

# Hart County Homemaker Newsletter

 **Martin-Gatton**  
College of Agriculture,  
Food and Environment

September -  
October 2023



## Upcoming Events

Healthy Living  
Every Monday at 1 pm at the  
Extension Office

Bonnieville Club  
September 13  
October 11

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

## 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

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Disabilities  
accommodated  
with prior notification.

# 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.

## 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!

## 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.

## 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 "October" 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*



University of Kentucky  
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**Cooperative Extension Service**  
Agriculture and Natural Resources  
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**LEXINGTON, KY 40546**

### 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**



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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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Hart County  
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42765  
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## THIS MONTH'S TOPIC:

# TEACH YOUR FAMILY FOOD SAFETY



**S**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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## *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>

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**ADULT**  
**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

**T**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

1. Select two different fruits to fit the season, holiday, or summer fun event.
2. Choose fresh, frozen, or canned fruits.
3. 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
- 1 teaspoon honey
- 1 apple, cored and thinly sliced

1. Place a medium skillet over medium heat. Butter one side of each slice of bread.
2. 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.
3. 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. Snacks 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](https://www.canr.msu.edu/news/healthy_after_school_snacks)

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## Sweet & Spicy Butternut Squash

2 medium butternut  
squash

1 **tablespoon** olive oil

$\frac{1}{4}$  **teaspoon** kosher salt

$\frac{1}{4}$  **teaspoon** cayenne  
pepper

1 **teaspoon** ground  
cinnamon

$\frac{1}{4}$  **cup** honey

**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**  $\frac{1}{2}$  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  $\frac{1}{2}$  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,  $\frac{1}{2}$  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.

