

Family & Consumer Sciences Newsletter

A Word from the Agent...

It's officially Fall y'all! My favorite time of year!

We have lots of activities happening here at the extension office. Check out the information attached and come join us for one or more of these events. With the arrival of fall comes Halloween. Check out the tips enclosed that will help you and your family have a fun and safe trick or treat night. If you're looking for something yummy to warm you up after a ghouling night of trick or treating check out our recipes for Vegetarian Taco Soup and Taco Pie enclosed.

Don't forget October is Breast Cancer Awareness month. Please take time for a little self-care.

As always, if I can be of assistance to you, please reach out!





Shonda Johnston

SHONDA JOHNSTON

Clark County Extension Agent
Family & Consumer Sciences
shonda.johnston@uky.edu





 Cooperative
Extension Service

CLARK COUNTY EXTENSION
FALL FESTIVAL

 October 5 | 5PM - 7PM 

*Free Fun
for Everyone!*

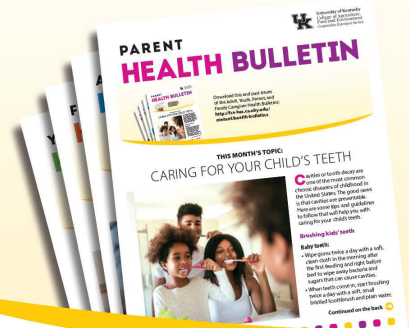
Games - Food - Give Aways
Crafts- Pumpkins- Photo Booth

CLARK COUNTY EXTENSION OFFICE

1400 FORTUNE DRIVE, WINCHESTER, KY 40391



PARENT HEALTH BULLETIN



OCTOBER 2024

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

Clark County Extension Office
1400 Fortune Drive
Winchester, KY 40391
(859) 744-4682

THIS MONTH'S TOPIC SPORTS HELP KIDS BE ACTIVE



The first week of October is Youth Sports Week in the United States, a time to celebrate the many benefits of playing sports! Kids and teens need to be active to be healthy, and sports are a natural outlet for kids to be active and have fun. There are many physical benefits of playing sports. Practices and games can help kids achieve the recommended 60 minutes of physical activity each day, as well as provide activities and drills that can increase hand-eye coordination, flexibility, and strength. Kids (and adults, too!) need to do a wide variety of exercises. Everyone needs aerobic activities that make their hearts beat faster, muscle-strengthening activities, and bone-strengthening activities every week. Skills and drills that include jumping, throwing, running, kicking, and the like are great for increasing overall physical health.

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 Disabilities accommodated with prior notification.



Through sports, kids learn other valuable life skills, such as how to work as a team, how to be a leader among their peers, strong work ethic, and to how to focus.

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Playing sports has benefits beyond just being good exercise. Through sports, kids learn other valuable life skills, such as how to work as a team, how to be a leader among their peers, strong work ethic, and to how to focus. It is important to learn how to win gracefully, how to be a good sport when they do not win, how to encourage their teammates, and to persevere when learning new skills. Sports can also give kids a bigger friend group and positive mentors from coaches and other parents.

Help your child find their way to play! Your child's personality and lifestyle factors will help determine which sport, and at what level of competition they will want to play. There are so many team and individual sports out there! Encourage your child to get involved in a sport they already love or try something new. If they feel intimidated, find a friend who wants to get involved, too. Many parks and recreation departments offer low-cost and local options to get kids involved. Schools and other community organizations may also have teams that your child could join.

Sports can help parents to be active, too! You can spend time with your child and get in minutes

of movement by practicing along with your child at home. Are there drills that your child can teach you or you can do with them to help them improve? Or strength- or stamina-building exercises that you could both do together? Many coaches and leagues are happy to provide information on how you and your child can continue to build their skills (and yours!) outside of practice times.

As a parent or caregiver, it is important to encourage and cheer for your child as they learn and grow through sports. It is equally important to demonstrate good sportsmanship and a positive attitude, regardless of the outcome of a competition. Most of all, remember that the purpose of sports for kids is to be active and have fun!

REFERENCE:

<https://health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources/campaign-materials/materials-parents>

ADULT
HEALTH BULLETIN

Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: Adobe Stock



PROPER TREE PRUNING

 Cooperative Extension Service

Thursday, October 17

5:30 pm

Legacy Grove Park

(On the front lawn beside the old helipad)

This "in the field" class will cover the basics of proper tree pruning for trees in the lawn and landscape situations.

