



Agriculture, Families and Youth

Cultivating Knowledge, Strengthening Families, Building Futures

July

It's already JULY and that means summer is in full swing. Gardens are beginning to see healthy harvests and we are gearing up for our Farmers' Market in collaboration with Martin County Fiscal Court. This community market will be held at the Court House Square every other Friday in July and August. Agent Daniel Howard is the primary contact for all information regarding this market.

Youth across the county are ready to have a full week of fun at 4-H camp, participating in activities like climbing rock walls, ziplining, swimming, and so much more!

While the end of June was a scorcher, we hope July brings weather we can all enjoy to be outdoors. Be sure to wear proper sun and insect protectant to keep yourselves safe from harmful UV rays and diseases spread by ticks and other insects.

Be sure to follow our social media pages, including our new FCS page titled **Martin County Family and Consumer Sciences** to stay up to date on all events and programs!

Joe Maynard

Joe Maynard, 4-H Agent
Joe.Maynard@uky.edu

Asya Jarrell

Asya Jarrell, FCS Agent
Asya.Jarrell@uky.edu

Daniel Howard

Daniel Howard, ANR Agent
Daniel.Howard1@uky.edu

Nicole Hinkle
4-H Program Asst.

Stephanie Proctor
NEP Asst.



Inside the Issue

- MoneyWise Newsletter
- Home Canning Information

- Healthy Choices Newsletter

- 4-H Camp Information
- Youth Health Bulletin

- Upcoming Programs
- Farmers Market



Stay Connected



606-298-7742



martin.ca.uky.edu



@Martin County Cooperative Extension
@Martin County 4H
@Martin County Family and Consumer Sciences



@martin.county.4h

**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.
Lexington, KY 40506



 Disabilities
accommodated
with prior notification.

July 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Tentative Calendar of Events</p> <p>For real time updates of reschedules, additions and cancellations please follow our social pages and website!</p>		1 Pieceful Stitchers - 5:00	2  Hometown Homemakers 10:30 am	3	4  Office Closed	5 Community Parade
6	7	8 Pieceful Stitchers - 5:00	9 Quail Habitat @ 5 pm	10 Heirloom Quilters @ 5 pm	11 	12
13	14	15 Pieceful Stitchers - 5:00	16	17 Heirloom Quilters @ 5 pm	18  Laugh and Learn Playdate @ 11	19
20	21 FCS & NEP @ Health Dept Teen Counselor Training 10-3	22 Pieceful Stitchers - 5:00	23	24 Camp Orientation @ 5:30 Food Pantry Heirloom Quilters @ 5 pm	25  Mountain Comp Job Fair	26
27	28	29  Pieceful Stitchers - 5:00	30 	31 Back to School Bash Heirloom Quilters @ 5 pm		

An Equal Opportunity Organization

Family & Consumer Science

Home Canning



Canning fruits at home is a rewarding way to save money, know exactly what's going into your food, and enjoy the fresh taste of summer all year long. Whether they come from your garden, a nearby orchard, or the local farmers market. It's a tradition that connects you to your food in a meaningful way. To keep your canned fruits safe and delicious, it's important to follow trusted, research-based canning guidelines. For more helpful tips and information on home canning, be sure to take a look at publication FCS3-584 or contact Asya !



Asya G. Jarrell

Extension Agent, Family and Consumer Science

(606) 298-7742

asya.jarrell@uky.edu

Martin County Extension Office
9 Holy Street,
Inez, Kentucky 41224-0325

Asya G. Jarrell

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JULY 2025

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

THIS MONTH'S TOPIC: INVESTING FOR EVERYONE

Benjamin Franklin is credited with saying, "A penny saved is a penny earned." But is this principle true? In today's economy, not necessarily. If we put a penny (or dollar) under a mattress, it may be worth less than a penny (or dollar) tomorrow or next year. Because of inflation, goods and services usually cost more in the future than they do today. This is why even people who are good at "saving" can fall behind financially. Investing your money is one way to battle inflation.



