

OWSLEY COUNTY COOPERATIVE EXTENSION SERVICE



AUGUST 2024



"August is the bridge between the bright promise of summer and the calm preparation of autumn." – Unknown



*Rosa Smith*

Rosa Smith, Owsley CEA for  
Family & Consumer Sciences Ed.  
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Holidays and Dates to Remember

**National Watermelon Day (August 3)** - A day to enjoy and celebrate this refreshing summer fruit.

**National Root Beer Float Day (August 6)** - Enjoy a classic root beer float, a refreshing combination of root beer and ice cream.

**August 8th**- School Begins at Owsley County Schools.

**National Book Lovers Day (August 9)** - A day for book enthusiasts to celebrate their love of reading.



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- Disaster Preparedness
- Homemaker's Journal
- August-September Events

Cooperative  
Extension Service

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

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## Owsley County,

August is a month of embracing changes, whether it be the seasonal transition as summer comes to an end, the stages of life, or household adjustments as we prepare to send our children back to school. August provides us many opportunities to transition through personal and educational growth.

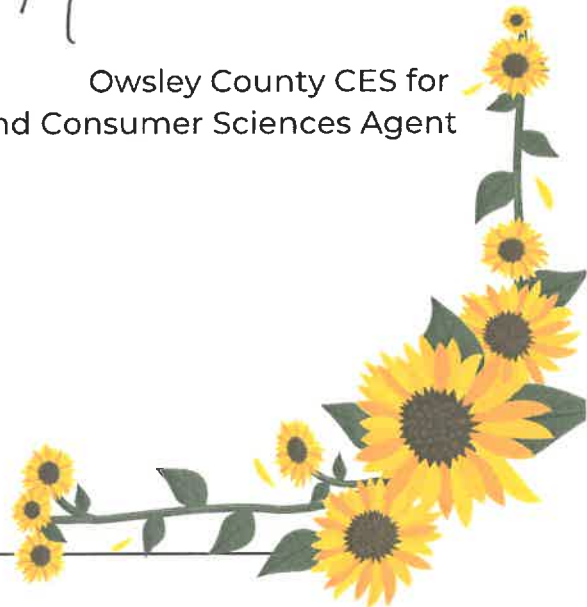
This summer has been an eventful one for us in the office; bringing many food workshops, homemaker lessons, visits to the Farmer's Market, hosting Preschool in the Park, beginning Laugh and Learn playdates, and providing nutrition lessons at the local Food Banks and Head Start program. We are excited to offer more programs as we move toward the fall and winter seasons.

Follow us on Facebook and sign up to receive our program newsletters each month right to your inbox so you can have access to all updated information regarding upcoming programming, workshops, and new events! We look forward to seeing you soon!

Warm regards,

A handwritten signature in black ink that reads "Rosa Smith".

Owsley County CES for  
Family and Consumer Sciences Agent



# FCS Focus



*Rosa Smith*  
 Rosa Smith, Owsley CEA for  
 Family & Consumer Sciences Ed.  
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 (606)593-5109

**Owsley County Book Club**  
 August 22- The Housemaid @  
 5pm  
 September 19th- The  
 Housemaid's Secret Book 2 @  
 5:00



## Owsley County Homemakers

**August 1-** Lunch-n-Learn with Laken at Ext Office @ 12:00pm  
**August 27th-** Recipe Boxes @ the Wood Center @ 10am  
**September 26-** Lunch-N-Learn with Stacey @ 12:00pm

**Survive & Thrive: Disaster Preparedness**  
 August 22- Lee County Ext Office @ 10am



## Child Development & Play (Ages 3-5)

**August 20th-** Laugh & Learn-Public Library @ 3:30  
**Sept. 23-** Laugh and Learn- Public Library @ 3:30  
**Oct. 21-** Laugh and Learn- Public Library @ 3:30  
**Nov. 18-** Laugh and Learn- Public Library @ 3:30  
**Dec 16th-** Laugh and Learn- Public Library @ 3:30