THANKS to Legacy Grove Park for allowing this class to take place on their property so that we can get hands-on for this event!



Join Clark County Extension Horticulture Agent Carrie Spry to learn about:

Registration is NOT required, just show up and participate.

Please watch our Facebook page in case of any inclement weather!! Any cancellations will be posted there or on the Tree Week Clark County page!

- ✓ Proper pruning cuts
- ✓ What and when to prune
- ✓ What NOT to do
- ✓ When to leave it the professionals

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Disabilities accommodated with prior notification.

Trick or Treat

Safety Tips

- 1) **Costumes** - Be sure costumes fit well to prevent falls. Choose Bright Colors. Glow sticks and flashlights are a great addition to be sure your child can be seen by drivers. Opt for make-up over masks.
- 2) **Stay Alert** - Remind your child to watch for cars and never dart out between cars. Always look both ways before crossing the street.
- 3) **Never Trick or Treat Alone** - Children under 12 years old should always be accompanied by an adult!
- 4) **Drivers should use extra caution!** Children are excited and may not always remember to follow safety guidelines. Drive slow and watch for children crossing unexpectedly.
- 5) **Always have an adult inspect candy before eating.** Check for food allergies. Only eat candy in original wrappers. **WHEN IN DOUBT, THROW IT OUT!**





Did you know the first Tuesday in **October is National Taco Day**? Tacos are thought to have originated in Mexico and typically consist of a hand-sized corn tortilla folded around a filling (often meat of some sort). What better way to celebrate this yummy 'holiday' on October 1st than to eat some tacos! Often there are coupons for free or discounted tacos at national chains (like Taco Bell) or you can always make your own taco bar at home, designed especially for your tastebuds. If you're feeling adventurous this Taco Tuesday, try the recipes below for a new spin on the traditional taco. ENJOY!

Vegetarian Taco Soup



Makes 14 cups
Serving size: 1 cup
Cost per recipe: \$9.11
Cost per serving: \$0.65

Ingredients:

- 2 tablespoons olive oil
- 1 large onion, diced
- 1 can (46 ounces) no-salt-added tomato juice
- 2 cans (15 ounces) pinto beans, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) no-salt-added corn, drained
- 1 can (15 ounces) no-salt-added diced tomatoes
- 3/4 cup dry brown rice
- 1 packet reduced-sodium taco seasoning mix
- 2 tablespoons garlic powder
- 1/2 tablespoon cumin
- 4 cups water
- **Optional toppings:** cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat olive oil in a large pot on the stovetop over medium heat.
3. Add diced onion and stir well.
4. Cook and stir for 4 to 5 minutes or until the onion starts to turn clear.
5. Add remaining ingredients and bring to a boil.
6. Reduce heat to low. Cover and simmer for 40 minutes, or until rice is tender.
7. Just as you would a taco, top each bowl of soup with ingredients like cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.
8. Refrigerate leftovers within 2 hours.

Nutrition facts per serving: 220 calories; 3.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 340mg sodium; 40g total carbohydrate; 5g dietary fiber; 6g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Ingredients:

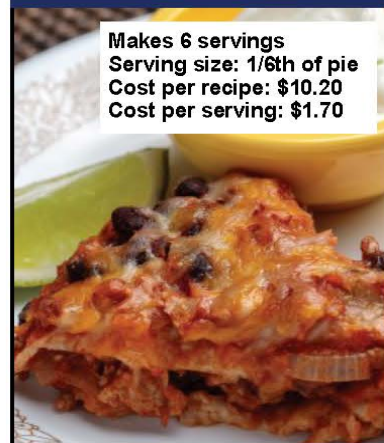
- 1 small white onion, chopped
- 1 pound lean ground turkey or ground beef
- 3 tablespoons reduced-sodium taco seasoning
- 1 can (15 ounces) unsalted tomato sauce
- 1 can (15 ounces) black beans, drained and rinsed
- 2 (8 inch) whole-wheat tortillas
- 1/2 cup shredded cheddar or Mexican blend cheese
- **Optional:** Serve with taco toppings such as salsa, cilantro, jalapeno, onion, low-fat sour cream

