

Newsletter

August 2024

Safe and Healthy Picnics



Warm sunny weather encourages outdoor activities like walking, cycling, swimming, or a friendly game of wiffle ball. Take advantage of a local or state park and all their offerings this summer by planning a picnic with family or friends. Summer is also peak season for many fruits and vegetables. It makes sense to combine them. But bacteria can grow rapidly in warm weather. Keep your family and friends from getting sick by following these food safety picnic tips.

Have a way to wash your hands. It's not always easy to wash your hands at a picnic. You may be in an area where restrooms or hand-washing facilities are not available. Pack extra bottled water, soap, and disposable towels for hand-washing. You can use hand sanitizer or hand sanitizing wipes (these are different than disinfecting wipes used for cleaning) as a backup option if necessary.

Pack smart. Take only the amount of food you'll eat. Pack small quantities of food so there is no food waste or leftovers to worry about. You can plan a picnic with simple nutritious menus like peanut butter and jelly on whole-grain bread or crackers, fresh fruits and vegetables, yogurt-based dips, baked chips or pretzels, and mixed cheeses. Bring bottled water or try flavored or infused water to keep hydrated while outside.

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Safe and Healthy Picnics

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Keep food out of the danger zone. When traveling with food, keep cold foods cold and hot foods hot. Bacteria multiply quickly between 40 degrees F and 140 degrees F - the danger zone.

Use a cooler when transporting perishable food to keep temperatures at 40 degrees or below to limit bacterial growth. This includes cut fruits and vegetables. You can use frozen water bottles, gel packs, or zipper bags of ice to keep food cold. Place the cooler inside the air-conditioned car when traveling and not in the trunk. Store it in the shade once you've arrived. Do not take hot food on a picnic unless you have a way to keep it 140 degrees F or above during transport and serving.

Separate raw from ready to eat food. If you plan to grill during your picnic, make sure to transport raw meat in a different cooler than other foods. Bring plenty of plates and utensils so you don't place cooked meat (or other food) on the same plate that held raw meat or its juices. Remember to bring a meat thermometer to ensure grilled food reaches the proper internal temperature. Cook beef burgers to 160 degrees F, pork chops to 145 degrees F, chicken to 165 degrees F, and hot dogs according to the package directions. Consider grilling vegetables too. You can cook them right on the grill or in a foil packet to your desired doneness.

Don't let food sit out. Food should not remain at room temperature for more than two hours. Throw away any leftovers that have been sitting out for more than two hours, 1 hour if the temperature is above 90 degrees F.

With a little planning, you can make your next picnic a safe and healthy outdoor event. For more information on food safety and dining outdoors, contact your local Extension office.

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

Reference

<https://www.foodsafety.gov/keep-food-safe/food-safety-by-events-and-seasons#spring>

Homemaker Happenings



August 15th	Registration Due for Lincoln Trail Area Homemaker Kick Off
August 20th	Lincoln Trail Area Homemaker Kick Off
August 15th - 25th	Kentucky State Fair
August 28th	Wits Work Out
August 28th	Healthy Homes, Healthy Habits

2024 KEHA Cultural Arts Contest

Show off your creative talents by entering the 2024 contest. The complete list of rules is included with your newsletter or contact the Extension Office for a copy.

Turn in your entries at the Extension Office by 4 p.m. CT on Friday, October 18th with your name, category and subcategory. Local blue ribbon winners will advance to the area contest on Friday, October 25th in Marion County.

**Deadline:
Friday,
October 18th**

If you have questions or need more information call us at (270) 756-2182



The Kentucky State Fair in 2024 will take place from August 15th to 25th. We invite everyone to attend the fair and explore the fantastic exhibits and entries on display!



Lynnette Allen

Lynnette Allen
Extension Agent
For Family & Consumer Sciences Education
Breckinridge County

Homemaker Club Meetings



<i>Homemaker Club</i>	<i>Date/Time</i>	<i>Location</i>
Cloverport	Monday, September 23rd 1 p.m. CT	Cloverport Methodist Church
New Heights	Monday, September 16th 10 a.m. CT	Extension Community Building
Countryside	TBA	TBA
Irvington	Tuesday, September 17th 11:30 a.m. ET	Lincoln Trail Christian Church
Sunshine Sisters	TBA	Extension Community Building
Flower Rangers	Friday, August 30th 6 p.m. CT	Extension Office Basement

Roll Call & Thought of the day for August

Roll Call: How do you beat the heat during the “dog days” of August?

