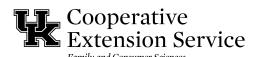
OWEN COUNTY

Family & Consumer Sciences

EXTENSION HOMEMAKER NEWSLETTER

SEPTEMBER 2025





Owen County 265 Ellis Road Owenton, KY 40359 (502)484-5703 owen.ca.uky.edu

Hello FCS and Homemaker members and families,

I read the other day that the chain coffee shops are starting to put out their pumpkin flavors! I suppose that means that it's finally fall! We can put the hot and muggy weather behind us, and welcome the apple pie and pumpkin spice coffee.

Don't miss all of the fun activities and events we have planned for you this month, including the GRAND OPENING of our Butterfly Pollinator Greenhouse! Bring the whole family to release new butterflies, and learn about the importance of pollinators.

Please notice! The time for Mingle & Jingle has changed (see page 7)! For all programs and classes, please call or email the Extension Office to register.

Leaf your worries behind and enjoy the autumn news!





IN THIS ISSUE:

FCS Exclusive

Packing Lunches for Happy, Energetic Kids

Grand Opening

Butterfly Pollinator Greenhouse

Big Blue Book Club

Homemaker News

FCS Programs

Beginner's Sour Dough Bread Class Medicare 101

Community Events

The Hunting Trip

Sweet Owen Day

- 3rd Annual Bake Off
- Event Schedule

Health Bulletin

Learn How to Help: *QPR Suicide Prevention Training*

Sew & Go and the Émbroidery Workshop is open to all members of the community!

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.







PACKING LUNCHES FOR HAPPY, ENERGETIC KIDS



Lunch is a nice break from the work and play happening at school. It is also an important time for children to refuel for the rest of the day. Here are some tips for packing a delicious and nutritious lunchbox.

Balance is key. Children need a mix of protein, carbohydrates and fats throughout the day. This variety fills their belly, fuels their mind and body and helps regulate energy and emotions during the day. Even more importantly, this combination is the recipe for a tasty lunch.

Protein Power. Protein in the lunchbox is key for helping children feel satisfied throughout the day. Include something like a hardboiled egg, beans, roasted turkey or chicken, nut butter, yogurt or cottage cheese.

Colorful carbohydrates. Fruit and vegetables are colorful ways to add energy and flavor. Whole grains are another great source of energy. These include foods like oats, brown rice, quinoa, popcorn, and whole-grain pasta, bread and crackers. These higher-fiber carbohydrate choices will provide a steady release of energy, keeping your child energized throughout the day.

Flavorful fats. Flavor makes food tasty to eat. Fat is one important part of flavor, and a little goes a long way. Oils, dips and dressings are great flavor boosters for vegetables and whole grains. Nuts, seeds, cheese, yogurt and avocado also have nutritious and delicious fats.

Pull it together with a theme. Now that you know the parts and pieces of a lunch, how do you put it all together? Having a go-to list of ideas can make it easy to pull together what you have in the kitchen. Tex Mex, snack platter, pizza and breakfast are a few ways to piece together foods. For example, breakfast for lunch could include a hard-boiled egg with peppers, string cheese, grapes and whole-grain crackers. It could also be a whole-grain waffle with nut butter or yogurt, banana and cucumber.

Pack at your peak. Are mornings hectic? Pack lunches the night before. Does it work better to do everything at once? Take extra time on Sundays to pack lunches for the week. This makes it a grab-and-go in the morning rather than a back and forth of figuring out what to pack.

Have children take the lead. With some guidance about what kinds of food to include, children can pack their -lunches. Consider laying out all the ingredients and guiding them through putting it together. For older children, you can provide a menu of lunch options, and they can assemble everything. To give children even more independence, you can give them a checklist of healthy options. Provide structure by telling them how many choices to pick from each category. Younger children will need help, but they will enjoy being part of the process.

Once you have a delicious and nutritious lunch packed, make sure to include an ice pack. This keeps food safe until it is time to eat.

Source: Courtney Luecking, Extension specialist for nutrition and health

Resources:

Academy Nutrition Information Services Team. (2021, May 1). Banishing Brown Bag Boredom. Kids eat right. https://www.eatright.org/food/planning/away-from-home/banishing-brown-bag-boredom

The Nutrition Source. (n.d.). Packing a Healthy Lunchbox. Harvard T.H. Chan School of Public Health. https://www.hsph.harvard.edu/nutritionsource/kids-healthy-lunchbox-guide/



Butterfly Pollinator Greenhouse

Visit us to experience over a hundred butterflies sipping nectar from a variety of plants and flowers, basking in the natural sunrays, fluttering freely in Kentucky's largest enclosed pollinator greenhouse.

