Hart County Homemaker **Newsletter**



Upcoming Events

Healthy Living Every Monday at 1 pm at the **Extension Office**

Bonnieville Club September 13 October II

Cub Run Club September 20 October 18

Outreach Too September 19 October 17

Quilt Club- Sew & Sew September 21 October 6

Waterloo September 14 October 12

Hardyville September 21 October 19

Mammoth Cave Area **Homemaker Annual Day** October 19, 2023

<u>September -</u> October 2023



A Note from Sonya

My first year as your Family and Consumer Sciences Agent has been wonderful. I've met so many wonderful people and I wanted you all to know how much I truly appreciate each of you. I have loved meeting with you all and enjoy the time together. If you ever want me to attend a meeting, please let me know and I will try to put it on my calendar.

September and October are busy! Check out the newsletter to see all the happenings!

Sonya Carter

Extension Agent for Family and Consumer Sciences

Cooperative **Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Hart Happenings

September and October 2023

HOMEMAKER RECRUITMENT

On September 28, we will be having our Homemaker Recruitment event. We will have an open house from 3PM to 6PM at the Extension Office. Encourage a friend to join Homemakers by bringing them by to fellowship and showing them what we have to offer. We have cards that can be given to a friend that gives them the gift of membership. Its a great way to ask a friend to join.

Horse Cave Heritage Festival

Horse Cave Heritage Days are Friday, September 15 and Saturday, September 16. Homemakers are sponsoring the quilt show at the Horse Cave Christian Church. Come by and enjoy seeing all the quilts on display on Saturday between 11:30 and 2. If you would like to volunteer to work the event, please contact the office.

KEHA Homemaker Week

KEHA Homemaker Week is
October 9-15. We will be
celebrating with Judge Joe
Choate signing a proclamation
for us. We will meet at the
Judge's office at the
courthouse on September 18
at 9AM for a picture. Please
make plans to attend!

Homemaker Fundraisers

Our Homemaker Council has voted to sell pecans and poinsettias this fall. Keep this in mind when making holiday plans. Remember these will make excellent gifts!

Area Annual Day
The Area Annual Day is
being held in Edmonson
County on October 19
at 9AM. We will be
taking a van. Sign up
for the event at the
Extension Office by
September 27.

October Council Meeting and Leader Lesson Time Change

For our October lesson, we have a special guest coming to provide our leader lesson. Megan Treadway, the Kentucky State
University Area Family Consumer Science Agent, will be providing a lesson on Paw Paws.

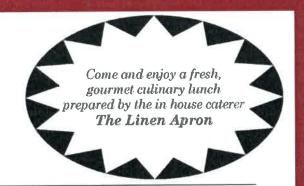
Due to a conflict in her schedule, we will not be meeting at the regular time. Our "Octolber" leader lesson will be in September. Be sure to mark your calendar for Tuesday, September 26 at 10AM for the leader lesson. The council meeting will follow the leader lesson.

Be sure to attend to hear Megan discuss Paw Paw Trees and the benefits of the fruit. You can expect a treat from her.





Edmonson County Homemakers Host
Mammoth Cave Area Homemaker
Annual Day
October 19, 2023 9:00 A.M CST
Tayvin Gardens
214 Noah Bledsoe Road
Smiths Grove, KY 42171
tayvingardens.com



Homemakers: A Slice of the Good Life



Registration Fee: \$20

County Participants numbers are due September 29, 2023. One county check is requested for all your county's attending participants.