## Cooperative Extension Service

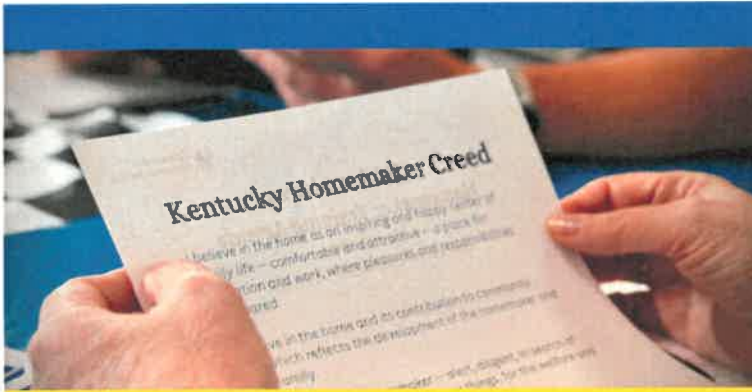
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# The Homemaker's Journal

## August & September

### QUILT SHOP HOP

On July 9th, three homemakers accompanied FCS Agent Rosa Smith to the 4th Annual Quiltin' in the Mountains Quilt Shop Hop Event where participants got to visit and shop in five different quilt shops. Participants experienced the rich history and culture throughout all five shops and bought some beautiful project supplies along the way.

### BUDGETTING HEALTHY MEALS WHILE TRAVELLING

On July 11 Homemakers met at the Owsley County Extension office to learn about budgeting healthy meals while travelling. Participants left with knowledge and tips that focused on finding the best deals on groceries, packing snacks for road trips, and fun ways to include children and others in meal prep while travelling.



4th Annual Quiltin' in the Mountains Quilt Block Quilt. Each shop created their own block pieces to be included in the quilt and participants could purchase block pieces at each shop. Each shop had a different variation of completion. This finished piece was displayed at Appalachian Quilt & Craft in Hazard, Ky and was designed by Cheryl Leabo.

### UPCOMING MEETING DATES

**August 1- Lunch-n-Learn with Laken, Lee  
FCS Agent - Owsley County Extension  
Office 12:00pm**

**September 26- Lunch-N-Learn with Stacy,  
Breathitt FCS Agent- Owsley County  
Extension Office 12:00pm**



# Survive & Thrive

## Disaster Preparedness Series

Join us at ONE of the listed locations for the first lesson in this three-part series!

*August Topic: Preparing Your Family and Home for Disasters - Fall Edition*

CALL YOUR LOCAL EXTENSION OFFICE TO REGISTER!

**LETCHER COUNTY**  
**AUGUST 19 @ 10:00 AM**

**LEE COUNTY**  
**AUGUST 22 @ 10:00 AM**

**PERRY COUNTY**  
**AUGUST 23 @ 10:00 AM**

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## HEAT SAFETY FOR YOU AND YOUR FAMILY

### DURING A HEAT WAVE

- ✓ **Slow down:** Reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health concerns should stay in the coolest available place, not necessarily indoors.
- ✓ **Dress for summer:** Wear lightweight, loose-fitting, light-colored clothing to reflect heat.
- ✓ **Eat light:** Choose easy-to-digest foods such as fruit or salads. If you pack food, put it in a cooler or carry an ice pack. Meats and dairy products can spoil quickly in hot weather.
- ✓ **Drink plenty of water (not very cold):** Focus on non-alcoholic and decaffeinated fluids. Drink water even if you don't feel thirsty. If you're on a fluid-restrictive diet or have a problem with fluid retention, consult a physician before increasing consumption of fluids.
- ✓ **Use air conditioners:** Spend time in air-conditioned locations such as malls and libraries if your home isn't air conditioned.
- ✓ **Use portable electric fans:** Fans exhaust hot air from rooms or draw in cooler air. Do not direct the flow of portable electric fans toward yourself when room temperatures are hotter than 90°F. The dry blowing air will dehydrate you faster, endangering your health.
- ✓ **Minimize direct exposure to the sun.** Sunburn reduces your body's ability to dissipate heat. Take a cool bath or shower.
- ✓ **Do not take salt tablets:** Only take salt tablets if recommended by a physician.
- ✓ **Be aware of infants, older, sick or frail people and pets.** Never leave children, disabled adults or pets in a car.
- ✓ **For more heat health tips,** go to the Centers for Disease Control and Prevention: [cdc.gov](https://www.cdc.gov)

### WARNING VS. WATCH

#### Excessive Heat Watch

An Excessive Heat Watch is typically issued two to five days ahead of possible dangerous heat conditions. Certainty regarding the development and timing of the event is lower than a warning.

#### Excessive Heat Warning

An Excessive Heat Warning, sometimes preceded by an Excessive Heat Watch, is typically issued within one to three days of the onset of extremely dangerous heat conditions and remains in effect until the extreme danger subsides. Certainty is high that the event will occur.

