

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY COOPERATIVE EXTENSION SEPTEMBER 2025 NEWSLETTER

 **Martin-Gatton**
College of Agriculture,
Food and Environment

Franklin County
101 Lakeview Court
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Packing lunches for happy, energetic kids

Source: Courtney Luecking, Extension specialist for nutrition and health

Lunch is a nice break from the work and play happening at school. It is also an important time for children to refuel for the rest of the day. Here are some tips for packing a delicious and nutritious lunchbox.

Balance is key. Children need a mix of protein, carbohydrates and fats throughout the day. This variety fills their belly, fuels their mind and body and helps regulate energy and emotions during the day. Even more importantly, this combination is the recipe for a tasty lunch.

Protein Power. Protein in the lunchbox is key for helping children feel satisfied throughout the day. Include something like a hardboiled egg, beans, roasted turkey or chicken, nut butter, yogurt or cottage cheese.

Colorful carbohydrates. Fruit and vegetables are colorful ways to add energy and flavor. Whole grains are another great source of energy.

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These include foods like oats, brown rice, quinoa, popcorn, and whole-grain pasta, bread and crackers. These higher-fiber carbohydrate choices will provide a steady release of energy, keeping your child energized throughout the day.

Flavorful fats. Flavor makes food tasty to eat. Fat is one important part of flavor, and a little goes a long way. Oils, dips and dressings are great flavor boosters for vegetables and whole grains. Nuts, seeds, cheese, yogurt and avocado also have nutritious and delicious fats.

Pull it together with a theme. Now that you know the parts and pieces of a lunch, how do you put it all together? Having a go-to list of ideas can make it easy to pull together what you have in the kitchen. Tex Mex, snack platter, pizza and breakfast are a few ways to piece together foods. For example, breakfast for lunch could include a hard-boiled egg with peppers, string cheese, grapes and whole-grain crackers. It could also be a whole-grain waffle with nut butter or yogurt, banana and cucumber.

Pack at your peak. Are mornings hectic? Pack lunches the night before. Does it work better to do everything at once? Take extra time on Sundays to pack lunches for the week. This makes it a grab-and-go in the morning rather than a back and forth of figuring out what to pack.

Have children take the lead. With some guidance about what kinds of food to include, children can pack their -lunches. Consider laying out all the ingredients and

guiding them through putting it together. For older children, you can provide a menu of lunch options, and they can assemble everything. To give children even more independence, you can give them a checklist of healthy options. Provide structure by telling them how many choices to pick from each category. Younger children will need help, but they will enjoy being part of the process.

Once you have a delicious and nutritious lunch packed, make sure to include an ice pack. This keeps food safe until it is time to eat.

Ants on a Log and Variations



Ingredients:

- Ants on a log (celery logs, peanut butter, raisins)
- Ladybugs on a log (celery logs, strawberry cream cheese, dried cranberries)
- Fish in the river (celery logs, cream cheese or hummus, goldfish crackers)
- Ants on an apple (apple wedges, nut butter or cream cheese, raisins)

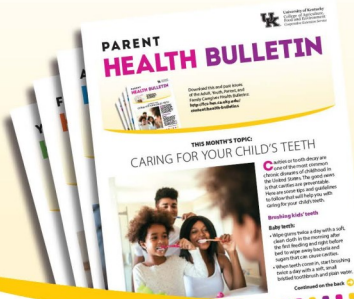
Directions:

- Place the spread on the chosen base item. Add desired toppings.
- Enjoy!



PARENT

HEALTH BULLETIN



SEPTEMBER 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)

Franklin County Cooperative
Extension Office
101 Lakeview Ct.
Frankfort, KY 40601
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THIS MONTH'S TOPIC

PREPARE AHEAD FOR NATURAL DISASTERS



September is National Preparedness Month, a month to remind everyone that preparing for emergencies and disasters can help keep them, their families, and communities safe.

Making a family plan for natural disasters is an important way to keep everyone safe. The first step is to learn about the types of disasters that could happen in your area, such as floods, earthquakes, hurricanes, or wildfires. You can check local emergency websites or visit **Ready.gov** for more information. Once you understand the risks, sit down as a family to talk about what to do in an emergency. Involve everyone, including children, so they feel prepared and not afraid.

