

# LIVINGSTON COUNTY EXTENSION

## Home & Family Newsletter

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*Joni K. Phelps*

Livingston County Family & Consumer Science Agent



## August 2023



### Make breakfast a part of back to school!

It may seem like you never have time in the morning, but starting your day off right with a healthy breakfast is crucial. With kids heading back to school shortly, it's important to get in the habit of eating a balanced breakfast together. The outcomes could end up surprising you.

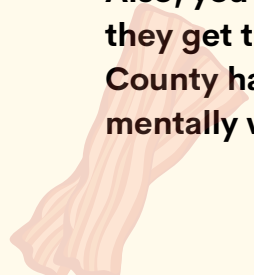
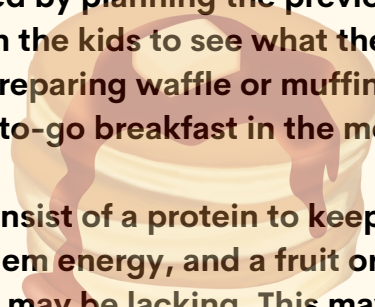
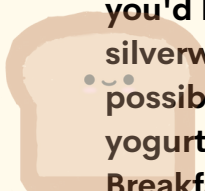
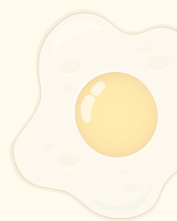
Attendance, test scores, focus, and problem-solving abilities are all positively correlated with breakfast consumption in school-aged children. Breakfast eaters are less likely to binge later in the day, and they are more likely to maintain a healthy weight.

Time in the morning can be saved by planning the previous night's meal. Consider what you'd like to serve or check with the kids to see what they're hungry for. Get the plates, silverware, and glasses ready. Preparing waffle or muffin mixes ahead of time is possible. You can have a ready-to-go breakfast in the morning by mixing fruit into yogurt the night before.

Breakfast, if possible, should consist of a protein to keep kids full and attentive until lunch, a carbohydrate to give them energy, and a fruit or vegetable to provide them with vitamins and minerals they may be lacking. This may sound like a lot, but it's actually quite manageable. An omelet stuffed with chopped vegetables and a slice of whole wheat toast, or peanut butter and sliced strawberries or bananas on whole grain bread, are all viable options.

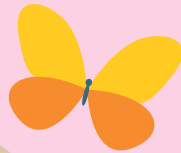
Keep in mind that you can keep things simple during breakfast. Easy-to-prepare meals that nevertheless provide young kids with the nutrients they need include things like whole grain cereal with low-fat milk and fruit, instant oatmeal with fresh fruit and nuts, mini bagels, or whole wheat toast.

Also, you might want to have a look at what the school serves for breakfast. Make sure they get there in time to really eat it. The Cooperative Extension Service of Livingston County has more resources to help parents raise children who are physically and mentally well.





# Upcoming Events

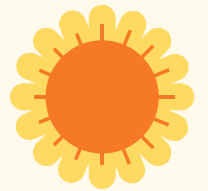


## Block of the Month Club

**August 8, 2023**

**9:00 am to 2:00 pm**

We will learn how to describe our emotions when we are sad, happy, or angry. This chapter will help children be able to express their feelings.

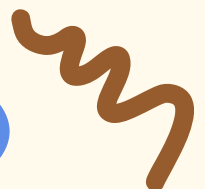


## Pins & Needles Club

**August 15, 2023**

**9:00 am to 2:00 pm**

In order to celebrate the school's anniversary, students are invited to create paintings. At the end of the event, all the works will be displayed.



# Upcoming Events

August 29, 2023 & September 5, 2023  
Livingston County Homemakers will participate in two different service projects.

Please contact Joni Phelps at [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu) or by phone at 270-928-2168 if you are interested in joining us or would like more information about these projects.



**Pinterest Club**

Thursday, August 31, 2023 at 5:30 pm  
Livingston County Extension Office  
803 U.S. 60 EAST, SMITHLAND

COST: \$5.00 (MATERIALS PROVIDED)  
\*THIS IS AN ADULT ONLY CLUB\*


Register by September 28, 2023

Call the Livingston County Extension Office at 270-928-2168 or email Joni K. Phelps at [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu)

University of Kentucky  
College of Agriculture, Food and Environmental Sciences  
Livingston County Extension Office  
803 U.S. 60 EAST, SMITHLAND, KY 40363

Pinterest Club program is on September 1, 2023 at 5:30 pm at the Livingston County Cooperative Extension Office. Bring a friend and enjoy making Pumpkin Door Hanger! Cost is \$5.00 per person. Register by January 09, 2023, to reserve your spot, contact the Livingston County Extension Office at (270) 928-2168.

# Recipe of the Month



## Cabbage Noodle Casserole


5 strips turkey bacon	1 teaspoon salt	3 cups whole grain egg noodles, cooked
1 tablespoon vegetable oil	1/2 teaspoon pepper	1 cup reduced-fat sour cream
2 teaspoons sugar	6 cups cabbage, chopped into 1 inch pieces	1 teaspoon paprika

- In a large skillet, cook bacon until crisp. Remove and set aside.
- Add oil, sugar, salt and pepper to the skillet with the bacon drippings. Add chopped cabbage and stir until coated. Cover and cook 7-10 minutes.
- Crumble bacon and add to cabbage. Stir in noodles.
- Spoon into a greased 2-quart casserole dish; cover and bake at 325° F for 30 minutes.
- Remove from oven. Spread sour cream over the top and sprinkle with paprika.
- Bake 5 minutes.