Please send your check to:
Tammy Alford, MCA Treasurer
165 Oak Ridge Road
Morgantown, KY 42261

Guest Speakers Ricky Carroll and Norman Warnell

Things to Remember

- Name Tag Contest
- We will be collecting non-perishable food items for needy families in Edmonson County.
 All items will be greatly appreciated.
- If you have questions contact Terri Webb @ 270 791-6545





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

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

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



PARENT

HEALTH BULLETIN



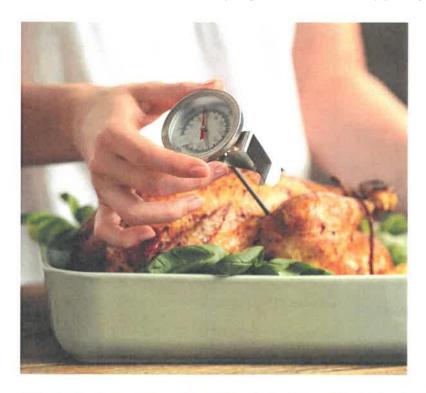
SEPTEMBER 2023

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

Hart County Extension Office 505 AA Whitman Rd Munfordville, KY 42765 (270) 524-2451

THIS MONTH'S TOPIC:

TEACH YOUR FAMILY FOOD SAFETY



eptember is Food Safety Awareness Month. It's a great reminder for everyone to make good choices in the kitchen to keep foodborne illness away! As kids get older, they become more involved in choosing foods, preparing them, and storing them. As kids take on more of these responsibilities, parents can be happy to have the help. However, parents can also find it stressful when kids handle food unwisely, leave food setting out, improperly cook food, or make unsafe messes.

Prevent food spoilage and waste in your home by teaching your children safe food-handling practices. This will allow them to help prepare more food at home and give you confidence in knowing that your food supply is safe!

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

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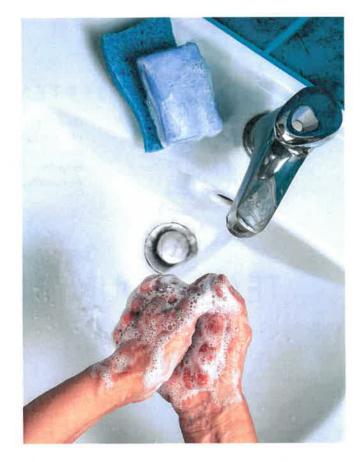
Lexington, KY 40506

Wash hands with soap and warm water before beginning, after touching anything that is not clean during the cooking process, and before sitting down to eat.

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Here are four simple food safety steps to teach your kids, and follow yourself!

- 1. Clean: Wash your hands and food prep surfaces. Wash hands with soap and warm water before beginning, after touching anything that is not clean during the cooking process, and before sitting down to eat. Wash your utensils, cutting boards, and countertops with hot, soapy water. Rinse fresh fruits and vegetables under running water.
- 2. Separate: Keep raw meat, poultry, seafood, and their juices away from other foods. Use separate cutting boards during food prep, and keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge. Place uncooked meat, poultry, and seafood on a plate so juices do not leak from packaging and contaminate nearby food.
- 3. Cook: Heat food to the right temperature.
 Food is cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer:
 - 145 degrees F for whole cuts of beef, pork, veal, and lamb (then allow the meat to rest for 3 minutes before carving or eating)
 - 160 degrees F for ground meats, such as beef and pork
 - 165 degrees F for all poultry, including ground chicken and turkey
 - 165 degrees F for leftovers and casseroles
 - 145 degrees F for fresh ham (raw)
 - 145 degrees F for fin fish, or cook until flesh is opaque
- 4. Chill: Refrigerate leftovers or unused items quickly. Bacteria can multiply rapidly if left at room temperature or in the "Danger Zone" between 40 degrees F and 140 degrees F. Keep your refrigerator below 40 degrees F and know when to throw out food. Refrigerate perishable



food within two hours. Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter, because bacteria multiply quickly in the parts of the food that reach room temperature.

Following these simple guidelines will keep your food safe to eat and give your kids confidence as they become more independent in the kitchen.

REFERENCE:

https://www.planeatmove.com/eat-well/food-safety-basics

HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock Images:
Adobe Stock





PARENT CORNER

Breakfast ideas to try

he morning meal doesn't have to be all about normal breakfast items. You can mix it up to have other foods and still have a good healthful start to the day.