Continued on the next page →

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Disabilities
accommodated
with prior notification.



Things to put in your emergency kit may include water, food, a flashlight, batteries, a first-aid kit, medications, important documents, cash, maps, a phone charger, and comfort items for children (toys, blanket).

→ Continued from the previous page

Next, create a communication plan. Choose two places where your family can meet if you get separated. One should be near your home and one farther away, like a friend's or relative's house in another town. Make a list of emergency contacts and give a copy to each family member. Teach your kids how to call or text someone for help. Show them how to dial 911 in case of an emergency.

You'll also want to put together emergency supply kits. Things to put in your kit may include:

- Water (1 gallon per person per day)
- Food that won't spoil (3-day supply)
- Flashlight and batteries
- First-aid kit and medications
- Important documents (ID, insurance) in waterproof bags
- Cash, maps, and a portable phone charger
- Comfort items for children (toys, blanket)

Keep one kit at home and one in your car. Also, think about keeping a copy of important documents with a family member or friend who does not live with you and would likely not be affected by the same situation. You

could even offer to swap folders, so each keeps copies for the other, in case of an emergency.

Make sure your plan includes special care for people who might need extra help, like elderly family members or those with medical needs. Also, find out what plans your child's school or day care has in place during an emergency. Make sure your contact information is up-to-date with them.

Practice your plan by doing things like family fire drills or walking your evacuation route. This helps everyone remember what to do and feel more confident. Finally, sign up for local emergency alerts and check your supplies every six months to ensure everything is still usable. By planning ahead, your family will be better prepared to stay safe during a disaster.

REFERENCE:

<https://www.ready.gov/september>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2025

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

THIS MONTH'S TOPIC: ASKING FOR HELP AFTER A DISASTER

Disasters can come in many forms. They can be widespread natural disasters, a localized incident, or a personal medical emergency. And we're seeing more larger-scale natural disasters. As Matt Dixon, senior meteorologist at the University of Kentucky explains, "Kentucky has experienced an increase in 'billion-dollar' weather disasters — a total of 92 impacting the area since 1980, with seven of those devastating events occurring in 2024 alone." If a disaster happens to you, first find safety. Then ask for help if needed once the immediate danger has passed.

MONEY

Disasters can strain your resources and make it hard to keep up with bills. If your expenses become greater than your available money, reach out to your mortgage lender or landlord, utility companies, or pharmacy. You can see if they offer financial help, alternative payment plans, deferment or forbearance options, or other hardship exceptions. Read more at <https://ukfcs.net/ItFoD-FinancesAfter>.

Donors may want to support you through cash apps, virtual fundraisers, crowdsourcing



platforms, or meal sign-ups. If you fundraise online (or a loved one sets up a fundraiser for you), use a trusted platform. Also be careful with sharing personal information to protect your privacy from scammers. Platforms may charge transaction or other fees, so read the legal terms carefully. Also, be sure to keep records of funds donated to you. If crowdsourcing or online donations exceed allowable amounts, they may be considered taxable income and require IRS Form 1099-K.

SHELTER

After natural disasters, emergency management officials may set up temporary shelters. For an individual disaster, like a house fire, the Red Cross (<https://ukfcs.net/RedCross>) or area churches may be able to provide temporary lodging. Contact your local

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IT IS IMPORTANT TO STAY HEALTHY AFTER AN EMERGENCY



emergency management director for shelter options near you.

In some cases, insurance or government aid may be able to help with the cost of getting you back into your home or other lodging. Contact your insurance agent for information on filing a claim. You can look up a variety of Kentucky-specific resources for shelter and other assistance at <https://ukfcs.net/DisAsst>.

You may be eligible for government assistance if you meet set requirements and adhere to deadlines, which typically require you to file claims in a timely manner after a disaster. You may need to take photos, make a list of damages, or take other steps before applying. For individual FEMA disaster assistance, visit <https://ukfcs.net/FEMAind>.

OTHER BASIC NEEDS

Food – It is important to stay healthy after an emergency. If money is tight, use food pantries and free food distributions in your community, such as those listed at <https://ukfcs.net/FAFoodBank>. Your local health department or county FCS agent can also help you find food banks in your area.

