



Agriculture, Families and Youth

Cultivating Knowledge, Strengthening Families, Building Futures



August is here, and there's a lot happening in our community!

We're excited to welcome home our 4-H campers after a fun and adventurous week at camp. What a great way to wrap up the summer!

This month also marks the final dates for the Martin County Farmers' Market, held in collaboration with the Martin County Fiscal Court at Court House Square. For market details, contact Agent Daniel Howard.

Inside this issue, don't miss our Family & Consumer Sciences (FCS) feature, packed with practical tips to help families gear up for the school! From establishing routines and planning meals to creating organized, stress-free learning spaces.

Don't forget to follow us on social media—especially our new page, **Martin County Family and Consumer Sciences**—to stay updated on all upcoming events and programs!



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- Healthy Choices Newsletter
- Youth Health Bulletin
- Farmers Market

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August 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tentative Calendar of Events For real time updates of reschedules, additions and cancellations please follow our social pages and website!						
3	4	5  Pieced Stitches @ 5pm	6  Back to School Hometown Homemakers 10:30am	7 KY Moms @ 12:30 Heirloom Quilters @ 5pm	8  Farmers Market	9  Homemaker Annual Meeting
10	11	12 Pieced Stitches @ 5pm	13	14 Heirloom Quilters @ 5pm	15  Farmers Market	16
17	18	19 Pieced Stitches @ 5pm	20	21 Heirloom Quilters @ 5pm	22  Laugh & Learn @ 11	23
24	25	26 Pieced Stitches @ 5pm	27	28 Heirloom Quilters @ 5pm	29	30
31		31 Pieced Stitches @ 5pm				

Family & Consumer Science

Back-to-School Readiness: Setting Your Family Up for Success

August is the perfect time to prepare for a smooth transition into the new school year. Whether it's preschool, high school, or anything in between, small steps now can reduce stress later.

Here's how to get your household ready:

- Reestablish Routines

After a relaxed summer, routines help kids feel secure and focused.

- Sleep Schedule: Start adjusting bedtimes and wake-up times 1–2 weeks before school starts.
- Morning Routines: Practice getting up, getting dressed, and eating breakfast around school time.
- Evening Wind-Down: Create a calming evening routine with limited screen time to support better sleep.

- Plan Healthy Meals & Snacks

Nutrition fuels learning and behavior.

- Back-to-School Breakfasts: Keep it simple—whole grains, fruits, and protein (e.g., oatmeal with fruit or eggs and toast).
- Pack Lunch Smarts: Encourage kids to help pack lunches with a mix of protein, fruit, veggies, and whole grains.
- After-School Snacks: Prep healthy grab-and-go options like cheese sticks, fruit, yogurt, or homemade trail mix.

- Organize Learning Spaces

A dedicated space for homework can boost productivity.

- Choose a quiet, well-lit area free from distractions.
- Stock it with school supplies and organize them in labeled bins or drawers.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC:

COMMUNICATION TIPS FOR TALKING ABOUT MONEY

Talking about money isn't always easy. Maybe you grew up in a household that talked openly about finances. Or, perhaps money was something not discussed with children. Now as an adult, financial conversations are stressful.

If you share expenses with someone (like a partner, kids, or aging parents), having healthy money conversations can reduce stress and improve relationships. Healthy communication about money can also increase your family's **financial well-being**, which means having financial security and financial freedom of choice in the present and the future (CFPB, 2025).

DON'T SKIP MONEY TALKS

How and when to bring up money conversations may seem tricky. *Will it cause tension? Will it start a fight?* These fears can make it tempting to avoid money topics. But avoiding those talks doesn't make financial challenges go away. Instead it often increases stress. Research suggests financial stress can cause poor sleep, headaches, trouble concentrating, anxiety, depression, or even hopelessness (APA, 2022). Conversely, healthy financial conversations can increase relationship satisfaction, create shared goals, reduce conflict, and buffer stress.



ASK CURIOUS QUESTIONS

Whether talking with a spouse, parent, or child, start money conversations from a place of curiosity and ask open-ended questions like those below. This fosters connections and invites thoughtful responses. It shows that you care about the person, and not just the "money."