Yield: 6, 1 cup servings.

**Nutritional Analysis:** 260 calories, 12g fat, 4.5g sat. fat, 40mg cholesterol, 720mg sodium, 30g carbohydrate, 5g fiber, 10g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



## Kentucky Cabbage

**SEASON:** June through July and September through November.

**NUTRITION FACTS:** Cabbage is low in fat and calories and is rich in vitamin A.

**SELECTION:** Leaves should be crisp and free of insects and decay. Avoid burst heads. Choose firm cabbages that are heavy for their size.

**STORAGE:** Cover loosely and store in refrigerator for up to 2 weeks. Wash just before using.

**PREPARATION:** Discard outer leaves and core.

**TO BOIL:** Do not use aluminum pan. Cut cabbage into quarters and boil in water for 10 to 15 minutes, until tender. Drain and serve hot.

**TO STEAM:** Place cabbage (shredded, wedges or whole leaves) into a steamer basket. Cook for 12 to 15 minutes, until tender. To bring out the natural flavor, add apples, pears, raisins, curry, caraway, dill or onions.

**TO STIR-FRY:** Shred cabbage and place in a skillet that has been sprayed with cooking spray or oil. Cook quickly over high heat, stirring constantly.

**CABBAGE**  
Kentucky Proud Project  
County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Nutrition and Food Science students  
SEPTEMBER 2011

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COOPERATIVE EXTENSION SERVICE  
UNIVERSITY OF KENTUCKY  
College of Agriculture

Source: [www.fruitsandvagglematter.gov](http://www.fruitsandvagglematter.gov)

# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

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Joni K. Phelps, Family & Consumer Science Agent for Livingston County Extension Office | 803 US 60 East, P.O. Box 189 | Smithland, KY | 42081 | (270) 928-2168

## THIS MONTH'S TOPIC: WAYS TO SAVE ON BACK-TO-SCHOOL

Sales ads and store shelves are now displaying backpacks, pens, sneakers, and tech. It's the time of year kids start asking for new gear for school. The costs of most goods and services have risen in recent years, and school supplies are no exception. The Consumer Price Index for the Southern Region shows that generally prices peaked last summer, but overall, the cost of goods is still high.

Back-to-school shoppers plan to stretch their dollars spent on supplies, clothes, shoes, and electronics in several ways, according to a recent National Retail Federation survey. Some will compare prices online before buying (45%). Others will shop sales (45%), buy generic or store brand products (39%), or use coupons (27%). The following tips provide more cost-saving suggestions.

### BEFORE YOU SHOP

After you've received a list of the school supplies your child will need this year, take an inventory of the supplies you already have before heading out to buy new items. You might be able to use some of last year's supplies, such as backpacks, calculators, rulers, folders, and more.

Look through your child's clothing and shoes to see what fits and what you need to replace. Be sure to check the school's dress code to make sure your



clothing choices match the school's policies. If your children have outgrown anything, consider selling gently used clothing to a consignment store for cash or store credit.

If your household budget is tight, contact your school's Family Resource or Youth Services Center to see if there are local school supply drives planned in your community. Or consider having a clothing or "supply swap" with other families you know with similarly aged children.

Once you have inventoried your needs, make a shopping list. Put the most critical items at the top of the list. Talk to your kids about the difference between wants and needs. Sometimes we can't have both, and needs must come first.

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## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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## TRY TO SHOP RETAILERS WHO OFFER DISCOUNTS, ACCEPT COUPONS, OR HAVE CUSTOMER LOYALTY PROGRAMS.



### AT THE STORE

In preparing to shop, consider your budget. Back-to-school expenses are probably not part of your regular monthly budget. Where might this occasional expense fit into your plans? You might not have to buy some items right away, such as winter coats or clothes. You can work those into a later month's budget if needed.

Compare prices online before shopping, especially for more expensive items such as technology. Try to shop retailers who offer discounts, accept coupons, or have customer loyalty programs. Also, hang on to your receipts in case your children don't use the supplies and you can return them.

### STICK TO YOUR LIST

Colorful displays and marketing can be enticing, but it is better to stay within budget and stick to your list. Start with what your child needs most.

If they shop with you, perhaps set aside a designated amount that they can spend on a special item of their choice. For smaller items, it can be cheaper to buy in bulk, especially if you can split the cost with another family or if they are staple items you can put aside for next year, such as paper, pencils, or other goods. If your child's school requires a reading list, consider using the local library. Or talk with students from the grade ahead, who might be willing to lend or sell the books they read last year.

### REFERENCES:

National Retail Federation. (2023). <https://nrf.com/insights/holiday-and-seasonal-trends/back-to-school>

U.S. Bureau of Labor Statistics. (2023). [https://www.bls.gov/regions/southeast/news-release/consumerpriceindex\\_south.htm](https://www.bls.gov/regions/southeast/news-release/consumerpriceindex_south.htm)

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