Serve a balanced breakfast that is made up of whole grains, protein, and fruit or vegetables. You could try any of these delicious ideas:

- whole-grain cereal with low-fat milk topped with fruit or nuts
- whole-grain waffles topped with peanut butter or ricotta cheese and fruit
- whole-wheat pita stuffed with sliced hard-cooked eggs and fresh spinach
- oatmeal topped with nuts and fruit and sprinkled with cinnamon
- half a whole-grain bagel topped with peanut butter and fresh fruit (banana or apple wedges)
- breakfast smoothie (low-fat milk or yogurt, fruit, and wheat germ or bran whirled in a blender)
- · vegetable omelet with whole-wheat toast
- sliced cucumbers and hummus in a whole-wheat pita
- lean turkey and tomato on a toasted English muffin
- heated leftover rice with chopped apples, nuts, and cinnamon
- shredded cheese on a whole-wheat tortilla, folded in half, microwaved for 20 seconds, and topped with salsa

Source: Adapted from https://kidshealth.org/en/parents/breakfast.html

COOKING WITH KIDS

Seasonal Layered Fruit Salad

- 1/2 cup fruit A
- 1/2 cup fruit B
- 1/4 cup vanilla or fruit flavored low-fat regular or whipped yogurt
- Select two different fruits to fit the season, holiday, or summer fun event.
- 2. Choose fresh, frozen, or canned fruits.
- Using a clear 9-ounce cup, work with your kids to build their layered fruit salad by layering fruit and yogurt.

Serving size: 1 1/4 cup

Fruit combination examples

- Fall: Pineapple chunks, mandarin oranges, vanilla yogurt
- Winter: Blueberries, green grapes, blueberry yogurt
- · Spring: Peaches, red grapes, peach yogurt
- Summer: Cantaloupe, blackberries, blackberry yogurt
- Patriotic: Blueberries, raspberries, vanilla yogurt
- Valentine: Watermelon chunks, raspberries, strawberry yogurt
- · Christmas: Strawberries, sliced kiwi, vanilla yogurt

Source: https://www.planeatmove.com/recipes/recipe/seasonal-layered-fruit-salad



RECIPE

Apple Grilled Cheese

- · 2 teaspoons butter
- · 4 slices whole-wheat bread
- 2 slices American or cheddar cheese
- 1/2 cup spinach
- I teaspoon honey
- · I apple, cored and thinly sliced
- 1. Place a medium skillet over medium heat. Butter one side of each slice of bread.
- Place one slice of bread in the skillet, butter side down.Top with two slices of cheese and 3 to 4 pieces of spinach.Drizzle with honey. Place 2 to 3 apple slices on the sandwich.
- Top the sandwich with the other slice of bread, butter side up. Cook for 2 to 3 minutes, or until golden brown and flip.
- 4. Repeat for the next sandwich, or if your skillet is large enough, do two at a time.

Servings: 2; Serving size: 1 sandwich

Source: https://www.planeatmove.com/recipes/recipe/apple-grilled-cheese



MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

Back to School: How Grandparents Can Help Grandchildren Succeed

As school starts, children will be bringing home homework to help them reinforce what they are learning during the day. While homework helps teach skills such as discipline, organization and time management, it can also create a power struggle between a child and adult, especially a grandparent. Grandparents are often stereotyped to be "grand", as in splendid, fun, a non-disciplinarian who pampers and spoils. But nationally, approximately 2.7 million



grandparents have grandchildren living with them and many of them are helping take care of the children's basic needs. According to the KY Youth Advocates, 53,000 children are cared for by grandparents or other relatives in the state of Kentucky. Dealing with school is one of the many issues grandparents have to address. Rules and consistency can help a child be successful and aide the grandparent in having a positive approach for daily school routines:

