

Hart County Homemaker Newsletter



Upcoming Events

Healthy Living
Every Monday at 1 pm at the
Extension Office

Crafty Friends
September 10
October 8

Cub Run Club
September 17
October 15

Outreach Too
September 16
October 21

Quilt Club- Sew & Sew
September 25
October 23

Waterloo
September 18
October 9

Hardyville
September 18
October 16

Mammoth Cave Area
Homemaker Annual Day
October 16, 2025

September - October 2025



A Note from Sonya

It's almost here!!! The Mammoth Cave Area Homemaker Annual Meeting is being held in Logan County at Logan County Extension Office on October 16. Please register by **September 25**.

The annual stuffed animal drive is in September, so remember to pick up some stuffed animals to be donated to local law enforcement to give to children during a tragedy. September and October are busy! Check out the newsletter to see everything that is happening this next month!

Extension Agent for
Family and Consumer Sciences

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Agriculture and Natural Resources
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Lexington, KY 40506



Hart Happenings

September and October 2025

HOMEMAKER RECRUITMENT

In September we will be focusing on Homemaker Recruitment. Encourage a friend to join Homemakers by inviting them to a Homemaker Event and showing them what we have to offer. Its a great way to ask a friend to join.

September Stuffed Animal Drive

As many of you may recall, the Homemaker Council voted to make the stuffed animal drive an annual event last year. We designated September of each year to be the month for the drive. The stuffed animals are donated to the Hart County Sheriff Office to be given to children in times of crisis (ie. domestic violence situations, loss of loved ones, loss of homes, etc) Bring those stuffed animals into the office this month!

KEHA Homemaker Week

KEHA Homemaker Week is October 12-18. 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 29 at 10AM for a picture for the paper. Please make plans to attend!

Homemaker Fundraisers

We plan to sell pecans and poinsettias again this fall. Keep this in mind for the upcoming holidays!

Area Annual Day

The Area Annual Day is being hosted by Logan County on October 16 at 9AM. Sign up for the event at the Extension Office by September 25. See details in the newsletter.

November Council Meeting Date

For our November lesson, we had a conflict. The Mammoth Cave Area Homemaker Leader Training was being held in Warren County on November 6. It has changed to Oct 30. We may change our Hart County Council Meeting in November. It will be decided at the September council meeting..

Mammoth Cave Area

Leader Training

The leader training date has changed and will be held on October 30 in Warren County. Make plans to attend. This is open to everyone, but county officers and county committee chairs are highly encouraged to attend.

Big Blue Book Club

is reading the book

Praisesong for the
Kitchen Ghosts

Check out the page included in the newsletter for the book club information. If you are interested in participating, I can get you more information.

I have heard the book is
great!

Art with Allison

Allison, the Art agent from KSU will be in Hart County on September 19 at 10AM to lead us in an ART project. We will be doing watercolor painting. Mark your calendar for the upcoming fun.

KEHA (Kentucky Extension Homemakers Association) has placed an updated manual on line. You can view the it at

<https://keha.ca.uky.edu/content/keha-manual>

The manual has updated information on rules for contests and opportunities for Homemakers.

2025-2026 Dues

Your 2025-2026 dues are being accepted now. Stop by the office to pay the \$10. The benefits of being a Homemaker is worth so much more than \$10!!!



SPICE IT UP

AT THE

*Mammoth Cave Area Homemakers
Annual Day*

OCTOBER 16, 2025

9:00 AM

LOGAN COUNTY EXTENSION OFFICE

REGISTRATION FEE:
\$20

WE WILL BE COLLECTING:
BABY TOILETRIES
WAL-MART GIFT CARDS
VISA GIFT CARDS

ITEMS WILL BE DONATED
TO THE ISAIAH 117 HOUSE

GUEST SPEAKER: SHARON WOOD

Please register with Hart County Extension
Office by September 25.

One check from Hart County will be
mailed to the MCA Treasurer.



