



Family & Consumer Sciences

Newsletter

October

Fall celebrations like Halloween and Harvest Day are fun times for children, who can dress up in costumes, enjoy parties, and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity, and focus on safety.

Check out these tips to help make the festivities fun and safe for trick-or-treaters and party guests:

Follow these tips to help make the festivities fun and safe for everyone: Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For guests, offer a variety of fruits and vegetables.

Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.

Be sure walking areas and stairs are well-lit and free of obstacles that could cause someone to fall.

Keep candle-lit jack o'lanterns and luminaries away from doorsteps, walkways, landings, and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children, and never leave them unattended.

Remind drivers to watch out for trick-or-treaters and to drive safely.

<https://www.cdc.gov/family/halloween/index.htm>

Inside the Issue!



What happened in September?



Playdate Program



Plate It Up Sampling



Health Bulletin



Recipe of the Month



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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



Disabilities
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with prior notification.



September Flashback

2017 North East Area Homemakers
Annual Meeting



Standing from L to R: Rossalene Cox, Connie Harless, Lorene Fletcher, Peggy Bowen,
Shirley Endicott, & Margie Maynard.

Sitting from L to R: Abby Fletcher, Sarah Sumpter, Sandy Moore, & JoAnn Fletcher

Thank you to our Extension Homemakers for all you do!



Happy Healthy Playdate Program!

Each session is at Martin County Extension Office. The 2nd Monday of every month from 10am-12pm. FREE for all children ages birth to 5. All children must be accompanied by an adult. Most lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play. Parents or Caregivers are given information to encourage healthy lifestyles and to ensure Kindergarten readiness.

October 9

GERMS!

Fruit & Veggies tasting
Hand Wash & Germ Game
Food Safety Info

November 13

Golden Delicious Apples
Taste Testing a Variety of Apples
Hand Turkey activity
Feeding your Children info

December 11

Holiday Celebration
Cookie Decor/Holiday Craft
Holiday Expense Info

January 8

Those Sticky, Icky, Smelly Cavities
Causing, Invisible Germs
Food Group Funny Faces
Monster Mask and Exercise
Dental Care Info

February 12

Whats In A Doctors Bag
Heart Healthy Snack
Your Heart Beat Activity
Visit from Organ Annie

March 12

Green Eggs & Ham
Variety of Veggie Tasting
Green Eggs Science Experiment
Children Vision Info

April 9

The Hungry Caterpillar
Fruit Kabob
Days of the Week, Numbers,
Counting
Egg Hunt (Bring 2 dozen filled
eggs)
Heatstroke Safety Info



May 14

Manners Lesson-Mothers Day
Craft
Heart Wreath
Developing Social Skills Info

June 11

Super Hero Party-Wear Your Fav
Costume with Dad
Rodeo Ron
Calcium/Nutrients info

July 9

Create a Fruit Flag w Foods
Sun Protection Info

August 13

Eating the Alphabet
Taste a Sweet Potato
MyPlate
School Readiness Info

September 10

Sesame Street-Happy Healthy
Monsters
Eat a variety of foods
Physical Activity
Tortilla Pizza



Don't Miss Out...

Plate It Up KY Proud Recipe Sampling at your local IGA's

- October 2nd beginning at 1:00 pm @ Inez IGA
- October 6th beginning at 1:00 pm @ Warfield IGA



Fall Spiced Pumpkin Bread

1/2 cup all purpose flour	2 teaspoons pumpkin pie spice	1/2 cup honey
1/2 cup whole wheat flour	1/2 teaspoon salt	2 eggs pumpkin puree
1/2 cup baking powder	1/2 cup melted margarine	1/2 cup olive oil
1 teaspoon baking soda	1/2 cup sugar	2 eggs
		1/2 cup chopped walnuts

Heat oven to 350 degrees F. **Mix** flour, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8 1/2 x 4 inch loaf pan with non stick cooking spray. **Press** butter into pan; **sprinkle** walnuts on top of butter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes, or until toothpick inserted in center comes out clean. **Cool** for 30 minutes, and **remove** from pan.

Yield: 10 slices

Nutritional Analysis: 220 calories, 11 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugar, 4 g protein.