- How do you feel when we talk about money?
- What is something you'd like to save for this year?
- How do we decide what is important to spend money on?
- Is there anything you'd like us to do differently with our money?

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DON'T TACKLE EVERYTHING AT ONCE. TAKE ONE STEP AT A TIME.



The University of Wisconsin Extension series, Money Matters, offers other communication tips for talking about money. Visit <https://ukfcs.net/UWMoneyMatters> to learn more. As you talk through money topics and values, take turns answering questions, be honest in your responses, and try not to interrupt. Listen carefully so all points of view are heard.

MONEY CONVERSATIONS TIPS

- **Pick a Good Time.** Don't talk when you're rushed, tired, or upset. Choose a quiet time when you can focus.
 - **Be Kind and Clear.** Use "I" statements like, *"I feel worried about our credit card bill."* Don't blame or generalize.
 - **Work Toward a Goal.** Whether paying off debt or planning a vacation, it is easier to talk about money when working toward something positive.
 - **Use Tools to Help.** Use digital resources like PowerPay (<https://ukfcs.net/USUPowerPay>), a free debt reduction tool from Utah State University Extension that offers personalized debt elimination plans.
 - **Don't Tackle Everything at Once.** Take one step at a time. Start with topics that will move you closer to a financial goal.
- **Ask a professional.** If talking about money leads to fights or hurt feelings, it may be helpful to visit a financial therapist or counselor.

COMMUNICATING THROUGH CONFLICT

It is normal to have different opinions about money — from small things like how much to spend on vacations, hobbies, gifts, or groceries to larger things like estate planning, saving for retirement, or paying off debt. Rather than waiting for a money emergency to start a conversation, have regular check-ins scheduled on your calendar. Talking regularly about money helps everyone stay on the same page. Read more in the University of Kentucky Extension publication, *How Can We Communicate Without Conflict?* (<https://ukfcs.net/FCS5482>).

REFERENCES:

American Psychological Association. (APA, 2022). <https://www.apa.org/news/press/releases/stress/2022/concerned-future-inflation>

Consumer Financial Protection Bureau. (CFPB, 2025). <https://www.consumerfinance.gov/consumer-tools/financial-well-being/>

JULY / AUGUST 2025

HEALTHY CHOICES FOR HEALTHY FAMILIES

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Food and Agriculture.

Nutrition as we age

Good eating habits across the lifespan help prevent long-term health issues. It is never too late to support healthy eating. Older adults face higher risks of health issues like heart disease, cancer, and weak bones. These risks are due to changes in metabolism and loss of muscle and bone mass. The good news is these risks can be reduced by eating healthy foods and staying active.

While older adults often don't need as many calories, their need for nutrients is high. Older adults are also faced with life-long health issues. Some people use lots of meds. As we get older the makeup of our body often changes. Eating healthy and making each bite count is very helpful in this age group.

Key points for older adults

- **Eat a balanced diet.** Older adults should eat more fruits, vegetables, whole grains, and dairy while



cutting down on added sugars, saturated fat, and salt.

- **Eat enough protein.** Protein helps prevent the loss of lean muscle mass. Often, older adults don't get enough protein. Most older adults get the right amount of meats, poultry, and eggs, but it is also good to eat more seafood, dairy, and beans, peas, and lentils. These protein sources add

calcium, vitamin D, vitamin B12, and fiber. The ability to absorb vitamin B12 can decrease with age and with certain meds. Older adults should eat foods high in B12. They should talk with their doctor about the use of supplements to raise vitamin B12 intake.

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SMART TIPS

Family fun through active play

Staying active is part of a healthy life for all ages. Here are some fun ways to get moving together as a family.