- Decide together on a consistent and quiet time for homework to help promote good study habits.
 Such a skill set is important because it translates to life in terms of time management,
 organization, working independently and self-discipline.
- Help a child who is struggling with homework—but do not do it for him or her. Arrange for tutors if necessary.
- Create timelines, work plans and short and long-term goals for large and/or lengthy projects.
- Balance and prioritize school, extracurricular and family/friend activities.
- Be patient. Patience over frustration and irritation will help you be a good role model.
- Provide positive and affective feedback and praise. If a child has studied hard for a spelling test and does well, for example, point out how his or her hard work paid off and that you are proud of them as a result.
- Respect the child's teacher. A supportive and positive relationship with the teacher demonstrates
 to a child not only how to be respectful, but also how working together encourages moving
 forward in a positive direction.
- Help your grandchild get organized to stay on top of assignments and times. Included with organization is having basic supplies such as pens, pencils, notebooks, binders and calendars.

- Create positive study habits.
- Younger children may need help studying for exams or for someone to go over their homework prior to handing it in.

In addition to helping a child develop important life skills and self-confidence as you work together to be successful in school, a supportive, positive and honest grandparent can also help a child handle stress and address mistakes and challenges.

Reference: Grandparents as parents: Helping children succeed in school. Retrieved August 3, 2017 from http://fcs.tamu.edu/families/aging/grg/educators-and-support-group-leaders/helping-children-succeed-in-school/

Source: Amy Kostelic, Extension Specialist for Family Life, University of Kentucky; College of Agriculture, Food and Environment

Pair Homework with a Healthy Snack

Snacks can play a very important role in helping kids fulfill their daily nutritional requirements if healthy snacks are planned for. <u>Snacks</u> can help your children get additional servings from each food group in case they are not getting enough at meal times. Here is a great recipe from MSU Extension's "Making Healthy Choices" newsletters that kids can do on their own.

Kid's Pizza (serves 1)

- 1. Use a toasted 100% whole-wheat English muffin (or slice of bread) for your pizza base.
- 2. Add 2 tablespoons pizza sauce to base.
- 3. Add a sprinkle of cheese.
- 4. Add your favorite toppings (like tomatoes, mushrooms and peppers).
- 5. Place on microwave-safe plate and microwave for 45 seconds or until cheese is melted. Be careful. It will be hot!
- 6. Let food rest for 3 minutes to allow the food to fully cook.
- 7. Enjoy!



Reference: Healthy After School Snacks. Michigan State University. Retrieved August 23, 2023 from https://www.canr.msu.edu/news/healthy_after_school_snacks

Megan Treadway

Area Extension Agent for Family and Consumer Sciences

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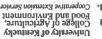
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RETURN SERVICE REQUESTED

Hart County P.O. Box 367 Munfordville, KY 42765-0367







Sweet & Spicy Butternut Squash

2 medium butternut squash

1 tablespoon olive oil

¼ teaspoon kosher salt
¼ teaspoon cayenne pepper

cinnamon 1/4 cup honey

1 teaspoon ground

Preheat oven to 450 degrees F. Wash squash and pierce the skin of each with a fork in several places. Place both squash in a microwave oven.

Cook on high setting for 4-5 minutes. Place squash on a cutting board and cut ½ inch off both ends. Cut squash in half lengthwise and remove seeds and pulp. Peel off the skin using a sharp vegetable peeler. Cut the squash into ½ inch cubes. Place the squash cubes in a large mixing bowl. Add olive oil, kosher salt, cayenne pepper and cinnamon. Toss to coat.

Spread the seasoned squash cubes on a greased baking sheet. **Roast** for 40 minutes or until fork tender, **turning** after 20 minutes. **Remove** from oven and let **sit** for 5 minutes. **Warm** honey in a microwavable dish and **drizzle** over the squash.

Yield: 12, 1/2 cup servings

Nutritional Analysis:

60 calories, 1 g fat, 0 g saturated fat, 0 mg cholesterol, 50 mg sodium, 14 g carbohydrate, 2 g fiber, 7 g sugar, 1 g protein.