Thought for the Day: "Out along the edges, Always where I burn to be"
-Danger Zone, Kenny Loggins 1986



Lincoln Trail Area HOMEMAKER KICK OFF

Kick off the 2024-2025 Homemaker year with your friends from the Lincoln Trail Area!

-  *morning refreshments*
-  *creating a welcoming community*
-  *running effective meetings*

Please call the Breckinridge County Extension Office by **August 15** to register (270) 756-2182

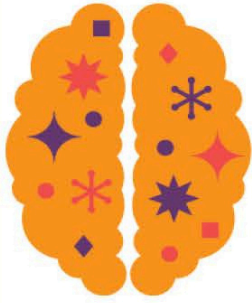


AUGUST 20

**10AM - 12:30PM ET
9AM - 11:30PM CT**


**HARDIN COUNTY
EXTENSION OFFICE**





WITS WORKOUT

An Interactive Brain Health Program

 Cooperative
Extension Service

Breckinridge County

Did you know that social connectedness and intellectual engagement are two lifestyle factors that contribute to your brain's health?

Simply put, coming together and learning new things is good for your noggin! Join the *Wits Workout* program to engage in guided challenging puzzles, learn to help keep your brain healthy while interacting with others.

When: Wednesday, July 31, August 28

Time: 10 to 11:15 a.m. CT

Where: Breckinridge County Extension
Community Building,
1377 S Hwy 261, Hardinsburg, KY

Register: No registration required!

Led by: Lynnette Allen Breckinridge County
Cooperative Extension FCS Agent



Wits Workout is a program developed
by University of Illinois Extension

Cooperative
Extension Service

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

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Disabilities
accommodated
with prior notification.

Follow Breckinridge County Kindness Campaign on facebook for more info.

BRECKINRIDGE COUNTY COMMUNITY RESOURCE FAIR

August 22, 1:00-6:00pm CT

Breckinridge County Extension Office

1377 S Hwy 261, Hardinsburg, KY



Come out to this free informational event to find out about local benefits and helpful services available to our community.

Food will be served and free goodie bags for the first 250 people.



**Resources for all ages!
Everyone is invited.**

- Housing Resources** ✓
- Food Pantry** ✓
- Mental Health** ✓
- Healthcare Services** ✓
- Health Screenings** ✓
- Academic Support** ✓
- Financial Services** ✓
- Recreational Services** ✓
- AND SO MUCH MORE!!!** ✓

CONTACT US



For questions about this event, contact
Chassy or Meredith • 270-756-0268

HEALTHY HOMES

HEALTHY HABITS

Join us every month for sessions dedicated to making healthier choices for our homes. During these sessions, we will talk about embracing healthier food and home practices. Participants will receive FREE kitchen incentive items and have the opportunity to taste-test nutritious recipes.

1 August 28th 1 p.m. CT
Healthy Snack & Beverage choices
Healthy Cooking
Time Well Spent

2 September 11th 1 p.m. CT
Food Safety & Healthy Homes

3 October 2nd 1 p.m. CT
Affordable Meals & Smart Spending

4 November 6th 1 p.m. CT
Reading Labels and
Stress Free Holidays

5 December 4th 1 p.m. CT
Healthier choices, Fruit and Vegetables
Healthy Habits for the New Year

All sessions will be held in the Breckinridge County Extension Office Basement
For more information contact
Tasha Tucker or Lynnette Allen
at (270) 756-2182

FARMERS' MARKET

Open June 15 thru October 2024

**1377 South Hwy 261, Hardinsburg, KY
Breckinridge County Extension Office
Extension Farmers' Market and Educational Facility**

**Open every Saturday
6:30 a.m. (ct)
until products are sold**

**Open every Tuesday
3 p.m. (ct)
until products are sold**

Accepting WIC and Senior Citizens' Market Card

NOTE: DATES ARE SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY



Nothing else comes close



**For more information contact us at
270-756-2182**

Funded in part by Kentucky Agricultural Development Funds

1377 S HWY 261 | Hardinsburg, KY 40143 | P: 270-756-2182 | F: 270-756-9016 | breckinridge.ca.uky.edu





Diabetes Support Group

Breckinridge County Extension Community Building
1377 S. Hwy 261, Hardinsburg, KY 40143