- **Animal walks:** Support your child to mimic animal movements like crab walks, bear crawls, or frog jumps. This adds fun while staying active.
- **Obstacle course:** Use household items like chairs, cushions, and boxes to make a course. Time your child as they steer through the course. Make it daring, yet fun.
- **Dance party:** Have an unplanned dance party where you can move freely to your favorite music. It's a great way to boost your mood and get the heart pumping.
- **Nature scavenger hunt:** Take a walk in the park or your backyard with a list of items to find leaves, rocks, or flowers.

COOKING WITH KIDS

Overnight Oats

Time to make: 2 hours or overnight

- *Base oat mixture*
- *1/3 cup old-fashioned oats*
- *1/3 cup skim milk*
- *1/4 cup fat-free vanilla Greek yogurt*
- *1 tablespoon chia seeds*

Variations:

- *Banana bread:* 1/4 cup bananas sliced, 1 tablespoon chopped walnuts, 1/4 teaspoon cinnamon
- *Peanut butter jelly:* 1/4 cup raspberries, 1 tablespoon peanut butter
- *Mixed berries:* 1/2 cup berries of choice

1. Mix the oats, milk, yogurt, and chia seeds in a mason jar.
2. Cover and refrigerate for at least 2 hours or overnight.

3. Top with fresh fruit, nuts, or other mix in flavors.

Servings: One
Serving Size: 1 jar

Nutrition facts per serving: 240 calories, 7g fat, 14g protein, 34g carbohydrates, 9g fiber, and 65mg sodium

Nutrition for variations:

- **Banana bread:** Makes one serving. The recipe has 310 calories, 12g fat, 16g protein, 43g carbohydrates, 10g fiber, and 65mg sodium
- **Peanut butter jelly:** Makes one serving. The recipe has 350 calories, 13g fat, 19g protein, 44g carbohydrates, 12g fiber, and 120mg sodium
- **Mixed berries:** Makes one serving. The recipe has 270 calories, 8g fat, 15g protein, 41g carbohydrates, 12g fiber, and 65mg sodium

Source: North Dakota State University Extension



RECIPE

Game Day Sloppy Joes

- *1 pound ground chuck*
- *3/4 cup onion, chopped*
- *1/2 cup celery, chopped*
- *1 (15 ounces) can tomato sauce*
- *2 tablespoons quick-cooking oats*
- *1 teaspoon seasoned salt*
- *1 teaspoon Worcestershire sauce*
- *1/2 teaspoon chili powder*
- *1/8 teaspoon pepper*
- *Dash hot sauce*
- *12 hamburger buns*

1. In a 10-inch skillet, cook ground chuck, onion, and celery over medium-high heat until meat is browned and onion is tender. Drain off excess fat.
2. Stir in tomato sauce, oats, seasoned salt, Worcestershire sauce, chili

powder, pepper, and hot sauce.

3. Simmer, uncovered, on a low temperature for 30 minutes. Stir often.
4. Spoon about a 1/4 cup of the Sloppy Joe mixture onto each bun.

Servings: 12
Serving size: 1/4 cup sloppy joe sauce on 1 bun
Recipe cost: \$5.29
Cost per serving: \$0.44

Nutrition facts per serving: 220 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 25mg cholesterol; 550mg sodium; 26g carbohydrate; 1g fiber; 5g sugar; 12g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 6% Daily Value of potassium

FOOD FACTS

Pantry staple: Oats

Did you know? About 20% of all whole grain eaten by adults in the U.S. each year is oatmeal. Oats are a great source of fiber, and you can use them in so many ways. Yes, oatmeal is tasty and healthy, but we will also explore some exciting ways to use oats in recipes!

Types of oats:

- **Rolled oats:** Also known as "old-fashioned" oats or "whole oats." These oats take longer to cook than instant oats. Rolled oats are great for baking, granola, and to make a more textured oatmeal.
- **Instant oats:** Also known as "quick oats." Instant oats are more processed than rolled oats. They take less time to cook and make a smoother oatmeal.



Even if the types of oats are made other ways, the nutrition is the same!

Tips and tricks:

- Add oats to turkey burger patties to help them keep their shape when cooking.
- Add oats to a smoothie for a thicker smoothie.
- Don't have time to make breakfast in the morning? Blend oats with milk or yogurt at night and leave in the fridge all night. Top with fruit or honey in the morning for tasty "overnight" oats. Little to no prep time on those busy mornings!