#### Heat Advisory

A Heat Advisory is typically issued within one to three days of the onset of dangerous heat and remains in effect until the danger subsides. These conditions pose a lesser, but still dangerous, risk to communities. Certainty is high that conditions will occur.

### EXCESSIVE HEAT - AMERICA'S DEADLIEST WEATHER

Excessive heat poses a significant risk to people's health, including heat stroke and heat exhaustion, which can result in death. Excessive heat generally means unusually hot temperatures, possibly combined with oppressive humidity, that persists for two or more days. However, specific guidelines vary across the country and may be refined through work with local and state health professionals.



*Drink plenty fluids in hot weather, even if you aren't thirsty.*



# National Weather Service

## HEAT CAN BE DANGEROUS

### The Heat Index

The Heat Index is one way to measure how hot it feels when humidity is considered with the temperature. For example, when the temperature is 95 °F and the relative humidity is 50 percent, the Heat Index is 105 °F. To find the Heat Index temperature, use the chart or use the online calculator available at

[weather.gov/safety/heat-index](http://weather.gov/safety/heat-index).

Heat Index temperatures shaded in red indicate extreme danger. The National Weather Service utilizes the Heat Index in many parts of the country to determine when and where to issue heat alerts.

NWS Heat Index TEMPERATURE (°F)

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

LIKELIHOOD OF HEAT DISORDERS with Prolonged Exposure or Strenuous Activity

Caution
Extreme Caution
Danger
Extreme Danger

<b>HEAT EXHAUSTION</b>	OR	<b>HEAT STROKE</b>
Faint or dizzy		Throbbing headache, confusion
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> <li>Get to a cooler, air conditioned place</li> <li>Drink water if fully conscious</li> <li>Take a cool shower or use cold compresses</li> </ul>	<b>CALL 9-1-1</b>	<ul style="list-style-type: none"> <li>Move person to cooler place</li> <li>Cool using cool cloths or bath</li> <li>Do not give anything to drink</li> </ul>



NEVER leave a baby, senior or pet locked in a car, even for a few minutes. Dozens of infants and untold numbers of pets die every year in hot vehicles.

For more information, visit [weather.gov/safety/heat](http://weather.gov/safety/heat)



# Are You **READY!**

## Electricity lights up our world!

Think of all the ways we rely on electricity: keeping food fresh, cooking meals, and getting information through the internet or TV. It keeps us warm in the winter, cool in the summer, and connected with each other year round. Oftentimes, we use electricity to play and have fun! Are you and your family ready if disaster strikes and your home is without power?



*How would we see at night without power?*

Help your family build an emergency kit! Collect these items and keep them together in a safe place that you can find easily. Make sure you have enough supplies to last for at least **three days**.

## Emergency Supplies List

- 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.)
- Can opener
- First aid kit
- Sleeping bag or warm blanket for everyone in your family
- Change of clothes to last 3 days, including sturdy shoes; consider the weather where you live
- Matches in a waterproof container (let a grown up handle these)
- Toothbrush, toothpaste, soap
- Paper plates, plastic cups and utensils, paper towels
- Water – at least a gallon per person, per day
- Battery-powered or hand-cranked radio with extra batteries
- Flashlights with extra batteries
- Cell phone with charger, extra battery and solar charger
- Whistle to signal for help
- Local maps
- Pet supplies
- Baby supplies
- Books, games or puzzles
- A favorite stuffed animal or blanket

*Remember, traffic lights will not work!*

**Go on a quest with your family!  
Create a scavenger hunt!  
Make planning fun!**



<http://www.ready.gov/kids>



# Back to school



## Transportation Safety

Whether children walk, ride their bicycle or take the bus to school, it is extremely important that they take proper safety precautions. Here are some tips to make sure your child safely travels to school:

### Walking to school

**Review your family's walking safety rules and practice walking to school with your child**

- Walk on the sidewalk, if one is available; when on a street with no sidewalk, walk facing the traffic
- Before you cross the street, stop and look left, right and left again to see if cars are coming
- Make eye contact with drivers before crossing and always cross streets at crosswalks or intersections
- Stay alert and avoid distracted walking

### Riding a bicycle to school

**Teach your child the rules of the road and practice riding the bike route to school with your child**

- Ride on the right side of the road, with traffic, and in single file
- Come to a complete stop before crossing the street; walk bikes across the street
- Stay alert and avoid distracted riding
- Make sure your child always wears a properly fitted helmet and bright clothing