Nutrition facts per serving: 300 calories; 5g total fat; 2g saturated fat; 0g trans fat; 45mg cholesterol; 600mg sodium; 34g total carbohydrate; 7g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 375 degrees F.
4. Over medium-high heat, add onion to a large skillet. Sauté 1-2 minutes until slightly softened.
5. Lower the heat to medium. Add ground turkey to the skillet, allow it to fully cook and reach an internal temperature of 165 degrees F using a food thermometer, about 7 to 8 minutes.
6. To the skillet, add taco seasoning, tomato sauce, and black beans. Stir to combine and allow to simmer for about 2 to 3 minutes until heated through. Remove from heat.
7. Using a 9-inch round glass baking dish, add one-third of the meat mixture. Place one tortilla on top of mixture. Next, add the same amount of meat mixture. Place the second tortilla on top of mixture. Finally, add the remaining meat mixture on top of tortilla.
8. Bake for 20 minutes. Remove from the oven, top with cheese and bake for an additional 5 minutes or until cheese is melted.
9. For best results, allow it to cool 5 minutes before serving. Slice and serve alone or with your favorite taco toppings.

Taco Pie



Makes 6 servings
Serving size: 1/6th of pie
Cost per recipe: \$10.20
Cost per serving: \$1.70

Soup Bean Supper

November 1, 2024

5:00 - 7:00 PM



**Clark Co. Fish &
Game Club**

**1255 Waterworks Road
Winchester KY**

**Cost
\$8.00 per
person**

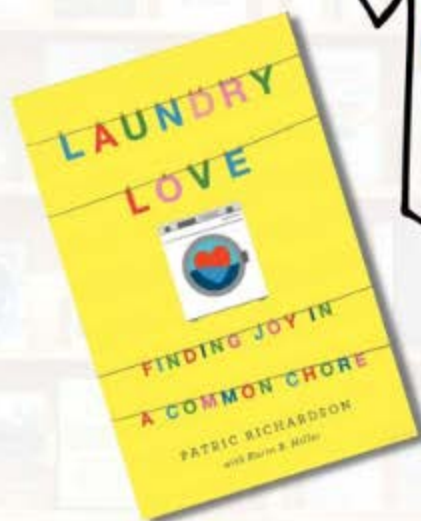
**Includes:
Soup Beans
Cornbread
Dessert
Drink**

**Contact: Carol Price
First Settlers Homemakers Club
Celebrating 101 years!**

859-771-5112



BIG BLUE BOOK CLUB



REGISTER @ <https://ukfcs.net/BBBClaundry>

 Cooperative Extension Service | Family and Consumer Sciences

“YOU DO LAUNDRY FOR THE PEOPLE YOU LOVE, INCLUDING YOU.” SAYS PATRIC RICHARDSON, THE LAUNDRY EVANGELIST. THE TV HOST AND AUTHOR OF LAUNDRY LOVE: FINDING JOY IN A COMMON CHORE WILL JOIN US DIRECT FROM HIS LAUNDRY ROOM FOR AN ENGAGING ONE-TIME EVENT FOR THE NEXT SESSION OF BIG BLUE BOOK CLUB! ON NOVEMBER 7, 2024, AT 6:00 PM CENTRAL/7:00 PM EASTERN, PATRIC WILL RETURN TO HIS OLD KENTUCKY HOME VIA ZOOM TO ANSWER ALL YOUR LAUNDRY QUESTIONS, JUST AS HE DOES IN HIS MALL OF AMERICA STORE IN MINNESOTA OR ON “THE LAUNDRY GUY” TV SHOW. REGISTER AT [HTTPS://UKFCS.NET/BBBCLAUNDRY](https://ukfcs.net/BBBClaundry).

AS IS OUR CUSTOM, THE FIRST 200 REGISTERED PARTICIPANTS WILL RECEIVE A FREE COPY OF THE BOOK. HOWEVER, YOU WILL BE ABLE TO ENGAGE WITH THIS SESSION WHETHER YOU HAVE ALREADY READ THE BOOK OR HAVE NOT YET HAD A CHANCE TO ENJOY THE COLORFUL WORD TAPESTRIES HE WEAVES AS HE TELLS STORIES OF HIS FAMILY AND FRIENDS WHILE ANSWERING COMMON LAUNDRY QUESTIONS AND SOLVING STUBBORN CLEANING CHALLENGES.

REGISTRATION IS REQUIRED TO RECEIVE THE ZOOM LINK.