GROW YOUR MONEY

Saving is not investing. Investing is a way to make your money grow. Once you have an emergency fund in place for unexpected expenses, you should consider investing any extra money. Invest as much as your "risk tolerance" will allow. The U.S. Securities and Exchange Commission (SEC) defines risk tolerance as *"an investor's ability and willingness to lose some or all of an investment in exchange for greater potential returns."* There is risk involved when investing, but with research and careful choices, your money should grow steadily over time.

COMPOUNDING INTEREST

Anyone who has had a revolving balance on a credit card knows that for an item that originally cost \$100, you could pay back more than \$100 with interest. Credit card companies take advantage of compounding interest by charging extra for every purchase not paid off in full each statement. Then, they charge you interest on top of that interest, sometimes daily! This illustrates the principle of **compounding interest**, which is why getting out of debt can be hard. However, when investing, compound interest is a great thing! It helps your money grow faster. Learn more at ukfcs.net/MoneyWise2-23

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

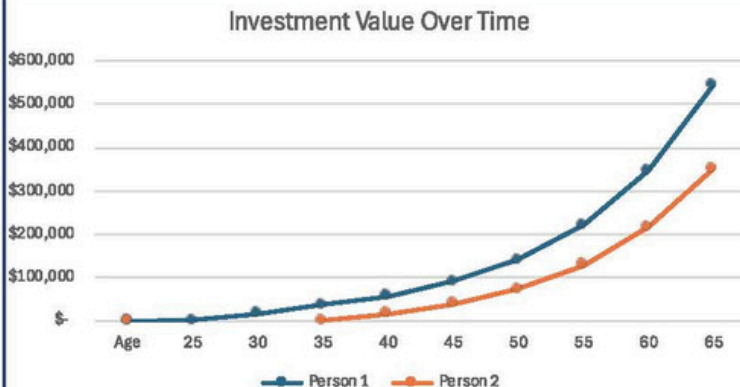
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, 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.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

MANY PEOPLE THINK THAT TO INVEST YOU NEED THOUSANDS OF DOLLARS, WHICH IS A MYTH



NOTE: Both investors contribute \$2,000 per year once they start investing. The example assumes a 9% fixed rate of return, compounded monthly. Reference: Investor Protection Trust. *The Basics of Saving and Investing: Investor Education 2020*. <https://www.tn.gov/content/dam/tn/commerce/documents/securities/posts/The-Basics-of-Savings-and-Investing.pdf>

CAN I AFFORD TO INVEST?

Many people think that to invest you need thousands of dollars, which is a myth. You can invest as little as a dollar a month. Almost anyone can open a brokerage account. This account is like a savings account but with a brokerage company allowed to sell "holdings" like stocks, bonds, mutual funds, and Exchange Traded Funds (ETFs). The U.S. Securities and Exchange Commission offers a beginner's guide to investing at <https://www.investor.gov/introduction-investing>.

Check with your employer to see if they offer a retirement plan such as a 401(k). If they do, start contributing as much as you can each pay period. Your employer can take this amount from your pay and put it into a brokerage account for you. Many companies also "match" contributions up to a certain amount. This means that for every dollar you put in, the company also adds a dollar. This is free money! Try to maximize this amount each year. There also can be tax benefits depending on the type of account you have.

Once the money is in your brokerage account, you can decide what to buy (e.g., stocks, bonds, annuities). Try to learn as

much as you can about the products you are buying, but don't wait to start investing. There are investment professionals who can help you figure out which purchases are less risky. Make sure your investment portfolio is diversified. That means you should invest in a variety of different things so you have more "eggs" in your "basket." On average, inflation has been 3.51% each year since 1950, so you should aim to earn at least 3.51% or more on your investments (<https://www.officialdata.org/us/inflation/>).

SLOW AND STEADY

Once you start investing, use the "buy and hold" strategy to sit back and watch your money grow over time. If you earn 9% interest (assuming a strong market), your money will double in 8 years! Then it will double again in the next 8 years, and so on. The sooner you invest, the sooner that can happen. So, whether you can invest \$5 a month or \$5,000, just get started. Your future self will thank you.