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Lunch prepared by:

Bilyeu's Catering

Lunch Includes:

Marry Me Chicken

Mashed Potatoes

Roasted Vegetables

Banana Pudding

**Thank You
for joining us in
Logan County!**

REGISTRATION FORM

Return this portion, along with your fee, to your County Extension Office

NAME: _____

NO. RESERVATIONS: _____

**COUNTY PARTICIPANT NUMBERS ARE DUE OCTOBER 1
TO LOGAN COUNTY EXTENSION OFFICE**

**ONE CHECK REQUESTED FOR ALL YOUR
COUNTY ATTENDEES**

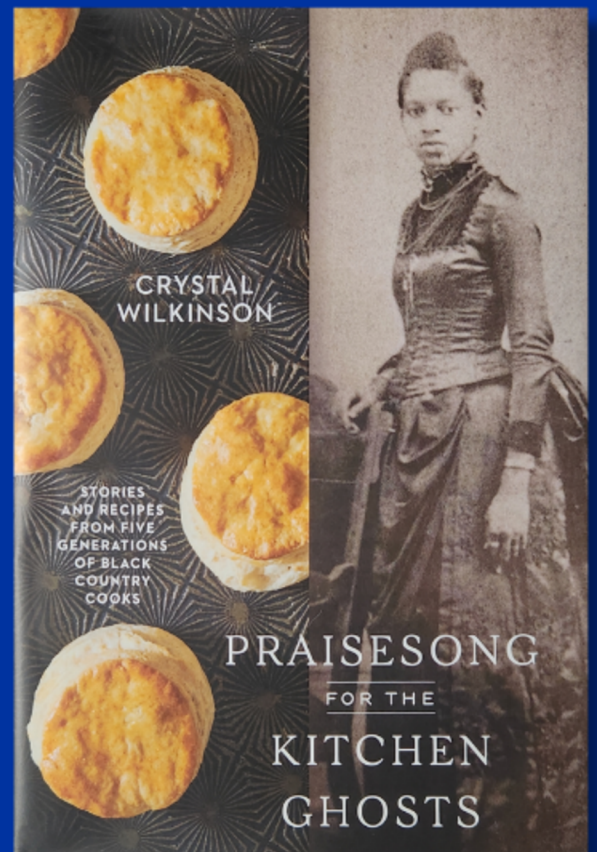


BIG BLUE BOOK CLUB

SAVE THE DATE

October 27
November 3
November 10
November 17

@1:30 pm ET/12:30 pm CT
via Zoom



Registration opens **September 2, 2025**. Visit the website, ukfcs.net/BigBlueBookClub, to register.



Mammoth Cave Area

Multi-County Homemaker Leader Lessons (for October & November)

Barren County Extension Office: September 30

OR

Warren County Extension Office: October 2

Decorative Gift
Wrapping
9:30 AM

Christmas
Decorations from
Natural Resources
11 AM

Times are the same for both days!

Please send 1 leader from each county club

Must sign up with your agent by
Tuesday, September 9





MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

DATE

Cooking and Baking with Sugar Substitutes

All carbohydrates—including starches, naturally occurring sugars, and added sugars—are broken down into simple sugars, like glucose, during digestion. One of the primary goals in diabetes management is controlling blood glucose, which means controlling carbohydrate intake.



Individuals with and without diabetes should get less than 10% of their total calories from added sugar. People with diabetes may desire to lower their carbohydrate, added sugar, and calorie intake by using sugar substitutes, including nutritive (low calorie) or nonnutritive (no calories) sweeteners. These can come from natural sources, like stevia and monk fruit, or be synthesized in a laboratory, like sucralose, aspartame, and saccharin.

Lower calorie nutritive sweeteners, including sugar alcohols, and nonnutritive (no calorie) sweeteners may help you lower your carbohydrate and calorie intake. The American Diabetes Association says that using these nonnutritive sweeteners is acceptable “if it reduces overall calorie and carbohydrate intake.”