Follow our local Owen County Cooperative Extension Service Facebook page for related programs and special events!





Butterflies will be released in the greenhouse following the ribbon cutting ceremony!

Cooperative Extension Service

Agriculture and Natural Resources

Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



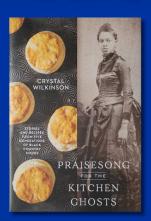




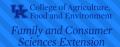
BIG BLUE IN BOOK CLUB

October 27 November 3 November 10 November 17

@1:30 pm ET/12:30 pm CT via Zoom



Registration opens September 2, 2025. Visit the website, ukfcs.net/BigBlueBookClub, to register.





Big Blue Book Club





REGISTER HERE https://ukfcs.net/BigBlueClub





Cooperative Extension Service

University of Kentucky Family and Consumer Sciences Extension

Family and Consumer Sciences (FCS) Extension at the University of Kentucky improves the lives of Kentuckians through engaging and impactful educational programming. FCS Extension professionals play a vital role in their local communities and strengthen Kentucky by building strong families. FCS Extension programs provide practical education in the areas of health and nutrition, family development, resource management, mental health and well-being, civic engagement, leadership, and much more. It is our goal to serve Kentuckians through the lifespan and improve the quality of life for all individuals.









reached through the Master Clothing Volunteer (MCV) program.









reached with healthy food and nutrition education.

MARTIN-GATTON COLLEGE OF AGRICULTURE. FOOD AND ENVIRONMENT



pints of fruits and vegetables



programs related to wellness and aging



individualsengaged in multi-modal vaccine education programming.



in family development programs.



knowledge related to financial management.







186,401 individualsreached with disasterpreparedness education and employment skills resources.











ukfcs.net/connect



ducational programs of Kentucky Cooperative Extension serve all people regardless of economic or orical status and will not discriminate on the basis of race, color, ethnic origin, national origin, creat ligion, political belief, exe, sexual orientation, gender identity, gender expression, pregnancy, marital atus, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for for civil rights activity. Reasonable accommodation of disability may be available with prior notice, or civil rights activity. Reasonable accommodation of disability may be available with prior notice, mutually disable university. U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Welcome Brandy as our new Treasurer! We're also excited to see Beverly step into the role of President.

Owen County Homemaker Officers

Beverly Kincaid President

Linda Williams Vice President

Lana Jones Secretary

Brandy Neal Treasurer

Judy Williams Educational Chair



Owen County Homemaker Council Meeting

September 17th 1 PM

Owen County Extension Office

Homemaker Area Meeting

September 24th Carroll County (1:00 PM)

KEHA Website

https://keha.ca.uky.edu/ to locate all information for Kentucky Extension Homemakers.

CULTURAL ARTS WINNERS

We had 7 Homemakers that entered 48 Cultural Arts exhibits! 34 winning blue-ribbons to advance to the Northern Kentucky Area Homemakers 2025 Triennial Meeting in October at the Grant County Extension Office.







The Book Club Hotel by Sarah Morgan (2023)

With its historic charm and picture-perfect library, the Maple Sugar Inn is considered the ultimate vacation destination. But widowed far too young, and exhausted from juggling the hotel with being a dedicated single mom, Hattie Coleman dreams only of making it through each day.

Simplicity and Excellence: Elizabeth Kremer from Beaten Biscuits to Shaker Lemon Pie by Deirdre A. Scaggs (2024)

Born long ago in Cynthiana, KY, Elizabeth Cromwell in all things. From the home economics classrooms of the University of Kentucky to the fine dining restaurants of Louisville and New York City, Kremer's dedication helped her build a legacy that celebrated the simplicity of good, traditional Kentucky cooking. In 1967, after taking a long break to raise her family, then sixty-five-year-old Kremer reentered the business world to open a restaurant for Kentucky's newly restored Shaker Village at Pleasant Hill.

your mobile device to download the complete list of Kentucky Extension Homemakers Association Cultural Arts and Heritage Book List for the 2025-2026 program year.

Scan the QR code using the camera on



Keep records of each book you read throughout the year to log for Volunteer Service hours at the end of the year.

• These books can be found at the Owen County Public Library.



