

August 2024 EDITION

# Monthly Russell County FCS Newsletter

## Recipes for the Outdoors



Camping season is underway! It is important to understand proper fire safety, as well as having good recipes to cook over a fire. The Outdoor Cooking programs, taught at the Extension office last month by Jonathan Oakes and Megan Gullett, focused on easy meals and desserts for those looking to enjoy the outdoors. If you are interested in recipes, or information about these programs, please contact our office at 270-866-4477 or at [russell.ext@uky.edu](mailto:russell.ext@uky.edu).

## Big Blue Book Club Starts Again Soon!

**BIG BLUE BOOK CLUB**  
presents **SNACK CLUB**

register  
@  
[ukfcs.net/BBBCsnack](http://ukfcs.net/BBBCsnack)

Cooperative Extension Service | Family and Consumer Sciences

The next Big Blue Book Club promises to be a fun one! If you feed children or know someone who does, below is the information you need to register and get involved! Everyone is welcome, whether you feed children every day or just from time to time!

# 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. 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 and seeds, cheese or yogurt, and avocado also have nutritious and delicious fat.

**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 own lunches. Consider laying out all the ingredients and guiding them through putting it together. For older children, you can provide a menu of what is for lunch. They can find and put everything together. 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.

## **Resources:**

Academy Nutrition Information Services Team. (2021, May 1). Banishing Brown Bag Boredom. Kids eat right. <https://www.eatright.org/food/planning/away-from-home/banishing-brown-bag-boredom>

The Nutrition Source. (n.d.). Packing a Healthy Lunchbox. Harvard T.H. Chan School of Public Health. <https://www.hsph.harvard.edu/nutritionsource/kids-healthy-lunchbox-guide/>

# Upcoming Workshops

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- August 1st: Making Breakfast Sausage @ 5 PM
- August 5th: Wits Workout @ 10 AM
- August 8th: Sourdough & Breadmaking @ 5 PM
- August 12th: Vanilla Making Class @ 2:30 PM & 5:30 PM (\$10)
- August 15th: Rain Barrell @ 5PM
- August 19th: Basic Pie Baking Class @ 12:00 PM
- August 19th: Cooking the Calendar- Peaunut Butter Oatmeal Bites @ 5 PM
- August 22nd: Canning Meat @ 5 PM
- August 29th: Herb Garden @ 5 PM

**For all workshops, please call 270-866-4477 to RSVP**

RSVPING ALLOWS THE AGENT TO BETTER PLAN  
FOR YOUR ATTENDANCE

You can also find these events on our Facebook  
Page.

[FACEBOOK](#)

Office: 270-866-4477 OR Email: russell.ext@uky.edu

WEBSITE: [RUSSELL.CA.UKY.EDU](http://RUSSELL.CA.UKY.EDU)

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



Disabilities  
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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 15 • ISSUE 8

Russell County Extension Office | 2688 US-127 | Russell Springs, KY | 42642 | (270) 866-4477

## 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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Lexington, KY 40506



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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.

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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>

Russell County  
 Extension Office  
 2688 US-127  
 Russell Springs, KY  
 42642

## 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:

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**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock



# Campfire Apple Pie Packet

**Yield: 1 serving**

## **Ingredients:**

- 1 apple
- 1 tablespoon raisins
- 1 teaspoon brown sugar
- Sprinkle of cinnamon

## **Directions:**

1. Wash hands with soap and water.
2. Gently rub apple under cold running water.
3. Core and slice the apple.
4. Place apple slices on a 12" foil square.
5. Sprinkle with raisins, brown sugar and cinnamon.
6. Wrap the foil around the apple and seal using the fold over method. Wrap in a second layer of foil.
7. Place packet on or just above white coals in your campfire or backyard fire ring (a grill works too, but not as much fun!).
8. Using long-handled tongs, turn the packets after 5 minutes and cook 3 minutes more. Times may vary according to the hotness of the coals.
9. Remove packet from the coals.
10. Using hot pads or oven mitts, unwrap the apple pie and let cool a few minutes on a plate before serving.



## **Nutrition Information:**

- Serving Size (1 packet):
- Calories 137 Total Fat 0g Saturated Fat 0g Cholesterol 0mg Sodium 6mg Total Carbohydrates 37g Fiber 5g

**Source: Cooking Over Campfire Coals, Iowa State Extension**

**This newsletter was originally written by Jamie Goffena. It was reviewed and updated in 2023.**