Kentucky Winter Squash

SEASON: August through October
NUTRITION FACTS: Winter squash, which includes acorn squash, butternut squash, pumpkin and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.

SELECTION: Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.

STORAGE: Store in a cool, dry place and use within 1 month.

PREPARATION

To **slice** wash, peel and remove seeds. Cut squash into 2 inch cubes or quarters, leaving median if will remove easily after cooking. Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the pan. Do not immerse it in water. Cover the pan

tightly and steam the squash for 40 minutes or until tender.

To **microwave** wash squash and cut 4 lengthwise. Place in a baking dish and cover with plastic wrap. Microwave until tender, using these guidelines:

- Acorn squash, 1/2 squash, 5-8 minutes, 1 squash, 8-10 minutes.
- Butternut squash, 2 pieces, 3-4 minutes.
- Pumpkin, 1 pound piece, 7-8 minutes.

To **bake** wash squash and cut it lengthwise. Smaller squash can be cut in half, larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender. Seeds can be treated at 350 degrees F for 20 minutes.

KENTUCKY WINTER SQUASH

Healthy Kentucky Food

Quality Extension Agents for Home and Consumer Services

University of Kentucky, Kentucky State and Western Kentucky Universities

September 2011

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It's FREE & You Get A Prize!



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

ADULT HEALTH BULLETIN



OCTOBER 2017

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

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THIS MONTH'S TOPIC: FUN FALL FITNESS



Autumn officially started September 22. The sun rises just a little bit later and sets just a little bit earlier; there's a chill in the air, enough to merit a light sweater. There is no question about it: fall is here! Experts agree — fall is a great time to harvest a new routine to re-energize your workout. Fall is a great time to create healthy habits for the holiday seasons and upcoming winter months. Consider the following tips and get motivated.

Go to community events

Fall offers many holiday-themed local fun runs and events. Look in the newspaper or go to your Extension office for information on activities such as Halloween runs, turkey trots and reindeer romps. According to experts, training for a specific goal such as a race increases adherence to an exercise program. Signing up with friends or family will hold you accountable for completing the training and make it more fun.

Continued on the back →

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Fall activities include pumpkin picking, corn mazes, haunted trails, and holiday-themed local fun runs.

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Organize an autumn-themed weekend with pumpkin picking, corn mazes, haunted trails, or just building and jumping into giant leaf piles in the backyard. All of these autumn activities are active options that are also a fun bonding experience with family and friends.

Enjoy the foliage

Fall is one of the most beautiful times of the year. Grab a friend and find some local parks or trails to walk, run or bike and take in the view of autumn's colorful changing leaves.

Layer up

When weather gets cooler, it can deter people from going outside to work out. This problem can be mediated by wearing wind-shielding or moisture-wicking clothing and dressing in layers. Dressing in layers lets your body warm up, and once your blood gets pumping, you can remove articles of clothing so you do not overheat.

Be safe

Shorter days bring dark mornings and evenings, but this should not deter you from an outdoor exercise. Just be smart about it — wear reflective workout clothes and carry a flashlight to light your path. Bike riders should invest in headlights and blinking taillights and stay clear of heavily traveled roads. All early morning or evening exercisers should opt for designated paths or head to the local school track.

Stay hydrated

People often forget to drink water when it is not hot outside. However, staying hydrated is just as important in the fall as it is in the summer. You can also stay hydrated with tea in the cooler fall weather. Drinking green or black tea can help your body fight off diseases during flu season with its antioxidants. By staying hydrated, you can remain healthy and active throughout the season.



Limit holiday candy

According to the National Institutes of Health, on average, non-obese adults gain about a pound a year around the holidays. In addition to creating unhealthy habits, accumulation of this weight over time can lead to obesity. Be sure to pack lots of healthy snacks to munch on throughout the day to help deter you from grazing on sweets that pop up in the office, at home or at holiday parties.

Try new activities

Are you interested in boxing, tap dancing or even fencing? Give it a try. Trying a variety of different activities and varying workouts will help keep a fresh spin on exercise and allow confidence to build within a wide range of activities.