Medicare 101

Join us for an educational session led by Mark Viehmann, a Medicare Advisor. You will learn how to select the plan that is right for you.

November 18, 2025 12 PM OR 5:15 PM

A meal will be provided before each session begins. Please register to reserve your spot by contacting the Owen County Extension Office no later than Friday, November 14th.

Lexington, KY 40506

CONTACT US:





265 Ellis Road Owenton, KY 40359

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



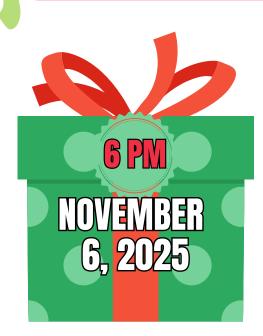




MINGLE

Join the Owen County Homemakers as they host "Mingle and Jingle!"
Celebrate the season with a few crafts, delicious recipes, and
fellowship! This is a festive program and is similar to the Holiday
Trimmings program. Limited space available!

Be sure to call (502) 484-5703 to register and secure your spot!





OWEN COUNTY EXTENSION OFFICE

265 ELLIS ROAD OWENTON, KY 40359

SEW & GO

Choose a bowl cozy, ice cream cozy, or mini wallet wristlet

 All patterns will be available at meeting

Materials to bring:

- Normal sewing supplies
- Wrap N Zap
- Cotton Thread
- Any cotton fabric (no synthetics)





September 8th 11 AM



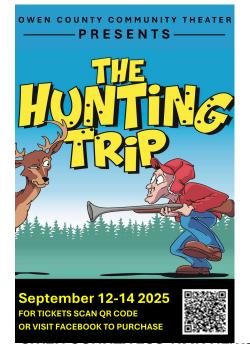
Embroidery Workshop

SEPTEMBER 25, 2025 6:00 PM

OWEN COUNTY EXTENSION OFFICE



COMMUNITY EVENTS









ADULT

HEALTH BULLETIN



SEPTEMBER 2025

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

Owen County Extension Office 265 Ellis Road Owenton, KY 40359 (502) 484-5703 owen.ca.uky.edu

THIS MONTH'S TOPIC

LEARN HOW TO HELP: **QPR SUICIDE PREVENTION TRAINING**



uicide is a serious public health issue in Kentucky, especially among young people. It's the second leading cause of death for people ages 10 to 34 in our state. The good news is that we can all be part of the solution. The University of Kentucky is working to make sure that every Kentuckian knows how to help someone in a crisis. They're asking a powerful question: If someone you loved were struggling, would you know what to do?

Many people don't. That's where QPR comes in. QPR stands for Question, Persuade, and Refer. These are three simple steps that anyone can learn to help

Continued on the next page (=)



Cooperative **Extension Service**

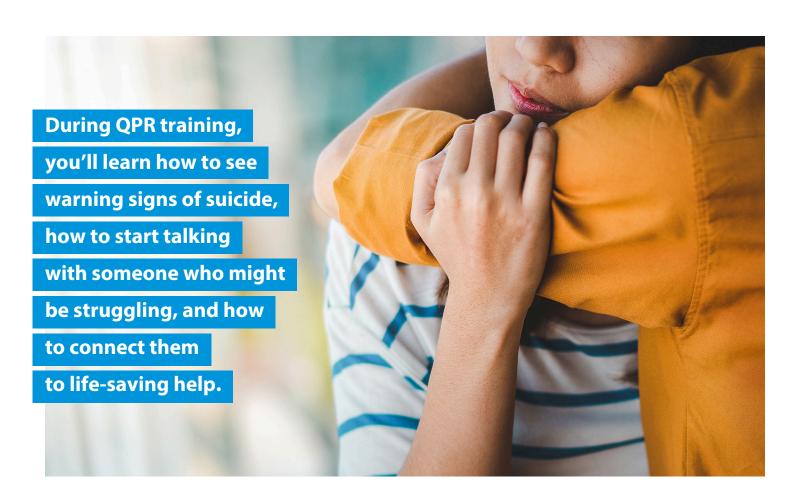
Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.







Continued from the previous page

someone who might be thinking about suicide. It's similar to CPR, which is used in heart emergencies. Just like CPR can save lives, QPR can help save someone going through a mental health crisis.

The QPR training is quick and easy. It's free, it's online, and it only takes about 30 minutes to complete. During the training, you'll learn how to see warning signs of suicide, how to start talking with someone who might be struggling, and how to connect them to life-saving help.