Clothing and Personal Care Items – If clothing or personal care items were damaged,

consider setting up a wish list online through a trusted retailer. Do this especially if people have offered to help but aren't sure what your family needs. This will allow friends and family to buy needed items in the correct sizes and quantities and ship them to your temporary location. You can also shop at consignment stores or visit donation centers for replacements at no or low cost.

Mental Health – Financial emergencies can be overwhelming. Call 988 in Kentucky if you are experiencing a mental health crisis. Additional resources are detailed in the Kentucky Extension publication *Navigating Trauma After a Natural Disaster* at <https://ukfcs.net/ItFoD-Trauma>.

When Others Help

Always be gracious when others offer to help, realizing that not everyone has a lot to give. “Help” can come in many forms, from dropping off a meal, to helping with yard cleanup, to gifting tangible items. Remember, others may have their own financial challenges, and local businesses may be overextended, especially after large-scale disasters. Contact community or faith-based organizations or your county Extension office for other suggestions for assistance.

Written by: Danielle Hagler, Family and Consumer Science Extension Agent in Nelson County, and Kelly May, Senior Extension Associate for Family Finance and Resource Management
Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

August 2025 News and Notes

2026 KEHA Leadership Academy – KEHA members are encouraged to apply for the third KEHA Leadership Academy, March 4-6, 2026!

This leadership training will benefit the individual as well as county and area programs. Applications are due to the Area President by Oct. 1, 2025. The Area will select up to two nominees and one alternate by Nov. 1, 2025. Additional information, the application form, and fliers are available online at <https://bit.ly/KEHALeadershipAcademy>. Share the news with the following QR code, or use the [KEHA featured story!](#)



Cultural Arts Updates – The KEHA Cultural Arts and Heritage programming offers multiple contests and ways to be involved. Contest rules have been clarified in the updated manual and the webpage has been revised at <https://keha.ca.uky.edu/content/cultural-arts-and-heritage>. Contact Cindy Moore, Cultural Arts and Heritage Chairperson, with any questions.

Last Call for Educational Chairperson Reports – County-level educational chairperson reports (and VSU reports) were due Aug. 15. We will begin compiling the data Sept. 1, so if you have not yet submitted your county educational information, please do so as soon as possible. Educational chairperson reports are submitted online, and a copy should be shared with the area educational chairperson. See <https://keha.ca.uky.edu/content/impacts> for details. Thank you to everyone who has submitted on time!

Area VSU Reports Due Sept. 15 – Please send area VSU reports to KEHA State Leadership Development Chairman Cyndy Humble at HumbleC@msn.com. Be sure to use forms dated 2024-2025 to cover the period from July 1, 2024, to June 30, 2025. See <https://keha.ca.uky.edu/content/impacts> for details.

Reset Online Bookmarks and Reprint KEHA Manual – The all-new KEHA Manual Handbook and Appendix are now available online at <https://keha.ca.uky.edu/content/keha-manual>. **If you currently use a print copy, the entire document should be replaced. If you have bookmarked specific documents or pages online, please reset your bookmarks.** All pages have been renumbered, some forms have been updated, several contests have changed, VSUs have been clarified, Cultural Arts has been clarified, and lots more is new.

KEHA Week Materials Available Now – Now is the time to start planning for KEHA Week Oct. 12-18, 2025. Refreshed materials following the theme *Stitched Together: A Plan for the Future*, are available now at <https://keha.ca.uky.edu/celebrate-keha-week>. This theme aligns with the new KEHA presidential Program of Work. The KEHA Week online digital resource kit includes a planning worksheet, sample proclamation, milestone journal, membership gift certificate, social media graphics, and more. It is also a great time to start your county membership drive and dues collection.

President Program of Work Announced – KEHA President Henrietta Sheffel has announced the program of



work for her term in office. The theme is *Stitched Together: A Plan for the Future*, and includes a “sewing plan” for your club, county, or area that includes three emphasis areas: purpose, planning, and product. The brochure is available in the Quick Links on the KEHA homepage at www.keha.org.

Save the Date for 2026 State Meeting – Next year’s KEHA State Meeting will take place May 12-14, 2026, at the Hyatt Regency in Lexington, Ky. Watch for details, including room reservation information, at <https://keha.ca.uky.edu/content/state-meeting-information>.