### Riding the bus to school

**Teach your children school bus safety rules and practice with them**

- Go to the bus stop with your child to teach them the proper way to get on and off the bus
- Teach your children to stand six feet (or 3 giant steps) away from the curb
- If your child must cross the street in front of the bus, teach him or her to walk on the side of the road until they are 10 feet ahead of the bus; your child and the bus driver should always be able to see each other



### Driving your child to school

**Stay alert and avoid distracted driving**

- Obey school zone speed limits and follow your school's drop-off procedure
- Make eye contact with children who are crossing the street

## School Safety

**Many school-related injuries are completely preventable. Follow these steps to ensure your child's safety at school:**

### Preventing backpack-related injuries

**Choose a backpack for your child carefully; it should have ergonomically designed features to enhance safety and comfort**

- Ask your child to use both straps when wearing their backpack to evenly distribute the weight on their shoulders
- Don't overstuff a backpack; it should weigh no more than 5 to 10 percent of your child's body weight
- Rolling backpacks should be used cautiously since they can create a trip hazard in crowded school hallways

### Preventing playground-related injuries

**To reduce strangulation hazards on playgrounds, have your child leave necklaces and jackets with drawstrings at home**

# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2024

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

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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>

Owsley County  
Extension Office  
92 Lone Oak Industrial Park Rd  
Booneville, KY  
41314

## THIS MONTH'S TOPIC

# ARE YOU UP TO DATE ON VACCINES?



**A**ugust 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.*



## ➔ Continued from the previous page

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>

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**ADULT  
HEALTH BULLETIN**

**Written by:**

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock



# FAMILY CAREGIVER

# HEALTH BULLETIN



**AUGUST 2024**

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

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## THIS MONTH'S TOPIC

# ADULT DAY CARE PROGRAMS OFFER DIVERSE OPPORTUNITIES FOR CAREGIVERS AND OLDER ADULTS



**W**hat is Adult Day Care? Adult day care programs serve adults with physical and/or cognitive disabilities who may need additional support and supervision during the day while still living at home. Adult day care programs differ from community or senior centers. Those are typically places where physically and cognitively able older adults take classes, visit with peers, and/or exercise.

### Types of service offered

Adult day care centers vary in specific services. Most will provide some form of support, supervision, activities, and a variety of health and social engagement opportunities for older

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# The respite provided by adult day care can help relieve caregiver exhaustion, stress, and anxiety.

## ➔ Continued from the previous page

adults who live at home, often with a spouse and/or a family caregiver(s). Some adult day programs offer limited health and preventative services. They might offer basic routine health, vision, and hearing checks, a variety of therapies, support groups, and basic supervision for people living with dementia. Programs often provide meals and/or snacks and will help with basic activities of daily living, such as grooming and using the toilet.

### Respite for caregivers

Adult day programs are often offered during business hours on weekdays. This gives caregivers a break and/or opportunity to work, study, or take care of other family matters. Some programs offer evening and weekend service. Families who rely on adult day care report feeling good about their loved one's safety, social well-being, and quality of life. The respite provided by adult day care can help relieve caregiver exhaustion, stress, and anxiety. Caregivers from a study at St. Catherine University in Minnesota reported that adult day care reduced their sense of "role overload."

### Who qualifies?

Candidates for adult day care might include those who need social and emotional support, are at risk of daytime isolation and/or loneliness, do not have structured hobbies, have dementia or other medical conditions. According to the National Adult Day Services Association, approximately half of adult day care participants live with cognitive impairment. AARP reports that people who attend adult day care have better quality of life.

### Benefits

Adult day care helps keep people engaged and cognitively stimulated. In addition to enhancing social and mental activity, programs also contribute to a sense of purpose and overall quality of life. According to a study in *Aging and Mental Health* (2021), both caregivers and participants living with dementia slept better on

nights before attending adult day care. Research also supports that adult day care positively impacts mood, health, and caregiver relationships.

### Where to find adult day care

The National Center for Health Statistics reports that half of adult day care centers are nonprofit. Nonprofit operators may include the government, universities, national groups like the Alzheimer's Association, religious organizations, and Native American tribes. Services and certification are regulated by and vary from state to state.

