


Newsletter

FAMILY & CONSUMER SCIENCES

Boyle County Homemakers



Kentucky Extension
Homemakers Association

 **Martin-Gatton**
College of Agriculture,
Food and Environment
University of Kentucky.

Boyle County Extension
99 Corporate Drive
Danville, KY 40422-9690
(859) 236-4484
Fax: (859) 236-8976
boyle.ca.uky.edu

August 2023

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Just a Note from your Agent

Hey Everyone! I hope you are well and staying cool during this fantastic heat wave. It's been a while since I've mentioned what I've been up to around town lately so I'll give you a little update. This summer has been full of opportunities to work with new audiences! Heather and I have been working with the library during their summer reading program, 4-H project week baking classes, and cooking classes with day campers. One big project we had taken on this summer was updating the community resource guide for Boyle County. This huge document lists all the resources in/available to our community for all types of services from food to housing and more. We hope to launch this guide in early August.

Of course there are plenty of things coming up on the world of KEHA. Don't forget to call and sign up for the Kick Off Picnic. Lunch will be provided for those who call and sign up. We also have an Officer and Chairperson Training coming up that would be great for all members to attend. If you hold an office in your club, for the county, area, or state this training is for you.

Before I let you go, I want to do a few thanks. Thanks to all of you who participated in Floral Hall 2023. Thanks to everyone who entered items, volunteered to help judges, helped with check in and check out and everything in between. We had 35 exhibitors this year! Thanks for being flexible and understanding as we try this new way of doing Floral Hall out at the Extension Office. Thank you.

Alethea Bruzek
Boyle County Extension Agent
for Family and Consumer Sciences

Hello August

- Authenticity starts with
- Understanding your worth and
- Glowing in your way because a
- Unique, imperfect, and different
- Self is much better
- Than the perfect clone



Upcoming Programs & Events

- Lunch and Learn on August 4th at 12pm at the Boyle County Extension Office. Call 236-4484 to register for this free hands on cooking class.
- Area Annual Meeting Planning Committee Meeting on August 7th at 1pm at the BCEO.
- Pop Up Community Potluck on August 10th at 6pm at the Boyle County Library. This month's theme is beans! Feel free to bring a dish to share although it is not required to attend.
- Homemaker Kick Off Picnic on August 11th at 11am at the BCEO Pavilion. Call 236-4484 to sign up. Lunch is provided for those who sign up.
- Rug Hooking Club meets on August 14th at 1pm at the BCEO.
- Council Meeting on August 21st at 1pm at the BCEO.
- Officer and Chairperson Training on August 23rd at 9:30am at the BCEO. All club, county and area officers and chairpersons are encouraged to attend.
- Charcuterie Board Class September 5th at 1pm AND 6pm. Call 236-4484 to register for which session you plan to attend.

Photo Gallery

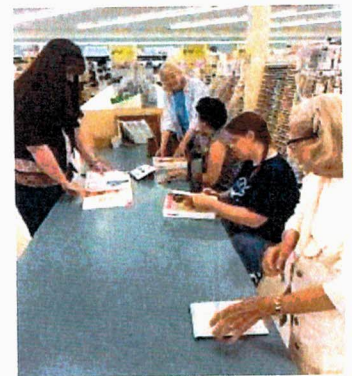
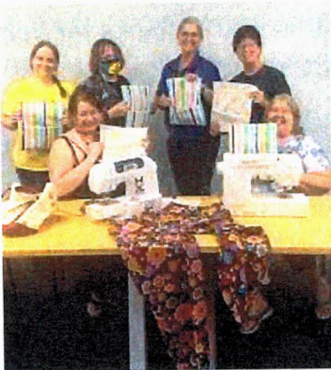
Floral Hall 2023 at the Boyle County Extension Office



Baking Lessons with 4-H During Project Week



Beginner Sewing Class



Lunch and Learn Tuscan Chicken Pasta



Back to School Breakfast Ideas

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...>

Charcuterie Boards



**Tuesday, September 5th @ 1pm and 6pm
@ The Boyle County Extension Office**

- Learn about the history, how to style your board, food safety tips and more. Demonstration and samples included.
- Please **call 236-4484** to register for this free event. Choose either the 1pm OR the 6pm class when you call to register.
- A 10 person minimum must be reached or the class is subject to cancel.



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FORT HARROD AREA

UK University of Kentucky
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Extension Homemakers Officer & Chairman Training

August 23rd
9:30 a.m.- 4 p.m.

Boyle Co.
Extension Office
99 Corporate Dr, Danville, KY 40422

Chairperson
Training

Round Table
Discussions
with Area
Officers

Sessions on
membership,
recruitment,
service
projects... and
more!

Training is FREE
(Lunch will be provided.)

Register by August 15th by calling 859-236-4484

Come join the Fort Harrod FCS Extension Agents and the Fort Harrod Extension Homemaker Officers for an area-wide officer and chairman training. Leave the day feeling equipped to lead your county and energized for the upcoming Homemaker year!



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>

Boyle County
Extension Office
99 Corporate Drive
Danville, KY 40422
(859) 236-4484

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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Disabilities accommodated with prior notification.

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
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock Images:
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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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★All meetings will take place at the Boyle County Extension office unless otherwise noted.

August 2023



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 • Lunch & Learn- BCEO-12:00 pm	5
6	7 • Area Annual Meeting Planning Committee- BCEO-1:00 p.m.	8	9	10 • Pop Up Community Potluck-Boyle County Library- 1:00 p.m.	11 • Homemaker Kick-Off Picnic- BCEO Pavilion- 11:00 a.m.	12
13	14 • Rug Hooking Club-BCEO- 1:00 p.m.	15	16	17	18	19
20	21 • Council Meeting-BCEO- 1:00 p.m.	22	23 • Office & Chairperson Training-BCEO- 9:30 a.m.	24	25	26
27	28	29	30	31	Charcuterie Board Class- September 5th at 1:00 and 6:00	