Dates to Remember

- Sept. 15 – Due date for area VSU reports via paper forms.
- Oct. 12-18 – KEHA Week 2025
- Oct. 15 – Deadline for submitting session proposals for the 2025 KEHA State Meeting.

Franklin County Homemaker Dates to Remember

Looking Ahead: Homemakers' Council Meetings

Beginning in **September**, we’ll launch **quarterly Homemakers' Council Meetings: Two evening sessions and two afternoon sessions**. All are welcome to attend! We’ll cover important topics including **upcoming events, budget planning, elections**, and more. Let’s kick off the new year with great food, fresh ideas, and meaningful fellowship—see you there!

Below is a list of Important Dates:

- **September 16, 2025 - Homemakers' Council Meeting - 5:00 p.m.**
- October 12 - 18, 2025 - Homemakers' Week - Upcoming Events will be announced at a later time .
- November 22, 2025 - Children's Holiday Store
- November 24, 2025 - Homemakers' Dues must be turned in to the Homemaker Treasurer. Please drop them off at the office.
- **December 16, 2025 - Homemakers' Council Meeting - 1:00 p.m.**
- March 17, 2026 - County Cultural Arts - 9:00 a.m.
- **March 17, 2026 - Homemakers' Council Meeting - 5:00 p.m.**
- May 12 - 14, 2026 - KEHA State Meeting in Lexington.
- May 19, 2026 - Annual Meeting - Registration starts at 5:30 p.m.
- **June 16, 2026 - Homemakers' Council Meeting - 1:00 p.m.**



UPCOMING events

KENTUCKY 
COOPERATIVE EXTENSION

SUNSET

PAINTING CLASS

SEPTEMBER 28, 2025



\$25 PER PERSON

**REGISTER BY SEPTEMBER 23, 2025.
SUPPLIES AND REFRESHMENTS INCLUDED.
SPACE IS LIMITED. CLASS BEGINS AT 3 PM.**

**101 LAKEVIEW COURT
franklin.ext@uky.edu
502-695-9035**

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



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FRESHLY BAKED FUN! SOURDOUGH CLASS

TUESDAY
SEPTEMBER 30TH
5 PM

Discover the art of
sourdough breadmaking with
Mary Bailey & Betty Johnson
as they guide you through
each essential stage of
feeding, mixing, shaping,
baking, and of course,
savoring the final creation.

101 Lakeview Court,
Frankfort, KY 40601
Call to register: 502-695-9035

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MANAGING CONCERNS ABOUT FALLS

KENTUCKY  
COOPERATIVE EXTENSION

A Matter of Balance

MANAGING CONCERNS ABOUT FALLS

Beginning October 9**1:00 Pm**

Matter of Balance is an 8-week course designed to help participants reduce their fear of falling so they can be more active. Participants will:

- Understand their own beliefs about falling
- Learn fall prevention strategies
- Practice fall prevention and ASSERTIVENESS
- Recognize fall hazards in the home and community

Join Matter of Balance and reduce your own fear of falling while learning some exercises and information to increase your balance.

FOR MORE INFORMATION OR TO REGISTER, PLEASE CONTACT ROBIN OR MEG: **502-223-5794**
101 LAKEVIEW COURT, FRANKFORT KY 40601

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2025 FORT HARROD AREA ANNUAL MEETING

*The Ties that Bind:
The History of Aprons and Homemaking in Appalachia*



- REGISTRATION COST: \$15
- REGISTRATION DEADLINE: SEPTEMBER 26TH
- ATTENDEES ARE INVITED TO COME IN THEIR FAVORITE APRON
- EACH COUNTY IS ASKED TO BRING A \$25 GIFT BASKET FOR AREA PRIZE DRAWING.
- SPEAKER: DR. CYNTHIA WILLIAMS RESOR FROM EASTERN KENTUCKY UNIVERSITY HIGHLIGHTS THE LIVES OF KENTUCKY WOMEN THROUGH EARLY 19TH-CENTURY RECIPES, FOODWAYS, AND THE OFTEN-OVERLOOKED "WOMEN'S WORK" OF THE PAST IN HER CAPTIVATING PRESENTATION!