Starting an exercise program in the fall leads to good habits as the winter approaches and will help you maintain your new routine. Remember to have fun and enjoy the fall weather while getting healthy.

RESOURCES:

- <https://www.acsm.org/docs/default-source/fit-society-page/acsm-fsp-16-5.pdf?sfvrsn=0>
- <http://www.webmd.com/fitness-exercise/features/10-tips-fall-fitness#1>

ADULT
HEALTH BULLETIN

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Edited by: Connie Wheeler
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Stock images: 123RF.com



Recipe of the Month



Baked Apples and Sweet Potatoes

- | | | |
|---------------------------|-----------------------|-----------------------|
| • 8 medium sweet potatoes | • 1/2 cup margarine | • 1 teaspoon nutmeg |
| • 6 medium apples | • 1/2 cup brown sugar | • 1/2 cup hot water |
| | • 1 teaspoon salt | • 2 tablespoons honey |
1. Wash potatoes in 2 inches of water until almost scrubbed.
 2. Wash potatoes, peel and dice. Peel, core and slice apples.
 3. Preheat the oven to 350°F. Grease a casserole dish with a small amount of margarine.
 4. Layer potatoes on the bottom of the dish.
 5. Add a layer of apple slices.
 6. Sprinkle with sugar, salt, and 1/2 teaspoon of margarine over the apple layer.
 7. Repeat layers of potatoes, apples, sugar, salt and margarine.
 8. Sprinkle top with nutmeg.
 9. Mix hot water and honey.
 10. Pour over top of casserole.
 11. Bake for 30 minutes.
 12. Health is 1/2 cup margarine, 1/2 cup brown sugar, 1/2 teaspoon salt, 1/2 teaspoon nutmeg, 1/2 cup water, 1/2 cup honey, 1/2 cup margarine, 1/2 cup brown sugar, 1/2 teaspoon salt, 1/2 teaspoon nutmeg, 1/2 cup water, 1/2 cup honey.
- Baking Nutrition Facts: 1 cup (1/2 apple, 1/2 potato) contains 100 calories, 1g fat, 20g carbs, 1g protein, 1g fiber, 1g sugar, 1g fat, 1g protein, 1g fiber, 1g sugar, 1g fat, 1g protein, 1g fiber, 1g sugar.



Kentucky Apples

SEASON: Early summer through December

NUTRITION FACTS: A medium size apple, about 2 1/2 inches round, has about 75 calories and provides both in the skin, which helps the body digest food. The apple is low in sodium and high in potassium, making it a great natural snack.

SELECT TIPS: Look for firm, crisp, well-colored fruit. Avoid those with damaged skin, bruises, water-soaked, and damaged spots. Always handle apples gently to avoid bruising. Apples, like other fruits, are often treated with wax or other coatings. Apples that are slightly under ripe should be stored in a cool place to ripen. Once ripe, apples will keep a week or longer stored in the refrigerator—especially if stored in a plastic bag.

PREPARATION: Wash apples well, scrub with steel wool surface is important to eat. Preheat oven or broiler and apples from defrosting by mixing with apples.

with a slice of lemon or orange juice. Only work with about five apples at a time to prevent darkening. Mix 1 teaspoon ascorbic acid with 1/2 cup of water. Use gently with apple slices. Apples may be prepared by several methods: baking, drying, or sautéing. Please contact your nearest Extension office for more information.

WHERE TO BUY: More than 2,500 varieties are found in the United States. The following are easily available and popular in Kentucky: Gold, Red Delicious, Rome, Winesap, Gala, Jonathan, Cortland, and Golden Delicious.

APPLES:

Produced in Kentucky, apples are a major crop. Apples are grown in 100 counties in Kentucky. Apples are grown in 100 counties in Kentucky. Apples are grown in 100 counties in Kentucky. Apples are grown in 100 counties in Kentucky.



U.S. 1

Halloween Scramble

Unscramble the letters under the blanks to find out what you can do to help stay safe while trick-or-treating.

1. Walk on

E I A S K D W S L

2. Stay in

O S G P R U

3. Avoid

T A E S N R S G R

4. Carry a

G T A H F S I L H L

5. Ask your parents to check your

S E T T A R



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