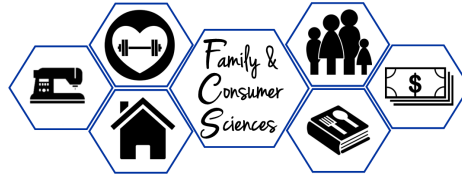




2023

**Cooperative Extension
Service**

Daviess County
4800A New Hartford Road
Owensboro KY 42303
270-685-8480
daviess.ca.uky.edu



DATES

- August 5**
Farmers' Market
- August 9**
School begins in Daviess County
- August 17**
Calendar recipe demo on Facebook
- August 17-27**
Kentucky State Fair
- August 21**
Tune in to WBKR
- August 22**
Homemaker Lesson Leader Training-Owensboro
- August 22**
Make, Take, and Bake Casserole Class
- August 22**
Daviess County Homemaker Leadership Mtg
- August 23**
Homemaker Lesson Leader Training-Henderson
- September 4**
Labor Day, office closed
- September 18**
Tune in to WBKR
- September 19**
Homemaker Area Annual Meeting
- September 21**
Calendar recipe demo on Facebook



Be sure to stop the Owensboro Regional Farmers Market on Saturday, August 5th and visit us at the Extension Booth... we will be featuring recipes that you can spin yourself on our Blender Bike!!!!

If you have stopped by our booth, we hope you have enjoyed the samples! Hope to see you August 5th!



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Katie Alexander
Katie Alexander

**Daviess County Extension Agent
for Family & Consumer Sciences
Education**

**Cooperative
Extension Service**

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

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Disabilities
accommodated
with prior notification.

Make, Take and Bake Casserole Class Is FULL!

We have a waiting list, if anyone cancels we will start calling people on the waiting list. So, if you are signed up but for any reason cannot attend, please call and let us know, 270-685-8480.

SAVE THE DATE!

Save the Date, October 26th for a Healthy Cooking Class coming in October, sponsored by the Daviess County Diabetes Coalition!! Stay tuned for more information!

Daviess County Lion's Club Fair

We had a total of 58 entries. Congrats to all the winners! Be on the lookout for the 2024 fairbook after the first of the year!! There will be some changes and new additions.



Back-to-School Breakfast Ideas

Source: Courtney Luecking, Extension Specialist for Nutrition and Health

We often hear breakfast is the most important meal of the day. *But why?* Children who eat breakfast do better on tasks that require attention and higher-level brain functions. This means children who eat breakfast focus and concentrate better and have fewer behavior problems. They also have higher school attendance, fewer hunger-induced stomach aches, and better muscle coordination. Children who eat breakfast also tend to have an overall healthier diet.

It is easy to miss or forget breakfast during the rush to get out the door for school. But a little planning and prep will have your family fueled for whatever the day brings. Try one or more of these tips to help make breakfast part of a back-to-school routine that sets children up for success.

- **Prep the night before.** Set out breakfast options before going to bed. This will allow children and adults to easily get started eating or grab something for the road.
- **Set the alarm a few minutes earlier.** A few extra minutes in the morning can provide time for a quick breakfast. It can also provide time for children to wake up and feel hungry or ready to eat.
- **Role model breakfast.** Children copy adults' behavior. Sitting down to eat with children or at least eating while getting ready shows them breakfast is part of the start of the day.
- **Pack breakfast to go.** Breakfast does not have to be eaten at home. You can pack healthy options for the bus or car ride to school and work.
- **Try school breakfast.** Many schools serve nutritious breakfast. Ask your school and encourage children to take advantage of this.

Eating something is better than nothing. But to fuel the body and brain for a day of academic, social, and physical activity, the standout combination is a whole grain, some protein, and either fruit or vegetables. Find whole grains in things like hot or cold cereal, bread, tortillas, muffins, waffles, or even leftover rice or pasta. Look for protein, which is often missing from breakfast, in dairy products, eggs, nuts and seeds, beans, or animal meats.

Try one of these quick, easy ideas to fuel children's brains and behavior. Or create your own combination!

