

EH NEWSLETTER

March 2025

Introduction



It is with great pleasure that I have arrived in Howard County as the Family and Consumer Science agent! I have already had the opportunity to meet many Extension Homemakers and community leaders, and Howard County will surely be a great place to live and work. I am Angie Freeland, your new Family and Consumer Science agent. If I haven't met you, please feel free to give me a call, and email, or drop by the Extension office. I have worked in Extension for 28 years in several different capacities and am not new to FCS work, but it's been a while, so I'm looking forward to working with you to continue to positively impact communities in Howard County.

Newsletter Name Suggestions Needed

Howard County
Extension Office
421 N. Main Street
Nashville, AR 71852
870-845-7517

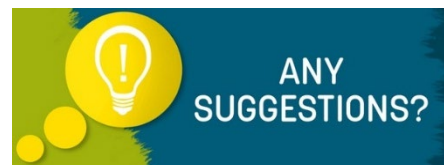
Samantha Horn –
CEA-4-H/Staff Chair

Dawson Bailey -
CEA – Agriculture

Angie Freeland –
CEA - FCS

Deb Kreul –
Administrative
Specialist III

Help me name the EH Newsletter! If you have a suggestion for a name for the EH Newsletter, email or call the office or slip me a piece of paper when I see you! I'm looking forward to your creative ideas. My email is afreel@uada.edu.



Volunteer EHC Agreement Forms

We still have several active members who have not filled out the new mandatory Volunteer Agreement forms. I've read over the agreement, and I am assuming that everyone is already doing each item on the list. If you have questions or concerns about the form, please don't hesitate to contact me and we can discuss it or if you have misplaced your form, please let me know. I'll begin calling those members who have not signed the form in the next week or two to answer questions to finalize the process.

March Leader Training Lesson



Diet trends are constantly changing and shifting in the nutrition world. Next month's Leader Lesson is *Fad, Fiction, or Fact – What's in Your Diet?* Learn about different diets (Keto, Gluten-restricted, and intermittent fasting to name a few). The training will be held at the EH Building on **Tuesday, March 25 at 10:00 a.m.** Please join us!

March Board Meeting

The March Howard County EHC Board meeting is scheduled for Tuesday, March 25 at 11:00 a.m. at the EH Building. All council members are expected to attend including club presidents or their representatives. Any member is welcome, but only executive board members will be allowed to vote.



Walk Across Arkansas Registration

Staying active is one of the best things we can do for our health. Regular physical activity helps reduce the risk of serious conditions like cancer, diabetes, heart disease, and stroke. By participating in Walk Across Arkansas, we'll be taking a big step (literally!) towards a healthier lifestyle.



Walk Across Arkansas is a **free**, eight-week team-based physical activity program. Teams set personal and team goals for physical activity, then encourage one another through some friendly competition.

To learn more about Walk Across Arkansas and how to sign up, visit <https://walk.uada.edu/users/signup/>. If you need assistance registering yourself or a team, let me know.

Spring Council Meeting

Please make plans to attend the Howard County Spring Council meeting scheduled for **Friday May 2** at the EH Building. More details will be provided soon, we have an energetic, creative planning committee working hard to plan an educational and enjoyable meeting.

EHC College Scholarships

Please share with former 4-H'ers or other college students who may qualify for these scholarships. Each year, the Arkansas Extension Homemakers Council awards two \$1000 college scholarships to college juniors majoring in Family & Consumer Sciences by the (Dr. Lynn Russell Memorial and Betty F. Oliver Memorial).

Click the link below for full criteria and application. Deadline for submitting to the state extension office is April 21. <https://tinyurl.com/bddapmjm>

State Arkansas Extension Homemaker Conference – June 3-5

Save the date **June 3-5, 2025**, is the date of the State EHC Conference at the Holiday Inn – Little Rock Airport Conference Center. This meeting is always packed with great sessions, and you can reconnect with or meet friends from across the state to share ideas and network. Please mark this in your calendar – more information will be released from the state office soon and I will make sure you get the information in plenty of time for us to register and take a group to represent Howard County EHC.



Recipe of the Month

I will start sharing a recipe of the month each month and I would love to feature some of your tried-and-true recipes! Email or take a picture of your recipe and text it to me. I'll start with one that I have been making lately – my family loves it and it's so easy! The recipe below can be doubled or tripled easily.

Cottage Cheese Breakfast Bake

1 cup low fat cottage cheese

4 eggs

1 green onion – chopped

Salt and pepper to taste

Whisk together and pour in 8 X 8 dish that has been coated with cooking spray. Bake in preheated oven at 350 degrees for 25-30 minutes.

You may add other ingredients if you wish. I've added chopped bacon, spinach, and broccoli. I've also frozen smaller portions and it heats up beautifully.

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	174
	% Daily Value*
Total Fat 10.5g	13%
Saturated Fat 3.4g	17%
Cholesterol 374mg	125%
Sodium 246mg	11%
Total Carbohydrate 3.5g	1%
Dietary Fiber 0.7g	2%
Total Sugars 1.4g	
Protein 16.5g	
Vitamin D 35mcg	175%
Calcium 88mg	7%
Iron 2mg	12%
Potassium 227mg	5%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

"It is often the small steps, not the giant leaps, that bring about the most lasting change." —Queen Elizabeth II

Sincerely,

A handwritten signature in cursive script that reads "Angie Freel".

Angie Freel
County Extension Agent – FCS

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