



NEWSLETTER

August 2024

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4-H Development

The summer is winding down, and it's time to trade those beach balls for backpacks as your child gets ready to go back to school. According to researchers, this can be one of the most stressful times in a parent's life. Back-to-school time does not have to be the most dreaded time of the year.

Overall, the most important thing you can do to insure that you and your children have a great start to the school year is to establish a routine and stick to it. Whether or not your child is entering school for the first time as a kindergartner or as a seasoned high school student, routines help minimize conflict and stress over issues such as mealtime, bedtime, and social activities. All of these issues affect school performance. You can take an active role in reducing the chaos of the school year. More back-to-school information on page six of this newsletter. Source: August 2004 Health Bulletin

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Potassium

Potassium helps regulate fluid balance, muscle contractions and nerve signals.

Potassium supports healthy blood pressure for reduced risk of stroke and heart disease.



Eating a variety of fruits and vegetables can help you get enough potassium.

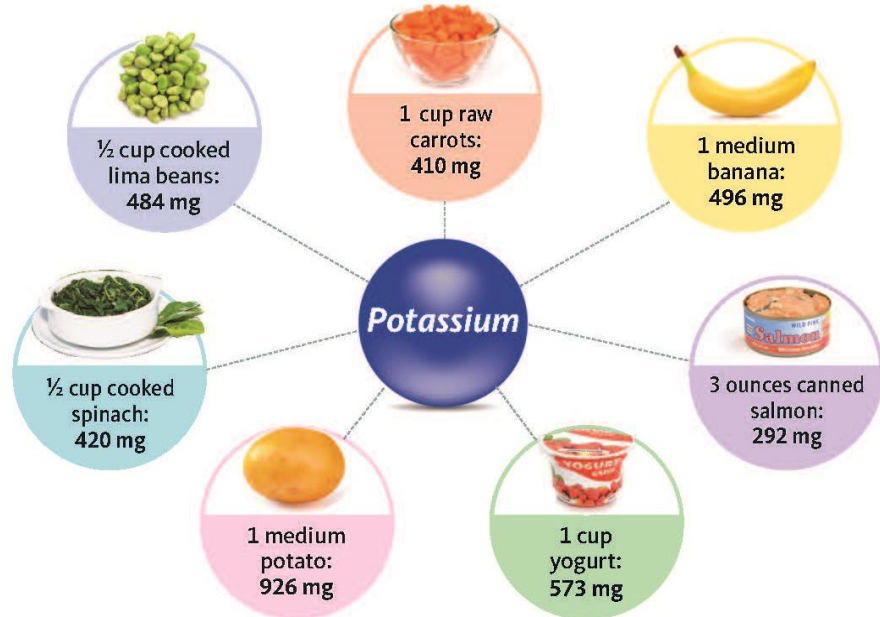
Eating enough potassium may improve bone health and reduce risk for kidney stones.

Some people may need to limit potassium. A healthcare provider can help explain the right amount.

Potassium-rich snack ideas:

- Banana and peanut butter
- Veggies with guacamole dip

Potassium is a mineral needed by all cells in your body. Here are some examples of potassium-rich foods.



How much potassium do you need each day?

Aim for 2,600 mg each day for adult women or 3,400 mg each day for adult men.

Sources of potassium.

Food Group	Good Sources	Fair Sources
Vegetables	Potato, baked with skin, small	Broccoli, 1/2 c
	White beans, 1/2 c	Beets, 1/2 c
	Sweet potato, baked with skin, medium	
	Spinach, cooked, 1/2 c	
	Tomato sauce, 1/2 c	
	Carrots, 1 c	
Proteins	Halibut, cooked 3 oz	Beef, 3 oz
	Soybeans, cooked, 1/2 c	Ham, 3 oz
	Cod, cooked, 3 oz	Pork, fresh, 3 oz
	Kidney beans, cooked, 1/2 c	Lamb, 3 oz
	Chicken, 3 oz	
	Turkey, 3 oz	
Fruits	Banana, medium	Apples 1 large
	Apricots, dried, 1/4 c	Grapefruit juice, 1/2 c
	Avocado, 1/4 c	Orange, 1 large
	Cantaloupe, 1 c	Peaches, 1 medium
	Nectarines, 1 large	Strawberries, 1 c
Dairy	Milk, skim, 1 c	Ice cream, 1/2 c
	Soy milk, 1 c	
	Yogurt, 1 c	
	Buttermilk, 1 c	

Source: American Academy of Nutrition and Dietetics

Sources: Foodhero.com/ Oregon State University

Publication FCS3-565 Increasing Powerhouse Vegetables – University of Kentucky

ARE YOU UP TO DATE ON VACCINES?



August 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.