WHEN:

OCTOBER 10TH AT 10AM
REGISTRATION BEGINS AT
9:30AM

WHERE:

LANCASTER BAPTIST CHURCH
CHRISTIAN LIFE CENTER
201 RICHMOND ST.
LANCASTER, KY 40444

Visit the Franklin County Extension Office to pick up your registration materials for:

- The 2025 Fort Harrod Area Annual Meeting
- The Fort Harrod Area Heritage Craft Camp
- Or an application for the 2026 KEHA Leadership Academy

A -

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Fort Harrod Area

Heritage Craft Camp

October 25, 2025



Prefer to go digital?

You can also download the necessary PDFs from our Events page:

<https://franklin.ca.uky.edu/events>

To register complete registration form and mail with payment to:

Boyle County Extension
99 Corporate Dr.
Danville, KY 40422

(Must be postmarked by deadline, September 30th)

2026 KEHA LEADERSHIP ACADEMY

Inspiring Leaders through Workshops and Networking Opportunities

MARCH 4, 5, & 6, 2026

AT BLUE LICKS BATTLEFIELD STATE RESORT PARK

Explore New Experiences

Discover opportunities that broaden your horizons and enrich your life.

Enjoy Learning

Have fun gaining new knowledge and skills in an engaging environment.

Engage with KEHA

Get more involved with KEHA and contribute to your community.

Enhance Leadership Skills

Develop leadership abilities to become a more effective and inspiring leader.



Each area may choose two nominees and one alternate to attend!

Find the overview, application, and more at www.keha.org and at your local Extension Office.

All applications must be returned to your area president by October 1, 2025.

Archaeology in Action!

Sep 14, 2-4pm 100 Cove Spring Road



PLANNING & COMMUNITY & DEVELOPMENT



ARCHITECTURAL REVIEW BOARD



CAPITAL CITY ACTIVITY CENTER
SENIORS SHINE
3K Run/Walk 2025

Capital City Activity Center
"SENIORS SHINE"
3k Run Walk



Bring the family for a beautiful race route at Lakeview Park Frankfort, Kentucky

**all age groups welcome
*Kids Fun Run is Free

Scan Here



**Saturday,
September 13, 2025
8:30am**

Capital City Activity Center
202 Medical Heights Drive
Frankfort, Kentucky 40601
502-223-5794
www.frankfortyseniors.com

Proceeds go to
Capital City
Activity Center
Meals on Wheels
of Greater Frankfort

Capital City Activity Center Health Fair



**September 26, 2025
9:00am-1:00pm**

- Vaccination Clinic
- Home Health
- Elder Law
- Senior Living
- Real Estate
- Medical Supplies
- Geriatric Psychology
- Activities
- Non-medical Home Care
- Free Screenings

For More Information
Meg Webber
marketing@fccoa.com
502-223-5794

Capital City Activity Center
202 Medical Heights Drive
Frankfort, Kentucky 40601
www.frankfortyseniors.com



Free Community Fall Festival

September 20th, 2025
4pm-6pm

Come join us at
The Salvation Army
517 Greenup Ave. Frankfort, KY
for free food, crafts, games,
face painting, vendors and
door prizes!

If you are interested in
volunteering or being a vendor,
please scan the QR code to sign
up!



A FALL FINANCIAL SERIES FOR FRANKLIN COUNTY FAMILIES

HOSTED BY YOUR FRANKLIN COUNTY FAMILY RESOURCE YOUTH SERVICE CENTERS AND OPERATION HOPE



WORKSHOP SCHEDULE



09/16/2025, 5:30 pm EST
Gratitude & Growth: Setting Financial Goals before your Holiday Season



09/23/2025, 5:30 pm EST
Festive Finances: Creating a Budget for the Holidays and Beyond



09/30/25, 5:30 pm EST
Gather and Grow: Savings Made Simple

ALL SESSIONS WILL BEGIN AT 5:30 PM AT

BONDOURANT MIDDLE SCHOOL

300 Bondourant Drive,
Frankfort KY 40601



HEALTHY AGING WORKSHOPS 2025

Sanders-Brown Center on Aging
Cooperative Extension Service

Event Topics

4.23.25

Caring for Loved Ones with Memory Loss

summer

9.24.25

Healthy Habits

10.22.25

Brain Health

11.12.25

A Day for Family Caregivers

12.17.25

Healthy Eating & Weight Management

Special Events

June

Unity in the Community Health Fair

Memory Sunday with Sanders-Brown Center on Aging

Where & When

First Baptist Church Frankfort

Fellowship Hall
100 Clinton Street
Frankfort, KY 40601



4th Wednesday
1:30-3:00 PM

Please note: Topics may change!