- **Hot, instant cereal.** Add protein by making it with milk instead of water. You can change up the flavor based on things you mix in. Want it sweet? Add fresh, dried, or even frozen fruit and nuts. Want it savory? Add cheese and an egg with veggies of your choice.
- **Yogurt bowl.** Start with a base of plain yogurt and then add fresh, canned, or frozen fruit and whole-grain cereal or granola.
- **Egg sandwich.** Have an egg your way with cheese and veggies of your choice on a whole-grain bread, bagel, English muffin, or pita.
- **Smoothie.** Blend milk, frozen fruit, and a banana. You can add yogurt or nut butter for more protein and flavor.
- **Tortilla roll.** Spread nut butter and your choice of fruit on a whole-grain tortilla. Roll up and enjoy.
- **Cheese and whole-grain crackers.** If you feel like snacking for breakfast, try veggies and hummus or fruit with whole-grain crackers and a stick or slice of cheese.
- **Dinner for breakfast.** Leftovers are another quick and easy option for breakfast.

For more ideas, visit your local Extension office or the [planeatmove.com/recipes](https://www.planeatmove.com/recipes) website.

References

Ellis, E. (2021, March 5). Power up with breakfast. Eatright.org. <https://www.eatright.org/food/planning/meals-and-snacks/power-up-with-br...>

Ellis, E., Msora-Kasago, C., Derocha, G., Escobar, S., Bochi, R.A., Sheth, V. (2021, July 9). Breakfast: Key to growing healthy. Eatright.org. <https://www.eatright.org/food/planning/meals-and-snacks/breakfast-key-to...>



HOMEMAKER HAPPENINGS



The first homemaker lesson of the year is on Paw Paws. It will be taught by Kentucky State University. This will be an interesting and tasty lesson.

Training for this lesson is Aug 22 at 10:00 am

The second lesson of the year is Planning Holiday Meals on a Thrifty Budget. Planning a holiday meal on a budget starts weeks and sometimes months in advance. By planning ahead now, you will feel less stressed when it is time to celebrate.

Training for this lesson is Aug 22 at 11:00 am

Homemaker Leadership Training

August 22, 2023 at 12:15

Daviess County Cooperative Extension Office

Boxed lunch will be provided,
PLEASE RSVP by August 17. 270-685-8480

All members are welcome! At least one representative from each club should be in attendance.

Green River Area Annual Meeting

September 19, 2023

Buck Creek Baptist Church Fellowship Hall

Registration 10:30 am

Program 11:00 am



Abbie Stock | #22423951



Skillet Pork Chops with Peaches



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

- 1 tablespoon oil
- 4 center cut pork chops (about 1/2 inch thick), trim visible fat*
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon butter
- 2 cups diced canned peaches, drained**
- 2 tablespoons apple cider vinegar
- 2 tablespoons sugar

*Boneless pork loin chops can also be used in this recipe.

**Fresh in-season or frozen peaches may be substituted for canned peaches.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. If using fresh peaches, wash under cool running water, gently rubbing the skin. Dry. Dice for the recipe.
3. Heat a large skillet over medium-high heat. Add oil.
4. Season pork chops with garlic powder, salt, and black pepper. Add to pan.

5. Rewash hands after handling raw meat.
6. Brown both sides of pork chops, cooking until the meat reaches an internal temperature of 145 degrees F as measured on a meat thermometer. Remove from pan to rest.
7. Return skillet to the stove and increase heat to high. Add butter, peaches, apple cider vinegar, and sugar. Cook quickly, stirring often, allowing peaches to slightly turn brown and sauce to thicken (about 2 to 4 minutes).
8. Return pork chops to the pan with peaches and continue cooking until the mixture coats the pork chops (about 2 to 3 minutes).
9. Serve each pork chop topped with peaches.
10. Refrigerate leftovers within 2 hours.

Makes 4 servings
Serving Size: 1 pork chop
Cost per recipe: \$7.78
Cost per serving: \$1.95

Nutrition facts per serving:
280 calories;
10g total fat; 3g saturated fat; 0g trans fat; 70mg cholesterol; 400mg sodium; 21g total carbohydrate; 2g dietary fiber; 19g total sugars; 6g added sugars; 28g protein; 6% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source:
Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service



Fireside Turtle Pocket

Servings: 6 Serving Size: 12 ounces of turtle and veggies



Ingredients:

- 4 large turtle legs, about 2 ½ pounds
- 2 tablespoons dried minced onion
- 1 teaspoon black pepper
- Water to cover
- 4 tablespoons butter
- 4 large potatoes, peeled and diced
- 4 carrots, peeled and cut into 1-inch lengths
- 1 onion, chopped
- ¾ teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder

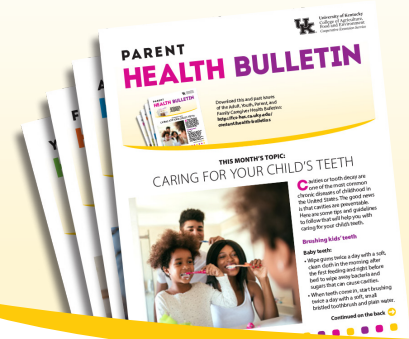
Directions:

Place turtle legs, dried onion, and black pepper in a slow cooker. Add enough water to cover. Cook on high for 1 hour, reduce heat to low, and cook an additional 8 hours until meat is tender and falls off the bones. Pick out the meat and discard the bones and cartilage. Place a long sheet of heavy-duty foil on a large cookie sheet. The ends of the foil will hang off the pan. Slice butter into pats onto the foil. Place potatoes carrots, and onions in center of foil. Place potatoes, carrots, and onion in center of foil. Place turtle meat on top of vegetables, sprinkle with salt, pepper and garlic powder. Bring ends of foil to center and foil to seal in juices. Bake at 450 degrees F for 40 minutes or until potatoes are tender.

Source: Adapted from: Clinton Hardy's Sorgho Creek Turtle recipe

Nutrition Facts per Serving: 360 calories, 2g total fat, 0.5g saturated fat, 0g trans fat, 95mg cholesterol, 490mg sodium, 42g total carbohydrate, 7g dietary fiber, 7g total sugars, 42g protein, 20% DV calcium, 20% DV iron, 30% DV potassium

PARENT HEALTH BULLETIN



AUGUST 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>

THIS MONTH'S TOPIC:

HELP YOUR FAMILY EAT THE RAINBOW WITH FRUITS AND VEGGIES



Eating a wide variety of foods is important for everyone, especially children. Children's bodies are growing and developing at a rapid rate. They need many nutrients to be able to grow and develop to their full potential. Two important categories of foods that children need are fruits and vegetables. Fruits and vegetables contain essential nutrients such as vitamins and minerals for brain development, muscle and bone growth, and fiber for healthy digestion.

A recent Centers for Disease Control and Prevention study found that many children in Kentucky are not eating fruits and vegetables every day. In fact, more than half of children did not eat a

Continued on the next page →



If your family or child struggles to eat fruits and vegetables, start by adding just one fruit and vegetable into their meals.

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vegetable daily during the preceding week, and more than one-third did not eat fruit daily.

As a parent or caregiver, you have a huge influence on your child's food access and understanding of how to choose a variety of healthy foods. You teach your child about food based on

what foods you buy, prepare, offer, and eat as a family.

Fruits and vegetables contain essential nutrients such as vitamins and minerals for brain development, muscle and bone growth, and fiber for healthy digestion.

To encourage children and families to eat more fruits and vegetables, we are challenging everyone to “eat the rainbow” every day. That means choosing fruits and vegetables that are different colors every day. If your family or child struggles to eat fruits and vegetables, start by adding just one

fruit and vegetable into their meals for the day.

Here are some ways to incorporate fruits and vegetables in meals and snacks that you may already be preparing:

- Include chopped up fruit in breakfast cereal or oatmeal
- Add in veggies to cooked eggs, potatoes, or rice
- Put leafy greens or thinly sliced vegetables on a sandwich
- Eat raw sliced veggies and fruit with dip for a snack

Here is a simple smoothie recipe. You can use any fruit that you like. Don't be afraid to add in some vegetables! Try experimenting with different fruit and vegetable combinations to see what members of your family likes.

- 2 cups fresh or frozen fruit and vegetables
- 1 cup low-fat milk
- 1/2 cup low-fat yogurt



Place all ingredients in a food processor or blender and mix until well combined. Serve cold!

For more ideas of how to include at least one fruit and vegetable in your and your child's diets each day, visit [PlanEatMove.com](https://www.PlanEatMove.com).

REFERENCE:

<https://www.cdc.gov/mmwr/volumes/72/wr/mm7207a1.htm>

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

123RF.com



ADULT HEALTH BULLETIN



AUGUST 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>

THIS MONTH'S TOPIC: LUNG CANCER SCREENINGS



August 1 is World Lung Cancer Day, a day to bring awareness to the importance of lung cancer screening and taking active steps to reduce the likelihood of negative outcomes.

Lung cancer is the leading cause of cancer deaths in Kentucky. However, early diagnosis increases the odds for successful treatment. Evidence-based screening among eligible Kentuckians is a safe way to catch lung cancer early and increase a person's odds of beating the disease.