Check out the "Game Day Sloppy Joes" in this issue. The oats help to thicken the sauce and give extra fiber!

LOCAL EVENTS

Martin County

Local events

If you are interested in nutrition classes, contact your Extension office.

Martin County Cooperative Extension Office
 9 Holy St, Inez, KY 41224
 (606) 298-7742
 Asya Jarrell
 Extension Agent for Family and Consumer Sciences

VISIT US ONLINE AT
EXTENSION.CA.UKY.EDU/COUNTY

YOUTH HEALTH BULLETIN



AUGUST 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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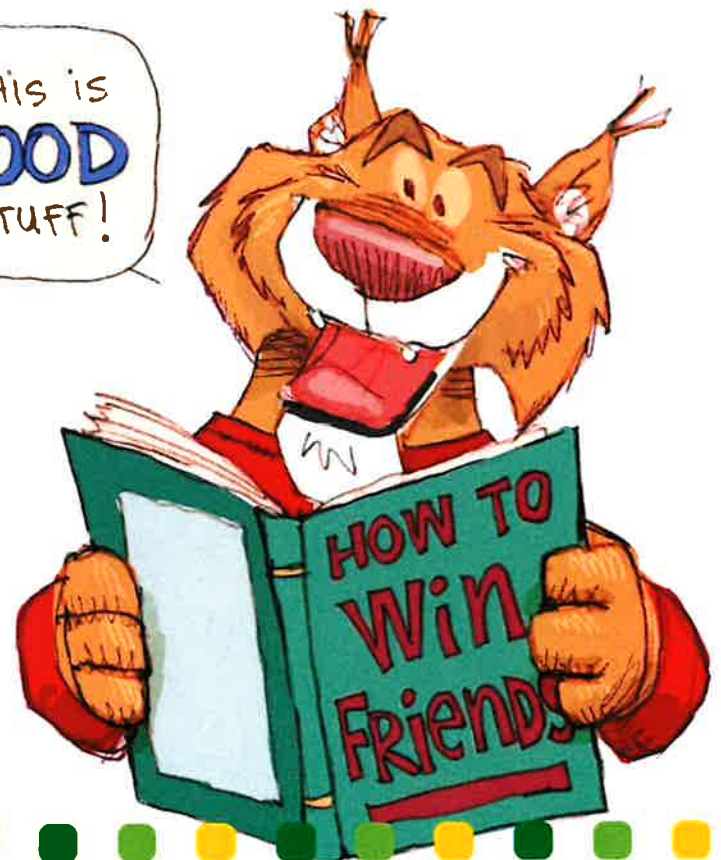
THIS MONTH'S TOPIC

THE VALUE OF FRIENDSHIP

Making and having friends
is important because it helps us feel
happy, learn new things, and grow into
strong, confident people. Friends help us
feel like we belong. They can support us
when we feel lonely or sad. Friendship also
teaches us how to share, solve problems,
and understand how others think. These
skills are important for getting along with
others and doing well in school. As we grow
up, these same skills help us make decisions
about the kind of job we want, the relationships
that are important to us, and our values.

Research shows that kids who have friends
are more likely to enjoy school and do better
in their classes. On the other hand, children
who don't have friends may feel anxious or
avoid school. Having friends also helps us feel

THIS IS
GOOD
STUFF!



Continued on the next page ➡

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One good way to make new friends is to join activities like sports, clubs, or school events.

→ Continued from the previous page

good about ourselves and gives us more chances to help others. Overall, making and keeping friends is a big part of growing up happy and healthy.

Friends can cheer you up when you're feeling sad, help you when you're having a hard time, and cheer with you when things go well. Friendships teach you how to be kind, fair, and honest. Sometimes friends might fight but learning to say "I'm sorry" or forgive someone is part of being a good friend. It's also OK if not every friendship lasts forever — people change, and that's normal. What matters most is treating others with respect and finding friends who do the same. Good friendships help you feel safe, happy, and confident as you grow up.