Recovery Café
Frankfort

RISE as ONE

CELEBRATION & CARNIVAL

SATURDAY, OCTOBER 4TH
9:30AM – 3:00PM

Event Highlights

COMMUNITY PANCAKE BREAKFAST
REMARKS FROM LOCAL LEADERS
GAMES & PRIZES
LOCAL AUTHOR BOOK SIGNING
REFRESHMENTS

FREE, family fun for all with your friends at Recovery Café Frankfort

Join us in celebrating our FIRST year serving the Frankfort community!

WHERE: 311 WASHINGTON ST., FRANKFORT, KY
RECOVERY CAFE FRANKFORT, IN PARTNERSHIP WITH
THE EPISCOPAL CHURCH OF THE ASCENSION

FOLLOW US ON FACEBOOK! RECOVERY CAFÉ FRANKFORT

Cooperative Extension Service

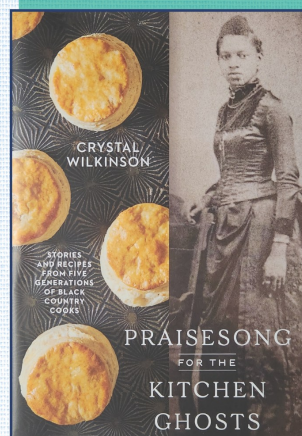
BIG BLUE BOOK CLUB

Big Blue Book Club
is back via Zoom!

October 27
November 3
November 10
November 17

1:30 pm Eastern/12:30 pm Central

Visit the Big Blue Book Club Website to register:
<https://ukfcs.net/BigBlueBookClub>
and click on the book cover!



A LYRICAL CULINARY JOURNEY
FROM THE FORMER
POET LAUREATE OF KENTUCKY.

SUPPORT THE MARKET WITH COMMUNITY REWARDS!

**YOU CAN NOW SUPPORT
THE FRANKLIN CO.
FARMERS MARKET WHILE
YOU SHOP AT KROGER!**

Follow the steps on the
app or website to enroll
us!

- > Log in to Kroger account
- > My Account
- > Community Rewards
- > Search: "Friends of the Franklin County Farmers Market"
- > **Enroll**



Save the Date.....

CRAFT SUPPLY SALE & SWAP

**SATURDAY
OCTOBER 18TH**

10:00A-3:00P

**BOYLE COUNTY EXTENSION
99 CORPORATE DR.
DANVILLE, KENTUCKY**


A fantastic opportunity for a Fall purge.
Stay tuned for more info to come!

Beefy Stuffed Peppers

1 cup uncooked, whole wheat couscous	¼ teaspoon ground black pepper	4 large bell peppers
1 small tomato, diced	1 teaspoon salt	½ pound lean ground beef
½ cup garbanzo beans	½ cup low fat shredded mozzarella cheese	1 tablespoon chopped green onion
1 teaspoon dried Italian seasoning		1 tablespoon minced garlic

Cook couscous according to package directions. **Preheat** oven to 350 degrees F. **Combine** cooked couscous, tomato, beans, Italian seasoning, pepper, salt and mozzarella cheese in large bowl; set aside. **Remove** the tops, seeds and membranes from peppers. **Cook** peppers in boiling water for 5 minutes; **drain** upside down on paper towels. **Cook** beef until lightly browned in skillet. **Add** minced garlic and green onions to beef and sauté until soft. **Drain** fat. **Toss** beef mixture into the couscous mixture. **Stuff** bell peppers evenly with mixture. **Place** in a lightly greased 9 x 9 inch baking dish. **Bake** for 15-20 minutes or until peppers are tender and cheese is melted.

Yield: 4 servings
Nutritional Analysis: 280 calories, 6 g fat, 2.5 g saturated fat, 35 mg cholesterol, 790 mg sodium, 36 g carbohydrate, 7 g fiber, 6 g sugar, 21 g protein

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