### Cost

Prices vary depending upon location, participant need, range of service, type of care, and insurance benefits. In general, SeniorLiving.org reports that adult day care costs approximately \$85 a day. The 2024 median monthly adult day health care (44 hours per week) estimate for Kentucky is \$1,852. Due to affordability, many families pay by the hour versus paying an all-day fee. Check your insurance coverage to see if services cover adult day care costs. Some families will pay privately. Keep in mind that many adult day care costs are tax deductible. Consult a financial advisor or tax professional to go over the most beneficial claim.

Call your Area Agency on Aging, local Senior Center, or the Kentucky Department for Aging and Independent Living (DAIL) to find an adult day care program near you.

#### REFERENCES:

- Caring.com. What is Adult Day Care? Retrieved June 10, 2024 from <https://www.caring.com/senior-living/adult-day-care>
- Goldy-Brown, S., & Clem, M. (2024). Adult Day Care Costs 2024. Retrieved June 10, 2024 from <https://www.seniorliving.org/adult-day-care/costs>
- Kiger, P. (2012). AARP. Adult Day Care: What Family Caregivers Need to Know. Retrieved June 10, 2024 from <https://www.aarp.org/caregiving/home-care/info-2017/adult-day-care.html>

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**FAMILY CAREGIVER  
HEALTH BULLETIN**

**Written by:** Amy F. Kostelic,  
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**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock



# PARENT 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>

Owsley County  
Extension Office  
92 Lone Oak Industrial Park Rd  
Booneville, KY  
41314

## THIS MONTH'S TOPIC

# PLAN TO GET INVOLVED THIS SCHOOL YEAR



**A**s summer break ends, there are several things that as a parent, you should do to get your child ready to go back to school. Students need school supplies, possibly larger clothes or shoes, and many need an annual physical or well child exam and vaccines. As you make your list of things to do, consider seeking out opportunities to be involved in your child's school this fall.

When parents participate in their child's school activities, kids get better grades, choose healthier behaviors, and have better social skills. Your involvement shows you are committed

Continued on the next page 

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## *When parents participate in their child's school activities, kids get better grades, choose healthier behaviors, and have better social skills.*

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to supporting your child's learning and development. The beginning of the year is a great time to learn about ways that you can work with your child's school to create and maintain a healthy environment for learning. There are many ways to be involved:

- Become a part of the decision-making process at your child's school. Ask to be involved in parent organizations – such as the Parent Teacher Association (PTA) or Parent Teacher Organization (PTO), school health council, or school health action team. These groups help improve the health and emotional well-being of children and adolescents in tangible ways.
- Make communication with school a two-way street. Read school newsletters and attend parent-teacher-student conferences to learn what is going on at school. Communicate regularly through emails, phone calls, or meetings to discuss your child's grades, behavior, and accomplishments. Ask what you can do at home to support their efforts.
- Ask the school to provide educational opportunities for parents to learn more about school policies, educational content, or learning practices that parents can reinforce at home.

It is also important to help your child transition back into a new school year. While new supplies, new clothes or shoes, and a new grade are exciting, children might be nervous or anxious about going back to school. As the new school year approaches, take time to talk to your child about how they are feeling and be an active listener. Acknowledge their fears or insecurities, and model empathy. It can be helpful to normalize your child's feelings - even adults can get nervous about going to new places and meeting new people. Focus on your child's strengths before talking about things they can do to improve their confidence. Children learn what they see. Model positive coping skills to identify and manage stressful situations. For example, going for a walk or practicing deep breathing exercises



can help. Children can practice positive thinking by remembering the good things that came out of the last school year, or thinking about good things that will happen in the year to come.

Remember, parents and schools are teammates, with the same goals of helping your child learn, grow, and develop. Communicate concerns that you or your child have with your child's teacher and encourage them to do the same. Working together, your child can have a great upcoming school year!

#### REFERENCES:

- [https://www.cdc.gov/healthyschools/families\\_tip\\_sheet.htm](https://www.cdc.gov/healthyschools/families_tip_sheet.htm)
- <https://www.cdc.gov/healthyschools/features/B25.htm>

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ADULT  
**HEALTH BULLETIN**

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



# YOUTH 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>

Owsley County Extension Office  
92 Lone Oak Industrial Park Rd  
Booneville, KY 41314

## THIS MONTH'S TOPIC KEEP MOVING!



**W**hen summer break ends and you go back to school, you probably spend more time sitting and less time moving. During the summer, you had more time to swim, play outside, and take trips to the park or gym.