The Kentucky Lung Cancer Screening Program has three goals:

1. Increase lung cancer screening,
2. Reduce morbidity and mortality from lung cancer, and
3. Reduce the cost of treating lung cancer.

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Lung cancer is the leading cause of cancer deaths in Kentucky.



For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit quitnowkentucky.org.

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The U.S. Preventive Services Task Force (USPSTF) recommends yearly lung cancer screening with low-dose computed tomography (LDCT) for people who have the following risk factors:

- A 20 pack-year or more smoking history
- Smoke now or have quit within the past 15 years
- Are between 50 and 80 years old

A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history by smoking one pack a day for 20 years or two packs a day for 10 years.

The recommended screening test for lung cancer is low-dose computed tomography (also called a low-dose CT scan). Screening is recommended for adults who have no symptoms but are at high risk.

The best way to reduce your risk of lung cancer is to not smoke and to avoid

secondhand smoke. Lung cancer screening is not a substitute for quitting smoking.

For more information on the Kentucky Cancer Screening Program, or to find screening options and locations near you, visit ky.gov and search “lung cancer screening.”

For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit quitnowkentucky.org.

REFERENCE:

https://www.cdc.gov/cancer/lung/basic_info/screening.htm

ADULT
HEALTH BULLETIN

Written by:

Katherine Jury, MS

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Designed by: Rusty Manseau

Stock images:

123RF.com



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: WAYS TO SAVE ON BACK-TO-SCHOOL

Sales ads and store shelves are now displaying backpacks, pens, sneakers, and tech. It's the time of year kids start asking for new gear for school. The costs of most goods and services have risen in recent years, and school supplies are no exception. The Consumer Price Index for the Southern Region shows that generally prices peaked last summer, but overall, the cost of goods is still high.

Back-to-school shoppers plan to stretch their dollars spent on supplies, clothes, shoes, and electronics in several ways, according to a recent National Retail Federation survey. Some will compare prices online before buying (45%). Others will shop sales (45%), buy generic or store brand products (39%), or use coupons (27%). The following tips provide more cost-saving suggestions.

BEFORE YOU SHOP

After you've received a list of the school supplies your child will need this year, take an inventory of the supplies you already have before heading out to buy new items. You might be able to use some of last year's supplies, such as backpacks, calculators, rulers, folders, and more.

Look through your child's clothing and shoes to see what fits and what you need to replace. Be sure to check the school's dress code to make sure your



clothing choices match the school's policies. If your children have outgrown anything, consider selling gently used clothing to a consignment store for cash or store credit.

If your household budget is tight, contact your school's Family Resource or Youth Services Center to see if there are local school supply drives planned in your community. Or consider having a clothing or "supply swap" with other families you know with similarly aged children.

Once you have inventoried your needs, make a shopping list. Put the most critical items at the top of the list. Talk to your kids about the difference between wants and needs. Sometimes we can't have both, and needs must come first.

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Disabilities
accommodated
with prior notification.

TRY TO SHOP RETAILERS WHO OFFER DISCOUNTS, ACCEPT COUPONS, OR HAVE CUSTOMER LOYALTY PROGRAMS.



AT THE STORE

In preparing to shop, consider your budget. Back-to-school expenses are probably not part of your regular monthly budget. Where might this occasional expense fit into your plans? You might not have to buy some items right away, such as winter coats or clothes. You can work those into a later month's budget if needed.

Compare prices online before shopping, especially for more expensive items such as technology. Try to shop retailers who offer discounts, accept coupons, or have customer loyalty programs. Also, hang on to your receipts in case your children don't use the supplies and you can return them.

STICK TO YOUR LIST

Colorful displays and marketing can be enticing, but it is better to stay within budget and stick to your list. Start with what your child needs most.

If they shop with you, perhaps set aside a designated amount that they can spend on a special item of their choice. For smaller items, it can be cheaper to buy in bulk, especially if you can split the cost with another family or if they are staple items you can put aside for next year, such as paper, pencils, or other goods. If your child's school requires a reading list, consider using the local library. Or talk with students from the grade ahead, who might be willing to lend or sell the books they read last year.

REFERENCES:

National Retail Federation. (2023). <https://nrf.com/insights/holiday-and-seasonal-trends/back-to-school>

U.S. Bureau of Labor Statistics. (2023). https://www.bls.gov/regions/southeast/news-release/consumerpriceindex_south.htm

Written by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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