The University of Kentucky and the Healthy Kentucky Initiative are encouraging everyone to take the training, especially during September, which is Suicide Prevention Month. The more people who learn QPR, the stronger the safety net becomes for those at risk.

Whether it's a friend, family member, or someone in your community, you have the power to make a difference. QPR gives you the tools to help when it matters most. You can take

the free QPR training now at kyqpr.ukhc.org.

Also important to know, Kentuckians in crisis can now connect with suicide prevention, mental health, and substance use counselors using a nationwide, easier-to-dial phone number

— **988.** This service is available 24 hours a day, 7 days a week, 365 days a year, at no charge. Callers to 988 connect with a compassionate, highly trained counselor who can help address their issues as smoothly as possible. You can also call anonymously on behalf of someone else or to obtain information about options for helping someone in need.

If you or someone you know is in crisis, please reach out for help.

REFERENCES:

- https://988.ky.gov
- · https://kyqpr.ukhc.org

Written by: Katherine Jury,

Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 —	5	6
	EXTENSION OFFICE CLOSED *LABOR* *** DAY ***	SEW ALL DAY Owen CES 9 AM- 4 PM		Butterfly Pollinator Greenhouse Grand Opening	Owen County Farm & Craft Market 10 AM	
				3:30 PM		
— 7 ——	8	9 —	10	11	12	13 —
	Sew & Go Owen CES 11 AM		Pleasant Home Contact club leader for location		Owen County Farm & Craft Market	
			11 AM		Craftin' for th	ne Community
— 14 ——	<u> </u>	16	17	18	19	20
		Cotton Club Owen CES 6 PM Extension District Board Meeting Owen CES 5 PM	Homemaker Council Meeting Owen CES 1 PM		Owen County Farm & Craft Market	20
21	22	23	24	25	26	27
	hello		Crochet & Fellowship Owen CES 11 AM	Embroidery Workshop Owen CES 6 PM	Owen County Farm & Craft Market 10 AM	
— ₂₈ —	 29	30	1	2	з	 4
			Beginner's Sour Dough Bread Class Owen CES 1:30 PM (Must be			
			(Must be registered)			

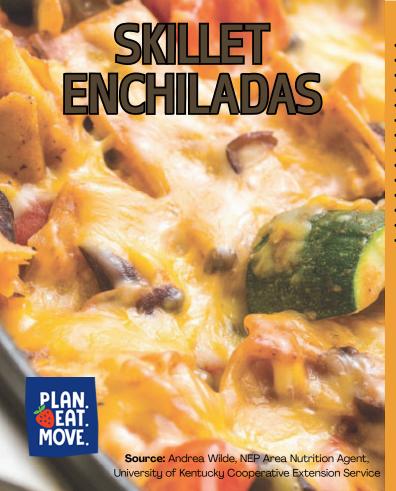




Byu Charles

Bryce Charles Owen County 4-H Youth Development Agent

Kendal Bowman Owen County Ag & Natural Resources Agent



Ingredients:

- 8 corn tortillas
- · 3 teaspoons olive oil, divided
- ½ medium onion, chopped
- ½ teaspoon salt
- · 1 small to medium zucchini, chopped
- 1 small yellow squash, chopped
- · 1 red bell pepper, chopped
- 1 clove garlic, peeled and minced
- ¾ cup fresh or canned corn kernels
- 1 (15 ounce) can low-sodium black beans, rinsed and drained
- ½ teaspoon pepper
- ½ teaspoon paprika
- 1 cup low-fat shredded cheddar cheese, divided
- 1 cup enchilada sauce

Directions:

- 1. Cut tortillas into bite size pieces.
- 2. Heat a large skillet on medium-high heat, add 2 teaspoons of olive oil and corn tortilla pieces to the pan. Stirring occasionally, cook for 5 minutes or until beginning to crisp. Remove tortillas from pan and set aside.
- 3. Add remaining teaspoon of olive oil to the pan, along with the onion and salt. Cook for 2 minutes.
- 4. Add the chopped zucchini, squash, red bell pepper, garlic, corn, black beans, pepper and paprika.
- 5. Stir to combine and cook for 10 minutes.
- 6. Return crispy tortillas to the skillet along with ¾ cup of cheese and stir for 2 minutes.
- 7.Add the enchilada sauce, stir until combined and then sprinkle remaining ¼ cup cheese on top.