a food on first taste. It can take 15 to 20 tries before a child gets used to a new food.

By following these tips, not only will you save money, you'll also pack a nutritious lunch that your child will enjoy throughout the school year!

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.
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