REFERENCE:

Office of Financial Readiness. *Investing Basics: Bonds, Stocks, Mutual Funds and ETFs*. <https://finred.usalearning.gov/Saving/StocksBondsMutualFunds>

Written by: Barbara Breutinger | Edited by: Kelly May and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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

JULY / AUGUST 2025

HEALTHY CHOICES FOR HEALTHY FAMILIES



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



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of 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.

CONTINUED ON PAGE 2

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. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

BASIC BUDGET BITES

Shopping tips when cooking for 1 or 2

Buying food in bulk or large packages might be cheaper, but if you throw out half of the food, it can be more costly than buying a smaller amount. Plus, buying smaller portions will allow you to enjoy more types of food. If you choose to buy in bulk, try to buy when the food is on sale for the most savings. Be sure to plan how to safely store foods to keep them fresh and cut food waste. Buy single packaged servings of items when it makes sense. Try wrapped cheese slices, single containers of low-sodium soup, or small bowls of fruit in 100% juice. Read the label on canned foods to choose ones lower in sodium, saturated fat, and added sugar. Compare prices to see if food items fit in your budget. Reach out to your local Extension office for more tips to make healthy meals for one or two people.



PARENT CORNER

Tips for kids' sleep health

Parents often think their children are getting plenty of sleep, but they might need more than you realize. Sleep is key for kids' health, just like eating well and staying active. Not getting enough sleep can lead to problems like gaining too much weight and getting Type 2 diabetes.

Experts are looking into why this happens. They think that not enough sleep messes with hormones that control hunger, making kids want to eat more. When they're tired, kids might also spend more time sitting down, instead of playing and moving around.

Lots of activities and homework can make it hard for kids to get enough sleep. They might skip sleep to do other things, but that is not good for them. Sleepy kids have trouble staying alert in school and might not feel like playing outside.

Here's how you can help your child sleep better:

- Try not to have too many after-school events.
- Set a routine bedtime and stick to it.

- Limit TV, computer, video games, and texting before bed.
- Keep phones out of their bedroom at night.
- Reading or talking about their day before bed can help them relax.

Follow this guide for the amount of sleep needed:

- **Babies (0-2 months):** 14 to 17 hours a day (along with naps)
- **Infants (4-12 months):** 12 to 16 hours a day (along with naps)
- **Toddlers (1-2 years):** 11-14 hours a day (along with naps)
- **Preschoolers (3-5 years):** 10-13 hours a day (along with naps)
- **School-age children:** (6-12 years) 9 to 12 hours a day
- **Teens (13-18 years):** 8 to 10 hours a day

Making sleep a priority helps kids stay healthy and do better in school. Parents need to show that sleep is important so their kids will think so too.

Source: Adapted from <https://www.eatright.org/health/wellness/healthful-habits/how-sleep-habits-affect-healthy-weight>

CONTINUED FROM PAGE 1

• Choose healthy drinks:

Sometimes it's hard for older adults to drink enough fluids to stay hydrated. The sense of thirst declines with age. Drinking enough water is a great way to prevent fluid loss and help with digestion. And water doesn't add any calories! Unsweetened fruit juices, low-fat or fat-free milk or fortified soy drinks can help meet fluid and nutrient needs. Older adults who choose to drink alcohol should limit the amount they drink. Men should not drink more than two drinks and women should not drink more than one per day. This group of people may feel the results of alcohol more quickly than they did when they were younger. This can add to the risk of falls and other mishaps.

Sources: Adapted from <https://health.gov/news/202107/nutrition-we-age-healthy-eating-dietary-guidelines>



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

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

NAME 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.GA.UKY.EDU/COUNTY



4-H YOUTH DEVELOPMENT



 Cooperative
Extension Service



4-H

**Âges
9-14**

Camp

July 29-Aug 1

Activities :

- High Ropes and Zipline
 - Crafts & Fun Foods
 - Fishing and Canoeing
 - Swimming
 - Basketball/Volleyball
- and more

JM Feltner Camp

380 J.M. Feltner Road
London, KY 40744

Registration Link

Posted on our FB Page



More Information : 606-298-7742

martin.ca.uky.edu/4h-youth-development

An Equal Opportunity Organization



What to Pack for Camp

Most of the camp activities will be outside, so play clothes will be most useful. Enough clothes should be taken for changes each day. An outside clothesline will be available for drying clothes. *Campers must be responsible for everything they bring. Be sure everything is labeled or marked for easy identification, including luggage and laundry bags.*

Martin County 4-H is not responsible for any lost or damaged items.