But just because school is back does not mean you should stop moving! In fact, the more time you spend moving outside of school, the more you will be able to pay attention and do well when you are in class. You may have to try harder to be active, but it is worth it!

### Here are some ideas for staying active once school starts:

- Start your day with slow stretches, or a quick warm-up.
- If you can, walk or ride your bike to school or the bus stop.
- If you get recess or a break during the day, use that time to move!

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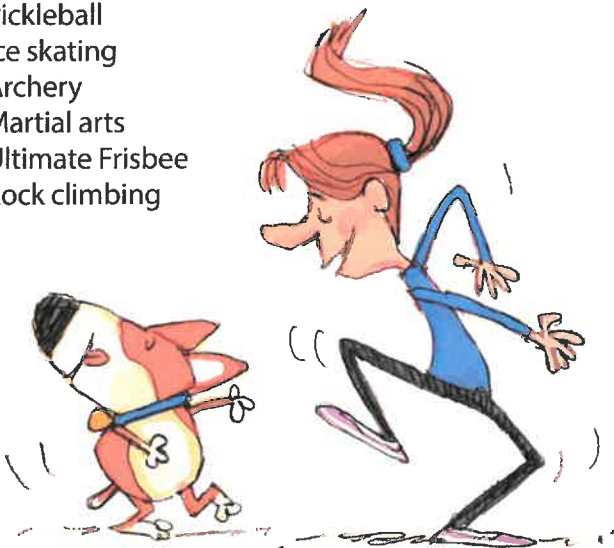


➔ **Continued from the previous page**

- Sign up for a sport or club after school that gets you moving. It can be fun to try something new. Or ask a friend to join you for an activity that you enjoy.
- Make a habit of taking a walk or bike ride with your family after dinner.
- Have a nightly dance party at home.
- Chores can keep you moving too! Volunteer to help rake leaves, vacuum, or walk the dog.

**If you want to try something new, here are some sports and activities you can try:**

- Pickleball
- Ice skating
- Archery
- Martial arts
- Ultimate Frisbee
- Rock climbing



- Yoga
- Gymnastics
- Golf

Keep your screen time in check, too. It can be easy to spend the whole evening after school in front of the TV, playing video games, or on a tablet or phone. Try to keep the time you spend on all devices to less than 2 hours each day. That includes time at school. Talk to your parent or caregiver about when you would like to watch your favorite show, play a game, or use an app. Then set a limit on how much time you spend. Also, decide how you will know when that time is up. Using screens right before bed can make it harder to fall asleep. So, leave screen time out of your bedtime routine. End your day with something that makes you feel calm and relaxed, like reading, listening to music, praying, or thinking about the best part of your day.

**REFERENCE:** <https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip-back-to-school.pdf>

**ADULT  
HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Cartoon illustrations by:**  
Chris Ware (© University  
of Kentucky School of Human  
Environmental Sciences)



JULY / AUGUST 2024

# HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative  
Extension Service



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.

## Sand, surf, and great eats

**E**ach summer, Americans flock to beaches for summer vacation. Poor eating habits, lack of hydration, and fierce sunburn can leave you wiped out. Make the most of your time by giving your beach day a healthy makeover.

### Bring healthy snacks

The costs of beachside cafes and hot dog stands can add up. Save money and eat well by bringing snacks with you, such as:

- Raw or dry-roasted nuts
- Pre-washed and cut fruit and veggies (packed in a cooler)
- Whole-grain crackers
- Roasted chickpeas
- Trail mix
- Dried mixed fruit

If you do buy food at the beach, look for fresh foods such as hummus wraps and smoothie bowls. Other tasty choices could be grilled corn on the



cob, fruit popsicles, low-fat frozen yogurt topped with fresh fruit, baked chips, grilled chicken salads, and sandwiches on whole-grain bread.

When packing a cooler for the beach, don't forget plenty of water! Refresh

yourself on a hot day with a reusable bottle of cold water and ice with lemon or mint. If you crave something fizzy, hydrate with sparkling water.

**CONTINUED ON PAGE 2**

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Lexington, KY 40506



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**PARENT CORNER**

## Summer is time for kids to try new foods

**S**ummer brings plenty of yummy new foods and is the perfect time to bring in new fresh fruits and veggies for the whole family.

**Try these four summer produce superstars.**

### Berries

Berries such as strawberries, blueberries, raspberries, and blackberries have vitamin C and antioxidants that can support kids' total health. They're a good source of dietary fiber. Raspberries lead the way at 8 grams of fiber per 1-cup serving.