Tuesday, September 10th
1:30 – 2:30 p.m. CT

- ✓ Relaxed group setting
- ✓ Recipe sampling
- ✓ Nutritional Information
- ✓ Door prize
- ✓ FREE

September Guest Speaker:
Katy Walker, LCSW
UK Healthcare



Call 270-756-0711 or 270-756-2182 for more information

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ADULT

HEALTH BULLETIN



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

Breckinridge County
Extension Office
1377 S Hwy 261
Hardinsburg, KY
40143
(270) 756-2182

THIS MONTH'S TOPIC

ARE YOU UP TO DATE ON VACCINES?



August is National Immunization Awareness Month, observed each year to highlight the importance of routine vaccination for people of all ages. Vaccines provide protection against severe illness, disability, and death from 15 different infectious diseases such as influenza (flu), pneumococcal disease, herpes zoster (shingles), hepatitis A, hepatitis B, HPV-related cancers, tetanus, and pertussis (whooping cough).

Seasonal influenza (flu) is a respiratory virus that infects tens of millions of people every year in the United States. An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick. Flu vaccines also protect from flu-related pneumonia and flu-related heart attacks or stroke — complications that are especially dangerous for people with diabetes or chronic heart or lung conditions.

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An annual flu vaccine helps prevent infection and decreases your chances of being hospitalized or dying if you do get sick.



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Hepatitis B is a serious, potentially deadly infection of the liver caused by the hepatitis B virus (HBV). There is no cure, so it is important to receive the vaccine that prevents HBV infection, as well as the chronic liver damage and cancer that hepatitis B can cause.

Human papillomavirus (HPV) is a leading cause of cervical cancer and can cause other types of cancer in both women and men. The HPV vaccine keeps you from being infected with the virus or passing it to others, protecting you and them from the immediate effects of the virus as well as from the various cancers it can trigger.

Despite the benefit of vaccines, 3 out of every 4 adults are missing one or more routinely recommended vaccines. During the COVID-19 pandemic, many people got behind on routine vaccines, because of missed or rescheduled annual well exams or routine physicals. Many children and adults who delayed vaccination during the pandemic are still behind schedule. It is crucial that everyone takes steps to get back on schedule with their routine immunizations, to be protected against disease and severe illness.

Adults may be confused about what vaccines they are supposed to get and if they are up to date. Some vaccines only require one dose, while others may require more than one, or need to be given yearly or so many years apart. There are also certain

vaccines that are recommended for people with specific jobs, and for travelers who are going to a part of the world where certain types of diseases exist.

Are you up to date on all the vaccines that you need? How can you know? Your health-care provider can tell you about recommended vaccines and which vaccines may be helpful for you. Additionally, the CDC has a helpful chart of all adult vaccines and who may need to get them, based on your age and lifestyle. You can find the chart at <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html> or search “CDC vaccine schedule” on the Internet.

If you are not sure about which vaccines you have received, your doctor, employer, or local health department may have your vaccine records. There is no central database for adult vaccines, but the provider who gave you the vaccine will keep a record. There are also blood tests that can check to see which diseases your body has immunity to and which you may need a vaccine for to help build immunity.

REFERENCE:

<https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>

ADULT
HEALTH BULLETIN

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





Peanut Butter Oatmeal Bites



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

- 1 cup creamy peanut butter
- 2/3 cup unsweetened applesauce or 2 large very ripe bananas (or half of each)
- 1/3 cup brown sugar
- 2 teaspoons vanilla
- 2 teaspoons cinnamon
- 2 cups quick oats
- 3/4 cup dried fruit (cranberries, raisins, apples, dates, etc., or a mixture)
- 1/2 cup chopped nuts, pepitas (pumpkin seeds), or sunflower seeds (or a mixture)

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Preheat the oven to 350 degrees F.
3. Line two large baking sheets with parchment paper and set aside.
4. In a large bowl, mix the peanut butter, applesauce or bananas, brown sugar, vanilla, and cinnamon until smooth. Add the oats, dried fruit, and nuts, stirring until combined.

5. Drop the dough into equal sizes onto the baking sheets, about 2 tablespoons per cookie. Flatten the top with the back of a spoon.
6. Bake 12 to 16 minutes or until the edges are slightly brown and the dough is set, but soft.
7. Remove from oven and cool on the baking sheet for 10 minutes. Transfer to a cooling rack to finish cooling.
8. Store in an airtight container. Use within four days or freeze.