Things every camper should bring

- Bedding (pillow, twin sheet and blanket or sleeping bag).
- Toiletries (toothbrush, toothpaste, soap, shampoo, personal hygiene items, towels and washcloths or disposable loofas etc).
- Skin Protection (Insect repellent and sunscreen).
- Trash bag for dirty clothes.
-

Clothing

Clothing for both boys and girls should include enough clothes for 4 days of camp.

- Pants/jeans (in case we have a cool evening)
- shorts
- t-shirt and or tops (no spaghetti straps),
- under garments, socks,
- Comfortable shoes (these should be close-toed like Crocs, tennis shoes, and some sandals), flip-flops for bath house ONLY,
- sleeping clothes
- swim trunks or swimsuit (1 piece)
- extra towel for swimming,
- sweater or jacket

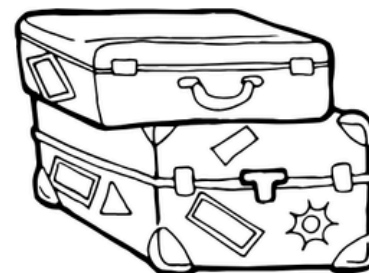
Do not bring: Electronics, Knives, fireworks, squirt guns, shaving cream, tobacco products, vapes, valuable items



Medication will be collected Tuesday Morning. It will be bagged, labeled and taken to the HCP upon arrival. Money will be collected Tuesday Morning and kept in our "Bank" & will be available during camp store opening.

While not mandatory, these additional items help make things easier at camp.

- Cinch backpack (for extra clothes for swimming classes)
- Shower Caddy (to carry and place all shower items)





YOUTH

HEALTH BULLETIN



JULY 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)

Martin County
Extension Office
9 Holy St.
Inez, KY
41224
(606)-298-7742

THIS MONTH'S TOPIC

WATER FOR WELLNESS



Water is everywhere! It is in lakes and rivers, in the pipes in our homes, and even in the clouds. But did you know that water is also inside our bodies? About 60% of our bodies are made of water! Isn't that cool?

That is why drinking water is so important. Our bodies need a lot of water to work well. Water makes up more than half of our body weight, and without it, we cannot live for more than a few days. Why is water so important? Our bodies have many jobs to do, and water helps us do them. For example, our blood has

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. Lexington, KY 40506



Disabilities
accommodated
with prior notification.



→ Continued from the previous page

a lot of water in it, and it carries oxygen to all the tiny parts of our body. Without oxygen, those parts would not work, and we would not be able to live.

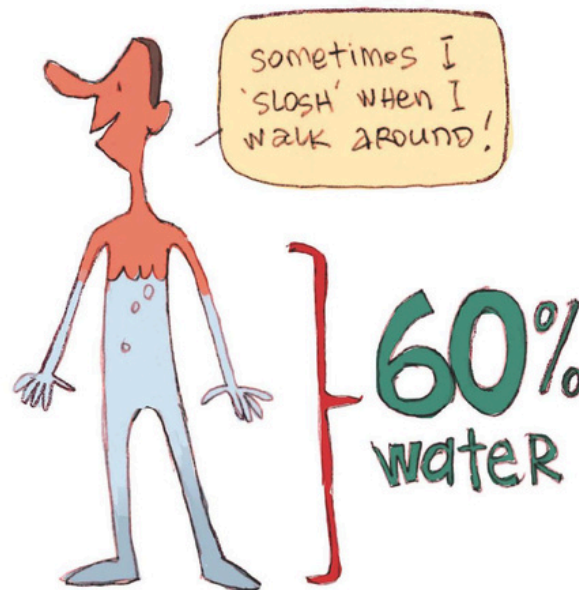
Water is also important for our immune system, which helps us fight off sickness. We need water to digest our food, make energy, and get rid of waste. Plus, sweat is mostly water, which helps keep our bodies cool.