### Avocados

Do your kids resist fruits and veggies? Give buttery avocados a try. Add avocados to tacos, spread on grilled cheese sandwiches, or add to some eggs and fruit in the morning. They contain heart-healthy monounsaturated fat as well as fiber, vitamin E, and potassium.

### Tomatoes

Your family might enjoy debating if tomatoes are a vegetable or fruit. But this superstar has dietary fiber, vitamins A and C, potassium, and other vitamins and minerals. They come in many colors and sizes. They are high in water content making tomatoes a great choice.

### Watermelons

Nothing says summer like a fresh slice of watermelon. This summer favorite is easy to eat and tastes great. With one of the highest water contents of any food, it's great for keeping kids hydrated on scorching days. It's also a good source of vitamin C and packed with lycopene. Watch out for seeds, which could be a choking hazard in young children. Serve watermelon wedges for dessert or cut into cubes and mix into a fruit salad. Try putting watermelon chunks in the blender with ice, lime juice, and honey for a refreshing slushy drink kids will love.

Source: Adapted from <https://www.eatright.org/food/food-preparation/seasonal-foods/summer-is-time-for-kids-to-try-new-foods>

**CONTINUED FROM PAGE 1**

### Protect your food

A beach day is calming; foodborne illness is not. About 1 in 6 Americans get sick from foodborne illness each year. Pack your beach snacks cautiously. Don't leave food sitting out for longer than two hours, or one hour once the temperature hits 90 degrees F or above.

Before you pack, give your cooler and tote a good cleaning. Always start with a clean cooler, washing it out with mild soap and water and rinsing fully. Wash containers and reusable bags to remove all food residues and lower the risk for germs.

Pack your cooler with plenty of ice if you're bringing food that can spoil. Your cooler must keep food at 40 degrees F or lower. Keep a thermometer in your cooler and, if you can, store coolers in the shade.

Some beaches don't have places with running water, so pack hand sanitizer and use it before and after eating food. Don't forget to bring empty bags for your garbage — don't leave your trash on the beach!

### Stay hydrated

Don't get so caught up playing in the water that you forget to drink water. Summer heat mixed with swimming can leave you with fluid loss. You may not notice that you're sweating when you're in and out of the water. Drinking fluids and eating certain foods can help you stay hydrated when the temperatures rise. Watermelon is a great snack for a summer day at the beach. Watch out for fluid loss. Warning signs could be:

- Thirst
- Headache
- Dry, sticky mouth
- Decreased urine output
- Sleepiness or tiredness
- Being dizzy or lightheaded

Treat mild fluid loss by drinking water. If you get major symptoms such as extreme thirst, lack of sweat or tears, a rapid heartbeat, weakness, breathing quickly, or being confused, call 911 right away. Severe dehydration is a health-care crisis.

Enjoy a healthy day at the beach — fuel your body with healthy snacks, practice food safety, and stay hydrated. And don't forget the sunscreen!

Source: Adapted from <https://www.eatright.org/food/home-food-safety/safe-food-storage/sand-surf-and-great-eats>

**FOOD FACTS**

**A very berry summer**

**A**re berries on your shopping list this summer? They are packed with antioxidants. They also have dietary fiber and vitamin C which we need each day.

**When shopping**

Look for containers at the store or farmers' market without stains or mold. Berries should be firm, plump, and dry. Strawberries don't ripen after harvest, so choose ones that are shiny and firm with bright red color. Choose blueberries that are firm, plump, and dusty blue in color. Blackberries should be shiny but not leaking. Raspberries come in many colors; make sure the ones you buy have the right color. For more fun, take your kids berry picking or grow berries at home. When buying frozen berries, shake the bag first. A big lump is a sign of defrost.

**How to store**

When you get home, check for bad berries, and throw them out right away before they spoil the rest. Strawberries, blueberries, and raspberries last longer if stored in the coldest place in your fridge. Produce drawers are ideal. A sealed container will also do the job. Keep blackberries uncovered. While some types of berries can last up to two weeks in your fridge, most only last a few days. Eat them within three days for the best quality.

**Preparing**

Rinse berries in cold water just before you serve them. For younger children, cut up or mash berries. For older kids, try adding berries to low-fat yogurt, ice cream, whole-grain cereals, salads, or smoothies. Fresh berries often taste best when in-season, and you can freeze them for later use.

