

LOGAN COUNTY HOMEMAKERS

Cultural Arts Contest

The county Cultural Arts contest is scheduled for Aug. 29 at the Logan County Extension Office. You may bring your entries to the Extension Office on Aug. 28 or before noon on Aug. 29. You may pick your items up after 3:00 p.m., or if you would like your items to be on display for our county Annual Meeting you may leave them until after Aug. 30. I look forward to seeing some great work from wonderful, talented ladies! On that note, make sure to attend our Hawaiian-themed Annual Meeting on Aug. 30! (See flier)

Mammoth Cave Area Annual Day

The Mammoth Cave Area Annual Day is scheduled for Oct. 19 at Tayvin Gardens in Smiths Grove. Please see the registration form included in this newsletter with details about the meeting. Deadline to register is Oct. 1. I hope you will make plans to attend!

**Follow the Logan County
Extension Homemakers
on Facebook!**



**The Logan County
Extension Office will be
closed on September 4, 2023
for the Labor Day holiday!**



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Rachel Hance

**Family & Consumer
Sciences Agent for
Logan County**



Mark Your Calendars!

Homemaker Leader Trainings

Any changes in leader trainings will be announced!

No August Leader Training

Picnic Month - Plan a fun activity with your club members!

October Leader Training

"Paw Paws: What to Forage in Ky."
October 3, 2023 @ 10 a.m.
Logan County Extension Office



September Leader Training

"Air Fryers/Electric Pressure Cookers"
August 28, 2023 @ 10 a.m.
Logan County Extension Office

**Logan County Homemaker Cultural Arts Contest
August 29, 2023**

**Logan County Homemaker Annual Meeting
August 30, 2023**

**Mammoth Cave Area Homemaker Annual Day
October 19, 2023**

OUTSTANDING CLUB REPORT FORMS

Your individual county report forms were due to the Logan County Extension Office by August 1. These reports are used to prepare for our annual meeting. These forms were distributed to each club at the June council meeting. If you need an additional copy please let us know at the Extension Office and we can get one to you. Please make sure these are turned in so we are able to recognize our members who have worked so hard this year!

ENROLLMENT FORMS

Your Club President should have received copies of new enrollment forms to be completed! Please make sure those are updated and returned to the Extension Office so we can update our records!

Homemaker Club Meetings

All Seasons

President Sandra Kennedy
270-847-7860
Meets 3rd Tuesday @ 1PM

Corinth

President Sharon Travis
270-539-4604
Meets 3rd Thursday @ 10 AM

O & H Homemakers

President Donna Washington
270-893-1467
Meets 3rd Monday at 2:30 PM

Neighbors

President Emily Hayes
270-542-4287
Meets 4th Monday @ 11 AM

**ATTENTION
ALL MEMBERS
AT LARGE
AND ALL NEW
MEMBERS:**

OUR CLUBS WOULD LIKE TO INVITE YOU TO ATTEND THE MEETING DAY OF YOUR CHOICE, WHICHEVER WORKS BETTER FOR YOUR BUSY SCHEDULE.

South Union

President Judy Kirkland
615-337-0999
Meets 2nd Wednesday @ NOON

Sew Fun Quilting Homemakers

President Sue Jordan
270-542-6403
Meets 4th Saturday 9 AM—3 PM

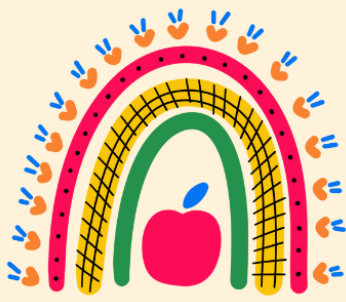
HOMEMAKER HIGHLIGHT



The Neighbors Homemaker Club has been crafting the past couple of months. During their June club meeting they each made a shell craft with paper and decoupage and at their July club meeting they made sun catchers.



If your club has participated in an outing, event, or activity that you would like to highlight in our monthly newsletter please feel free to send me information and photos!