Nutritive Sweeteners

Nutritive or caloric sweeteners are sweeteners that provide energy, including sugar, honey, coconut sugar, raw sugar, monk fruit, high-fructose corn syrup, invert sugar, cane sugar, and agave syrup. The body gets energy (measured in calories) from these foods.

These sweeteners will increase blood glucose. In general, a similar amount of carbohydrate from any of these sweeteners will increase your blood sugar by about the same amount.

Sugar alcohols are nutritive sweeteners used in food processing, including sorbitol, xylitol, mannitol, maltitol, and others. These sweeteners provide fewer calories than regular sugar. These sugar alcohols may affect your blood glucose differently than regular sugar. Track your food to see what happens in your body. Note that:

- In large amounts, sugar alcohols can cause digestive upset.
- Sugar alcohols do not promote tooth decay.

Nonnutritive Sweeteners

Nonnutritive sweeteners are sweeteners that provide no energy (calories), including saccharin, aspartame, acesulfame-K, sucralose, neotame, advantame, and stevia.

Nonnutritive and lower calorie sweeteners may be found in prepackaged and prepared foods, and you can purchase some for cooking and baking. If you use them in cooking and baking, it is important to know they might perform differently than regular lower-calorie sweeteners and result in a product that is different in taste, texture, or shape than the original recipe.

Tips for Using Sugar Substitutes:

- Always test a recipe made with a sugar substitute before serving it for a special occasion. It may not meet your standards. This is true even for recipes from the product manufacturer.
- Do not replace more than half the sugar in baked goods recipes with a sugar substitute.
- Sugar substitute blends that contain some real sugar typically give baked goods a better texture, volume, and moisture than using the sugar substitute alone.
- Add aspartame after cooking or combine with other sweeteners to preserve its sweetness. Aspartame is not heat stable.
- Know that foods cooked or baked with sugar substitutes may not brown as much as foods cooked with regular sugar.

Tips When Using Granulated Sucralose for Baking Blends:

- Flatten cookies before baking.
- Try baking cookies, brownies, and breads 3–5 min less than the original recipe time.
- Try adding 1 teaspoon of vanilla per cup of granulated sucralose blends for a more “natural” flavor.
- Try adding 1 tablespoon of honey or molasses to quick breads for taste and browning.
- Spray dough or batter with nonstick vegetable spray to aid browning.

All foods with carbohydrates will impact your blood sugar. The goal is to eat foods that nourish your body and help you meet your glycemic and other health goals. Speak with your healthcare provider for your individualized glycemic targets. No matter how you satisfy your sweet tooth, monitor your blood glucose regularly so you know how these foods affect you, and keep your appointments with your doctor.

Source: Elizabeth Kindamo, Alison Berg, Candace Tucker, and Hannah Wilson, University of Georgia Extension

References: American Diabetes Association Professional Practice Committee, <https://doi.org/10.2337/dc24-S005>

American Diabetes Association Professional Practice Committee, <https://doi.org/10.2337/dc24-s006>

Nutrition therapy for adults with diabetes or prediabetes: A consensus report. *Diabetes Care*, <https://doi.org/10.2337/dci19-0014>

<https://www.fda.gov/food/food-additives-petitions/aspartame-and-other-sweeteners-food>

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RETURN SERVICE REQUESTED

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

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



Apple Grilled Cheese

Ingredients:

- 2 teaspoons butter
- 4 slices whole wheat bread
- 2 slices American or cheddar cheese
- ½ cup spinach
- 1 teaspoon honey
- 1 apple, cored and thinly sliced

Directions:

1. Place a medium skillet over medium heat. Butter one side of each slice of bread.
2. Place one slice of bread in skillet, butter side down. Top with two slices of cheese and 3-4 pieces of spinach. Drizzle with honey. Place 2-3 apple slices on sandwich.
3. Top sandwich with other slice of bread, butter side up. Cook for 2-3 minutes, or until golden brown and flip.
4. Repeat for next sandwich or if your skillet is large enough, you can do two at a time.