So, how do you make new friends? If you overthink this, it can feel harder than it is. The best way to make a friend is to be a friend!

You can make new friends by being kind, open, and willing to try new things. One good way is to



join activities like sports, clubs, or school events where you can meet other kids who like the same things. Saying "hi," inviting them to play a game or do an activity together, or giving a compliment can help start a conversation. You can also make friends by helping others, sharing, or being a good listener. It's important to smile, take turns, and show interest in what others are doing or saying. Being friendly and showing respect makes others feel comfortable and more likely to want to be friends. Even if it feels a little scary at first, trying to talk to someone new can lead to a great friendship!



REFERENCE:

<https://www.ncbi.nlm.nih.gov/books/NBK225544>

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Cartoon illustrations by: Chris Ware
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School of Human Environmental

Sciences

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Farmer's Market

Join Us For Our Farmer's Market Days This Summer!! Hosted Behind the Martin Co. Courthouse.

In Partnership with Martin County Fiscal Court, we will be hosting 4 Farmer's Market Days throughout the Summer!!

Call the Martin County Extension Office for more details to register to sell at (606) 298-7742.

Dates:

- Friday; July 11
- Friday; July 18
- Friday; August 8
- Friday; August 15

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Slow Cooker Asian Pork Tacos

Pork prep time: 10 minutes

Pork cook time: 3-7 hours(depending on temperature of slow cooker)

Slaw prep time: 20 minutes

Pulled Pork Tacos

- Nonstick cooking spray
- 2 pounds pork tenderloin
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ginger powder (or 1 tablespoon fresh ginger)
- 1 teaspoon garlic powder (or 3 whole garlic cloves, mashed and peeled)
- 1 cup hoisin sauce
- 12, 6-inch tortillas for serving

Asian Peanut Slaw

- 1/4 cup vegetable oil
- 2 tablespoons white vinegar
- 1 tablespoon honey
- 1 tablespoon low-sodium soy sauce
- 1 bag (12 ounces) coleslaw or broccoli slaw
- 1/2 cup dry roasted unsalted peanuts, chopped (optional)
- 2 green onions, chopped
- 1 cup cilantro, chopped

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Coat a slow cooker with nonstick cooking spray. Place pork tenderloin in the slow cooker and season with salt, pepper, ginger, and garlic. Wash hands after handling raw meat.
3. Pour the hoisin sauce over top of the pork. Cover and cook on high for 3 to 4 hours or low for 5 to 7 hours until the pork reaches a minimum internal temperature of 145 degrees F using a food thermometer.



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts

per serving:

250 calories; 10g total fat; 15g saturated fat; 0g trans fat; 50mg cholesterol; 350mg sodium; 20g total carbohydrate; 2g dietary fiber; 5g total sugars; 4g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

Source:

Rosie Allen, NEP
Special Projects,
University of Kentucky
Cooperative Extension

4. Transfer the cooked pork to a plate and shred with two forks. Return to slow cooker and stir it together with the sauce. Leave in the slow cooker on "warm" until ready to serve.
5. While the pork cooks, make the slaw. In a large bowl, combine oil, vinegar, honey, and low-sodium soy sauce. Add slaw, peanuts, green onions, and cilantro. Toss to combine. To serve, warm the tortillas in microwave for a few seconds, covered with a damp towel to keep them moist. Fill with shredded pork, then top with Asian Peanut Slaw. Roll up and serve.
7. Refrigerate leftovers within 2 hours.

Note: If you don't have hoisin sauce, you can substitute: 1/2 cup ketchup, 2 tablespoons brown sugar, 1/2 cup low-sodium soy sauce, 1 teaspoon garlic powder, 1/2 teaspoon ginger powder, 1/2 teaspoon salt, 1/4 teaspoon pepper, and a dash of hot sauce.

Makes 12 servings Serving Size: 1 taco (1/3 cup pork on tortilla with 1/3 cup slaw) Cost per recipe: \$10.44 Cost per serving: \$0.87

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