

NEWSLETTER



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

ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

Robertson County Cooperative Extension
39 E Walnut Street
P.O. Box 283
Mt. Olivet, KY 41064

INSIDE THIS ISSUE

Important Dates

Sept. 4 & 18	4-H Advanced Sewing
Sept. 6	Read, Laugh & Learn @ RCPL
Sept. 11 & 25	4-H Beginning Sewing
Sept. 14	Cooking through the Calendar @ Sr. Citizen's Building
Sept. 14	4-H Craft Club
Sept. 16	Methodist Church Food Drive @ Community Center
Sept. 18	Homemaker Meeting
Sept. 21	God's Pantry Food Drive @ Community Center
Sept. 26	Crafts & Crumbs @ Ext. Office



Pumpkin Apple Muffins

1 1/4 cups all-purpose flour	1/2 teaspoon ground ginger	1 1/2 cups fresh pureed pumpkin
1 1/4 cups whole-wheat flour	1/2 teaspoon ground nutmeg	1/2 cup canola oil
1 1/2 teaspoons baking soda	1 1/4 cups honey	2 cups Granny Smith apples, finely chopped
1/2 teaspoon salt	2 large eggs	
1 1/2 cups ground cinnamon		

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by 1/4 teaspoon and increase oven temperature to 350 degrees F.
Yield: 18 muffins
Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Disabilities
accommodated
with prior notification

SEE YA

Around Town

Mount Olivet

IT'S BEEN A YEAR...

Hello to all! It's been a year since I stepped into this role as 4-H/ FCS Agent here in Robertson County and I just wanted to thank all of you who I have crossed paths with. We have had a year of learning, crafting, food preserving, laughing and even some tears along the way. We have been able to double our homemaker number since recent years and also had more community involvement for programming than ever before.

Here's to another year of programming and bringing you the programs you feel you want and need as a resident. If there is ever something you think we should offer our community or a topic you feel strongly about, please reach out. I will do my best to find research based information to share with those who are interested.

I hope to see ya around town soon...

Britney Poe

Britney Poe

4-H/ FCS Agent for Robertson County



Paint Party Fundraiser

Join your friends as we show you how to paint the design of your choosing! Glenda has graciously designed a HOME sign with Robertson County just for us.

All Supplies, Food & Drinks Included

\$30 per person

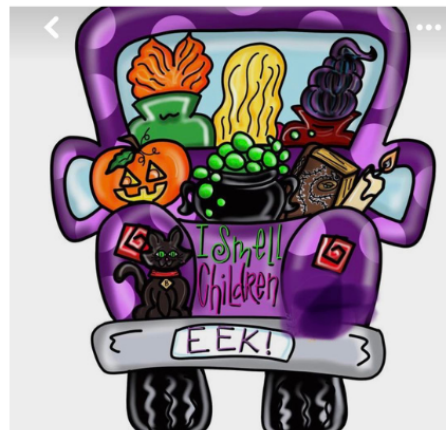
Tuesday, September 26th

6 pm to --

**Robertson County
Community Center**

Call 606-724-5796 to Register

**PROCEEDS GO
TOWARD 4-H CAMP
COST FOR 2024**



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



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COOKING THROUGH THE CALENDAR

SEPTEMBER 14 11 A.M.

Robertson County Senior Citizen's Building

Each attendee will receive a free 12 month recipe calendar and will be able to taste-test each dish.

Participants must be 60 years of age to participate.

One Pan Shrimp and Veggies

- Nonstick cooking spray
 - 16 ounces frozen uncooked shrimp*, peeled and deveined
 - 2 medium zucchini, halved and sliced
 - 1/2 pound (8 ounces) mushrooms, sliced
 - 1 medium red bell pepper, sliced
 - 4 tablespoons sweet chili sauce
 - 1 tablespoon oil
 - 1 1/2 tablespoons lime juice
 - 1 tablespoon low-sodium soy sauce
 - 3 green onions, chopped (optional)
 - 1/4 cup cilantro, chopped (optional)
 - Brown rice (optional)
- *Using frozen, precooked shrimp (pink in color) may result in shrimp having a dry texture. Frozen, uncooked shrimp (gray in color) is preferred.
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Rinse produce under cool, running water. Follow shrimp's package instructions for proper thawing.
 3. Preheat oven to 400 degrees F. Spray a 15-by-10-inch baking pan with nonstick spray. Be sure to use a baking pan with a rim.
 4. Place the shrimp, zucchini, mushrooms, and bell pepper on baking pan.
 5. Wash your hands after handling raw shrimp.
 6. Combine chili sauce, oil, lime juice, and soy sauce in a small bowl and pour over the shrimp and vegetables. Use tongs to toss and combine.
 7. Bake 12 to 15 minutes, or until vegetables are tender and shrimp is cooked through and reaches 145 degrees F using a food thermometer. Shrimp will turn pink as it cooks.
 8. Top with green onions and cilantro and serve over brown rice, if desired.
 9. Store leftovers in the refrigerator within 2 hours.
- Makes 5 servings**
Serving size: 1 cup
Cost per recipe: \$9.97
Cost per serving: \$1.99

Nutrition facts per serving: 290 calories; 14g total fat; 2g saturated fat; 0g trans fat; 135mg cholesterol; 650mg sodium; 22g total carbohydrate; 2g dietary fiber; 10g total sugars; 1g added sugars; 17g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source: Margie Hernandez, Russell County SNAP-Ed Program Assistant Senior

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
	Labor Day					
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

LOCAL

Food Pickup for September



Sept. 16

**Methodist Church @
Community Center**

Sept. 21

**God's Pantry @
Community Center**

ADULT

HEALTH BULLETIN



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

Robertson County Extension Office
39 East Walnut Street
Mt. Olivet, KY 41064
(606) 724-5796

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.

Continued on the next page 



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.



➔ Continued from the previous page

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

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Fun & Creative
Activities for Pre-
school Age
Children

READ, LAUGH & LEARN

WEDNESDAY SEPT. 6
3:30 - 4:30

CALL
LIBRARY TO
REGISTER
606-724-5746



ACTIVITIES:

- Storytelling
- Painting
- Arts & Craft
- Fun Games
- Music & Dance
- Healthy Snacks

Robertson County Public Library

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2023

Nichole Huff, Ph.D., CFE | 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.

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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



THE STORE

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

Compare prices online before shopping, especially more expensive items such as technology. Try to find 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 items and you can return them.

LINK TO YOUR LIST

Printable displays and marketing can be enticing, but it's 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

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Agriculture and Natural Resources
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Pumpkin Apple Muffins

1¼ cups all-purpose flour
1¼ cups whole-wheat flour
1¼ teaspoons baking soda
½ teaspoon salt
1½ teaspoons ground cinnamon

½ teaspoon ground ginger
½ teaspoon ground nutmeg
1¼ cups honey
2 large eggs

1½ cups fresh pureed pumpkin
½ cup canola oil
2 cups Granny Smith apples, finely chopped

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened.

Fold in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

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