So, how much water should you drink? Generally, children over the age of 8 should drink at least 8 cups of water per day. You will need to drink more water if you are sick, exercising, or spending time outside in hot weather.

That may sound like a lot, but drinking some throughout the day, with meals and snacks, and anytime you feel thirsty, should go a long way to accomplishing this goal. It is also important to drink water before and after exercising, playing sports, or playing outside when it is hot. It may be helpful to carry a water bottle with you when you go to school, play sports, or go outside to play.

Here are some other tips to help you drink enough water every day:

- **Place your water bottle in a place where you will remember to take it with you.** It might be helpful to have a water bottle for



school to keep in your backpack. Remember to take it out to clean and refill it at night.

- **If you prefer to drink cold water, add ice!** Using an insulated or metal water bottle will also help keep your water cold.
- **Make water your drink of choice at meals, instead of soda or juice.** To flavor your water, try adding fruit like berries or melon, vegetables like cucumbers, or herbs like mint.
- **Try to habit-stack.** For example, every time you finish brushing your teeth, drink a small cup of water.
- **Some people find it easier to drink more out of a straw.** If you struggle to drink enough water out of a bottle or cup, try using a straw.

Remember, your body needs water throughout the day to stay healthy and hydrated, to feel its best, and to grow. So, drink up!

REFERENCE:

<https://kidshealth.org/en/kids/water.html>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by: Chris Ware
Illustrations © University of Kentucky
School of Human Environmental Sciences



Agriculture & Natural Resources

 Cooperative
Extension Service



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**

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. Lexington, KY 40506





Quail Habitat & Forage

Wednesday July 9 – Martin County Extension Office – 5:00p

The sound of the Bobwhite Quail has lingered through the minds of those in Eastern Kentucky for years. Thanks to the efforts of conservation and landowners, those numbers are once again on the rise. Join us, along with Quail Forever Biologist Thomas Sentz, for a discussion around quail conservation, habitat, and forage.

Highlights:

- 5:00p – 6:30p
- Scan QR Code for Registration
- Register by June 25

**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.

Lexington, KY 40506



Disabilities
accommodated
with prior notificatio



Chicken Burgers



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

Nutrition facts

per serving:
300 calories; 3.5g total fat; 0g saturated fat; 0g trans fat; 65mg cholesterol; 500mg sodium; 32g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 27g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source:
Andrea Wilde,
NEP Area Nutrition Agent, University of Kentucky Cooperative Extension Service

- Prep time: 10 minutes**
Cook time: 10 minutes
- 1 pound 98% fat-free, ground chicken breast
 - 1/4 cup barbecue sauce
 - 1/2 cup green onions, finely chopped
 - 1/4 cup celery, diced
 - 1 teaspoon garlic powder (or 1 clove of garlic, minced)
 - 1/4 teaspoon salt
 - Nonstick cooking spray
 - 4 whole-wheat hamburger buns
 - 2 cups romaine lettuce, torn or shredded
 - 1 large tomato, cut into 8 slices

Optional: 2 tablespoons cheese, such as blue cheese, feta, or shredded cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a medium bowl, combine chicken, barbecue sauce, green onion, celery, garlic powder, and salt.

3. Using wet hands (to prevent mixture from sticking), form chicken mixture into four 1/2-inch-thick patties. Wash hands with warm water and soap after handling raw poultry.
4. Preheat a large skillet over low to medium heat and spray with nonstick cooking spray.
5. Place burgers in the preheated skillet. Cook until burgers reach an internal temperature of 165 degrees F as measured on a meat thermometer, about 5 minutes per side.
6. To serve, place each burger on a bun. Top each with 1/2 cup shredded lettuce, 2 tomato slices, and optional 1/2 tablespoon of cheese.
7. Refrigerate leftovers within 2 hours.

Makes 4 servings
Serving size: 1 burger on bun with toppings
Cost per recipe: \$8.36
Cost per serving: \$2.09

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, religion, political belief, sex, sexual orientation, gender identity, age, marital 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.

Lexington, KY 40506



with prior notification.