**Freezing**

Freeze berries so you and your kids can enjoy them long after the season is over. Spread berries on a baking sheet and place in the freezer for a few hours. Once frozen, put them in a freezer-safe storage container or bag.

Source: Adapted from <https://www.eatright.org/food/food-groups/fruits/a-very-berry-summer>

**COOKING WITH KIDS**

**Berry Crunch Roll-Ups**

- 4 (6 inches) flour tortillas
- 1/4 cup strawberry cream cheese
- 1 cup fresh berries of choice: blueberries, blackberries, raspberries, diced strawberries (or any fresh fruit)
- 1/4 cup crispy cereal of choice

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spread 1 tablespoon cream cheese in a thin layer on each tortilla.
3. Sprinkle 1/4 cup fresh berries and 1 tablespoon cereal on top of the cream cheese.

4. Roll firmly, squeezing gently to seal edge. Serve right away.
5. Store leftovers in the refrigerator within 2 hours.

Makes 4 servings  
Serving Size: 1 roll-up

Nutrition facts: 160 calories; 6 g total fat; 3 g saturated fat; 0 g trans fat; 15 mg cholesterol; 280 mg sodium; 23 g carbohydrate; 2 g fiber; 6 g sugar; 3 g protein; 4% Daily Value of vitamin A; 40% Daily Value of vitamin C; 6% Daily Value of calcium; 8% Daily Value of iron

Source: Leap...for Health: Eat Smart to Play Hard: University of Kentucky Cooperative Extension Service, Nutrition Education Program



**RECIPE**

**Blackberry & Cucumber Salad**

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon honey
- Kosher salt, to taste
- Black pepper, to taste
- 4 cups spring mix
- 3 heaping cups blackberries
- 2 cucumbers, peeled and seeds scraped out, cut into 1-inch pieces on a diagonal
- 1 cup mint, chopped
- 1/4 cup chopped pecans

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a small bowl, whisk together oil, vinegar, honey,

- and salt and pepper.
3. Combine spring mix, blackberries, cucumbers, mint, and pecans in a large serving bowl.
  4. Toss with dressing.
  5. Store leftovers in the refrigerator within 2 hours.

Makes 4-6 servings  
Serving Size: 4 ounces

Nutrition facts per serving: 180 calories; 12 g fat; 1.5 g saturated fat; 0 mg cholesterol; 160 mg sodium; 18 g carbohydrate; 8 g fiber; 8 g sugar; 4 g protein

Source: Plate it Up! Kentucky Proud Project

## BASIC BUDGET BITES

### Create a grocery budget

One way to help save money at the grocery store is to create a grocery budget. Need help deciding how much to budget for grocery spending each month? Use our Food Savings tool. This tool can help you figure out the food cost for your family.



To use our Food Savings tool, scan the QR code or visit <https://www.planeatmove.com/budget-calculator>

## SMART TIPS

### Farmers' markets

What's in the way for you to eat healthy? Perhaps you think fruits and vegetables cost too much or you just don't like the way they taste. Your local farmers' markets can help. In many cases, food at the farmers' market can be a good buy. It is local, meaning it was grown nearby. When food from the farmers' market is tasty and fresh, it makes it easy to eat the right amounts.



To find your local markets, scan the QR code or visit <https://www.planeatmove.com/farmers-markets-food-banks>

Source: Adapted from <https://www.eatright.org/food/planning/smart-shopping/for-tops-in-nutrition-shop-farmers-market>

## LOCAL EVENTS

### NAME County

Local events

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

**NAME County Cooperative Extension Office**  
 222 Street Rd, City, KY ZIP  
 (000) 000-0000  
 AGENT NAME  
 Extension Agent for Family and Consumer Sciences

**VISIT US ONLINE AT**  
**[EXTENSION.CA.UKY.EDU/COUNTY](https://extension.ca.uky.edu/county)**

# August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 Lunch-N-Learn @ 12pm 	2	3
4	5	6 	7	8	9	10
11	12	13	14	15	16	17
18	19	20  Laugh & Learn- Owsley Public Library @ 3:30	21	22  Survive and Thrive Disaster Preparedness @ Lee Co Ext. 10am Book Club @ 5:00	23	24
25	26	27 Recipe Box- Wood Center @ 10 am 	28	29 Jr. Homemakers 3:00-4:00 	30	31
		NOTES:				





Recipes from the 2024 Food and Nutrition

# Recipe Calendar

**UK** Cooperative  
Extension Service

## 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

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