

FAMILY & CONSUMER SCIENCES

Pike County Extension Office | 148 Trivette Drive | Pikeville, KY 41501-1271 | 606-432-2534



Keep Moving



Happy August! August is the transition between summer and fall. Are you looking forward to fall? I am looking forward to all things pumpkin! As for now, here at the Extension office classes have started back for FCS! And this month brings several events at the Extension office. We have our upcoming cook and chat class, 2 days of fun sewing classes, and our August Eating over the Rainbow Challenge. Check out the rest of the newsletter for information on these events. I am excited for the upcoming classes and a chance to meet you. As always, feel free to contact me with any program ideas you have! Hope you have a great August!

Best Wishes,

Best Wishes,
Chelsea Workman
County Extension Agent
for Family & Consumer Sciences Education
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Disabilities
accommodated
with prior notification.

Important Dates:

- **AUGUST 3- COUNTY EXTENSION COUNCIL MEETING**
- **AUGUST 11- COOK AND CHAT CLASS**
- **AUGUST 18 & 19- SUMMER SEWING SMORGASBORD CLASSES**
- **AUGUST 25- HOMEMAKER COUNCIL MEETING AT 10AM (POTLUCK LUNCH)**
- **SEPTEMBER 18, 19, & 20- QUILTS OF VALOR SEWING RETREAT (QUILTS FOR VETERANS) (PLEASE CONTACT KATHY STROUTH AT 606-754-4165 TO REGISTER.)**

Follow us on our new Facebook page! "UK Pike County FCS"

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PIKE

FCS



FUN FACT

August is National
Sandwich Month!



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.

➔ Continued from the previous page

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:

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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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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

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Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

PIKE CO. EXTENSION FCS

COOK & CHAT

AUGUST 11, 11AM-1PM



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**COME COOK A
HEALTHY
MEAL WITH
US!**

Skillet Pork Chops with Peaches

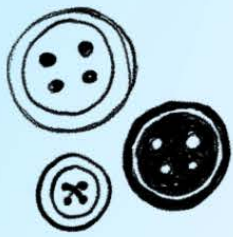


CALL 606-432-2534 TO
REGISTER. SPACE IS LIMITED!

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LEXINGTON, KY 40546





Summer Sewing Smorgasbord



Choose from a variety of classes!

Call 606-432-2534
to Register.
Space is limited!

August 18: 9am-12pm &
1pm-4pm

August 19: 9am-12pm

\$10 per person
Location: Pike County
Extension Office



Ribbon Embroidery
August 18th: 9am & 1pm
(break for lunch at 12)



10 Minute Table Runner
August 18th: 1pm
August 19th: 9am



Disappearing 9 Patch
Table Top
August 18th: 9am & 1pm
(break for lunch at 12)



Crochet Dish Cloth
August 19th: 9am



Basic Clothing Repair
August 19th: 9am



Basket Apron
August 18th: 9am

Please call for more information about each class
Please register by August 4th.

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Lexington, KY 40506



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Fun food activities
for the entire family!

The Eating Over the Rainbow Challenge begins in August! Children (and their families) are challenged to eat at least one fruit and one vegetable each day during the month of August. Interactive games such as Fruit or Veggie Bingo and tracking activities encourage children to include more fruits and vegetables in their daily eating plan. For more information contact the FCS Agent at the Pike County Extension Office at 606-432-2534 or by email at chelsea.workman@uky.edu

Building strong families. Building Kentucky. It starts with us.





Jalapeño Poppers

4 ounces reduced fat cream cheese	1 teaspoon garlic powder	8 large jalapeño peppers
1 tablespoon grated Parmesan cheese	¾ cup shredded reduced fat mozzarella cheese	8 pieces , thinly sliced bacon, cut in half

Preheat oven to 425 degrees F. In a small bowl, **mix** together the cream cheese, Parmesan cheese, garlic powder and mozzarella cheese. **Wash** peppers and **cut off** stems. **Cut** peppers lengthwise to make 16 halves. You may want to wear plastic gloves while handling hot peppers. **Scrape** out the seeds and membrane of each pepper. **Stuff** each pepper half with the cream cheese mixture and **wrap** each stuffed pepper with

a half piece of bacon. Lightly grease a broiler pan or pan with a rack. This will allow any grease to fall away from the poppers. **Bake** for 20 minutes or until poppers are hot and juicy and the bacon is browned.

Yield: 16 servings

Nutritional Analysis: 60 calories, 4 g fat, 2.5 g saturated fat, 5 mg cholesterol, 180 mg sodium, 1 g carbohydrate, 0 g fiber, 1 g sugars, 5 g protein.

Kentucky Peppers

SEASON: June to September

NUTRITION FACTS: Both sweet and hot peppers are low in calories, high in vitamin C and are a good source of vitamin A. One raw, medium size pepper has around 20 calories. Red peppers are higher in vitamins A and C than green peppers. Hot peppers also contain capsaicin, an antioxidant found in its membranes and seeds. Removing these will make the pepper milder.

SELECTION: Select peppers that have firm, smooth skin. Avoid flabby, wrinkled or soft peppers.

STORAGE: Store unwashed in a paper towel then refrigerate in a plastic bag for up to ten days. Rinse before using.

PREPARATION: Wash carefully without bruising. Peppers can be served raw, grilled, stuffed or roasted. Add them to salads, casseroles or Mexican dishes.

PRESERVING: Peppers can be preserved by freezing, drying or canning.

To freeze: Wash, stem and seed peppers. Package, leaving no head space. Seal and freeze.

KENTUCKY PEPPERS

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
September 2017

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.
<http://plateitup.ca.uky.edu>



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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,
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University of Kentucky
Cooperative Extension Service