BACK TO SCHOOL

Breakfast Ideas

We often hear breakfast is the most important meal of the day. *But why?* Children who eat breakfast do better on tasks that require attention and higher-level brain functions. This means children who eat breakfast focus and concentrate better and have fewer behavior problems. They also have higher school attendance, fewer hunger-induced stomach aches, and better muscle coordination. Children who eat breakfast also tend to have an overall healthier diet.

It is easy to miss or forget breakfast during the rush to get out the door for school. But a little planning and prep will have your family fueled for whatever the day brings. Try one or more of these tips to help make breakfast part of a back-to-school routine that sets children up for success.

- ★ **Prep the night before.** Set out breakfast options before going to bed. This will allow children and adults to easily get started eating or grab something for the road.
- ★ **Set the alarm a few minutes earlier.** A few extra minutes in the morning can provide time for a quick breakfast. It can also provide time for children to wake up and feel hungry or ready to eat.
- ★ **Role model breakfast.** Children copy adults' behavior. Sitting down to eat with children or at least eating while getting ready shows them breakfast is part of the start of the day.
- ★ **Pack breakfast to go.** Breakfast does not have to be eaten at home. You can pack healthy options for the bus or car ride to school and work.
- ★ **Try school breakfast.** Many schools serve nutritious breakfast. Ask your school and encourage children to take advantage of this.

Eating something is better than nothing. But to fuel the body and brain for a day of academic, social, and physical activity, the standout combination is a whole grain, some protein, and either fruit or vegetables. Find whole grains in things like hot or cold cereal, bread, tortillas, muffins, waffles, or even leftover rice or pasta. Look for protein, which is often missing from breakfast, in dairy products, eggs, nuts and seeds, beans, or animal meats.

Try one of these quick, easy ideas to fuel children's brains and behavior. Or create your own combination!

- ★ **Hot, instant cereal.** Add protein by making it with milk instead of water. You can change up the flavor based on things you mix in. Want it sweet? Add fresh, dried, or even frozen fruit and nuts. Want it savory? Add cheese and an egg with veggies of your choice.
- ★ **Yogurt bowl.** Start with a base of plain yogurt and then add fresh, canned, or frozen fruit and whole-grain cereal or granola.



Skillet Pork Chops with Peaches



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

Nutrition facts per serving:

280 calories; 10g total fat; 3g saturated fat; 0g trans fat; 70mg cholesterol; 400mg sodium; 21g total carbohydrate; 2g dietary fiber; 19g total sugars; 6g added sugars; 28g protein; 6% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source:

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

- 1 tablespoon oil
- 4 center cut pork chops (about 1/2 inch thick), trim visible fat*
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon butter
- 2 cups diced canned peaches, drained**
- 2 tablespoons apple cider vinegar
- 2 tablespoons sugar

*Boneless pork loin chops can also be used in this recipe.

**Fresh in-season or frozen peaches may be substituted for canned peaches.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. If using fresh peaches, wash under cool running water, gently rubbing the skin. Dry. Dice for the recipe.
3. Heat a large skillet over medium-high heat. Add oil.
4. Season pork chops with garlic powder, salt, and black pepper. Add to pan.

5. Rewash hands after handling raw meat.
6. Brown both sides of pork chops, cooking until the meat reaches an internal temperature of 145 degrees F as measured on a meat thermometer. Remove from pan to rest.
7. Return skillet to the stove and increase heat to high. Add butter, peaches, apple cider vinegar, and sugar. Cook quickly, stirring often, allowing peaches to slightly turn brown and sauce to thicken (about 2 to 4 minutes).
8. Return pork chops to the pan with peaches and continue cooking until the mixture coats the pork chops (about 2 to 3 minutes).
9. Serve each pork chop topped with peaches.
10. Refrigerate leftovers within 2 hours.

Makes 4 servings

Serving Size: 1 pork chop

Cost per recipe: \$7.78

Cost per serving: \$1.95





MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

Healthy Eating for Older Adults

Make eating a social event

Enjoy meals with family or friends as often as possible. You can even take advantage of technology to enjoy mealtime virtually.

Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it is important to drink beverages throughout the day.

Add a touch of spice

Limiting salt is important. Fresh and dried herbs and spices add flavor without the salt.

Make the most of your food choices

Older adults need plenty of nutrients but fewer calories. Foods that are full of vitamins and minerals are the best way to get what you need.

Keep food safe

Discard food if it has an "off" odor, flavor, or texture. Refer to "use by" dates for a guide to freshness.

Be mindful of your nutrient needs

You need higher levels of calcium and vitamin D to keep bones strong. Nonfat and low-fat dairy provide calcium, as do non-dairy sources like calcium-fortified orange juice and soy milk.



Source: U.S. Department of Agriculture. MyPlate.gov Website. Washington, DC. Healthy Eating for Older Adults. https://myplate-prod.azureedge.us/sites/default/files/2022-04/TipSheet_21_HealthyEatingForOlderAdults.pdf. Accessed January 31, 2023

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**HOMEMAKER
ANNUAL MEETING**

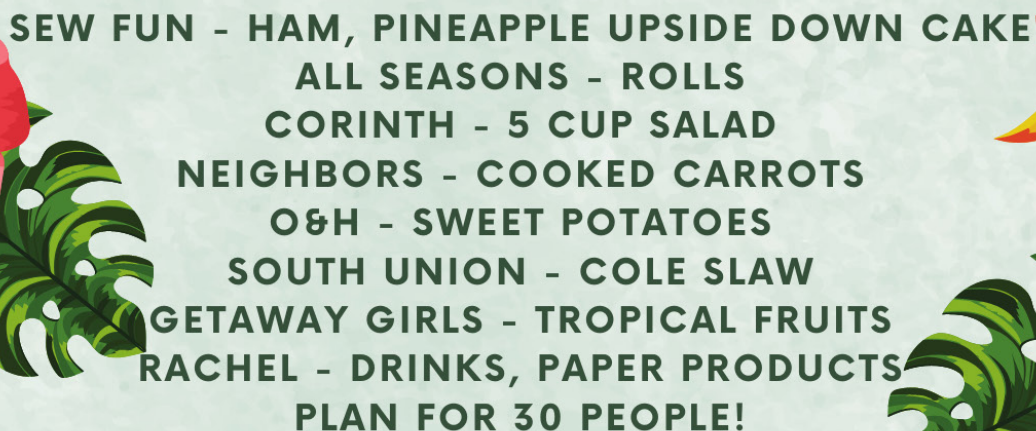
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Luau*

11:00 A.M. ~ AUGUST 30, 2023

COSTUME CONTEST / HULA HOOP
CONTEST / CUPCAKE DECORATING

DRESS IN YOUR BEST LUAU ATTIRE!

SEW FUN - HAM, PINEAPPLE UPSIDE DOWN CAKE
ALL SEASONS - ROLLS
CORINTH - 5 CUP SALAD
NEIGHBORS - COOKED CARROTS
O&H - SWEET POTATOES
SOUTH UNION - COLE SLAW
GETAWAY GIRLS - TROPICAL FRUITS
RACHEL - DRINKS, PAPER PRODUCTS
PLAN FOR 30 PEOPLE!



*Edmonson County Homemakers
host*

Mammoth Cave Area Homemaker Annual Day

9:00 A.M. ~ THURSDAY, OCTOBER 19
Tayvin Gardens, 214 Noah Bledsoe Rd., Smiths Grove



Homemakers: A Slice of the Good Life



Come and enjoy a fresh, gourmet culinary lunch prepared by in-house caterer, The Linen Apron! Guest speakers will be Ricky Carroll and Norman Warnell.

If you plan to attend, you must RSVP to the Logan County Extension Office by September 27. You will need to call the office at 270-726-6323 or stop by and give us your name and payment!

Non-perishable food items for needy families in Edmonson County will be collected that day. All items will be greatly appreciated!



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Extension Service**

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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