Makes 30 bites

Serving size: 1 bite

Cost per recipe: \$4.44

Cost per serving: \$0.15

Nutrition facts per serving:

110 calories; 6g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 13g total carbohydrate; 2g dietary fiber; 7g total sugars; 2g added sugars; 3g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:

Brooke Jenkins,
Extension Specialist,
University of
Kentucky Cooperative
Extension Service



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2024

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

THIS MONTH'S TOPIC: MAXIMIZING COLLEGE SAVINGS

College is an attractive choice for people who want to gain specialized knowledge and skills that can improve career prospects and personal growth. Many students rely on financial aid to help pay education-related expenses. Also, a combination of college savings and exploring ways to save before and after college can help with the overall cost.



SAVING BEFORE COLLEGE

To go to a four-year public university in Kentucky, the average cost for tuition, fees, room, and board is around \$27,500 per student per year. Begin saving for college early. Kentucky has accounts like a KY Saves 529 plan (<https://www.kysaves.com/>). You can use these tax-advantaged accounts to save money that you can use for college expenses including books, computers and laptops, housing, tuition, and fees. You can use a 529 to pay for college, graduate school, trade and vocational school, and apprenticeship programs. 529 plan earnings and withdrawals are tax-free, making it a tax-advantaged option for college savings.

In addition to saving, you can help pay for school with scholarships. Scholarships are free money awarded for various reasons, including

needs-based, community-sponsored, major-specific, and merit-based scholarships. A merit-based scholarship, like the Kentucky Educational Excellence Scholarship (KEES) program, provides money to students who do well in high school to go toward college expenses. The Kentucky Higher Education Assistance Authority is dedicated to improving students' access to higher education. Visit <https://www.kheaa.com/web/scholarships-grants.faces> for more information about KEES and other state-specific scholarship opportunities.

Along with scholarships, check to see whether you qualify for other free money, including grants, by filling out the Free Application for Federal Student Aid (FAFSA). This will also help you decide if you need student loans to close the gap in affordability.

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MAKING COLLEGE AFFORDABLE TAKES PLANNING AND SAVVY USE OF AVAILABLE RESOURCES



SAVING AFTER COLLEGE

Many students practice responsible borrowing by repaying their student loans. If you borrow money to pay for college, make sure you update your physical address and email address so you receive important communication from your lender. If you are currently repaying student loans or will begin making payments soon, research all your repayment options. Different repayment plans may provide different advantages, including paying off loans at different speeds depending on financial needs and income.

Consider how your job or career choice may provide additional benefits, including Public Service Loan Forgiveness (PSLF). If you work in public education, nonprofit,

law enforcement, child and family service agencies, or the U.S. military, you may be eligible for PSLF.

Making college affordable takes planning and savvy use of available resources. No matter where you are in your educational journey, the U.S. Department of Education Federal Student Aid website is a good place to start. From completing the new FAFSA application, to exploring repayment plans and PSLF or forgiveness options, learn more at <https://studentaid.gov/>.

REFERENCE:

Hanson, M. (2024.) "Average Cost of College & Tuition" EducationData.org, <https://educationdata.org/average-cost-of-college>

Spotlight: Military Families in Kentucky

Did you know that more than 80,000 service members and their families live in Kentucky? This includes more than 17,500 spouses and nearly 29,000 children. The Post-9/11 GI Bill can provide additional cost savings to service members and dependents to save on education expenses. Learn more at <https://www.va.gov/education/about-gi-bill-benefits/post-9-11/>.

If you're a professional who works with military families, visit <https://oneop.org/> to learn more about professional development available to you through a partnership with Cooperative Extension and the U.S. Department of Defense.

Written by: Kristen Jowers | Edited by: Nichole Huff 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



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Office Hours

Monday through Friday
8:00 a.m. - 4:30 p.m. CT

Address

Breckinridge County Extension Office
1377 South Highway 261
Hardinsburg, KY 40143

Online

breckinridge.ca.uky.edu
facebook.com/breckinridgeextension

Contact Information

Lynnette Allen
Extension Agent
For Family and Consumer Sciences Education
Phone: (270) 756-2182
Email: lynnette.allen@uky.edu



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