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, three out of every four 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 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>

-Source: Adult Health Bulletin August 2024

Easy Summer Salad



Ingredients:

- 1 cucumber, peeled and cubed
- 1 red onion, diced
- 2 tomatoes, diced
- 1 garlic clove, minced
- 1/4 cup lemon juice
- 1 tablespoon vegetable oil
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper



Directions:

1. Mix cucumber, onions, tomato, and garlic in a large bowl.
2. Stir in lemon juice, oil, salt and pepper until well mixed.
3. Serve at room temperature or chill in the refrigerator for at least 1 hour before serving.

Make it a Meal

Pair this salad with a turkey burger with cheese on whole wheat bun, baked apples and water for an easy lunch or dinner!

Source: United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015.
www.usda.gov/whatscooking

45 calories; 2.5 total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 100mg sodium; 6g total carbohydrate; 1g fiber; 3g sugar; 0g added sugar; 1g protein; 0% Daily Value vitamin d; 2% Daily Value calcium; 0% Daily Value iron; 2% Daily Value potassium.

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, visit <https://www.planeatmove.com/budget-calculator>.

Source: Healthy Choices Newsletter July/August 2024

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.

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/>.

Source: MoneyWise Newsletter August 2024

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.

Source: Healthy Choices Newsletter - July/August 2024



WITH SCHOOL STARTING SOON, PLAN TO GET INVOLVED THIS SCHOOL YEAR

As 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 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:

- 1 Become a part of the decision-making process as your child's school.
- 2 Make communication with school a two-way street.
- 3 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!

Source: Parent Health Bulletin – University of Kentucky August 2024

BACK TO SCHOOL WORD SEARCH

R	E	C	E	S	S	K	O	N	L	M
W	M	A	T	H	S	I	A	S	E	I
S	P	E	L	L	I	N	G	R	A	R
N	T	C	E	S	S	A	L	C	R	E
R	L	U	C	K	D	H	G	R	N	L
E	R	O	H	L	U	N	C	H	V	A
H	P	L	A	Y	S	E	E	M	E	N
C	E	L	D	K	O	G	E	I	R	D
A	L	H	O	S	E	I	R	P	R	S
E	N	O	E	R	E	T	I	R	W	F
T	B	H	A	M	L	O	O	H	C	S

SCHOOL	CLASS	PLAY	SPELLING
FRIENDS	LUNCH	LEARN	WRITE
TEACHER	RECESS	MATHS	BOOKS

Source: Canva

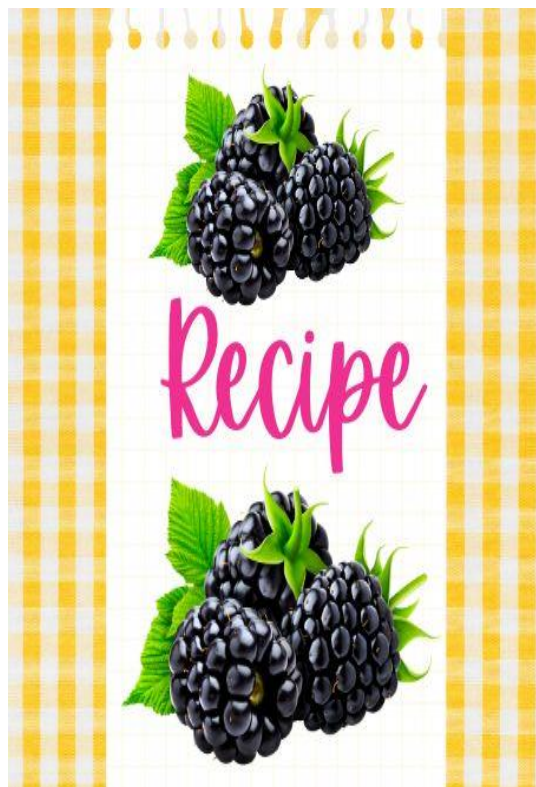
Quick Back-to-School Checklist

- Make sure all immunizations are up-to-date for your child/children before they start school.
- Reduce school absences by making sure you do what you can to prevent illness.
- Make sure your child/children get enough sleep at night. Assist your child/children with their homework and try to make it FUN!
- Provide healthy snacks for your child to choose from while doing homework.
- Set aside a place in your home for homework only and have children complete homework before playtime.
- Purchase a set of brightly colored file folders for notes sent home from teachers.
- Minimize your child’s need to miss school by using protective health habits all school year.

Source: UK 2004 Health Bulletin

Rowan County Extension Office
600 West Main Street
Morehead, KY 40351

RETURN SERVICE REQUESTED



Blackberry Peach Crumble

2 cups fresh blackberries	½ cup all-purpose flour
2 cups peeled and sliced fresh peaches or 1 (16 ounce) bag frozen peach slices, thawed	½ cup chopped blanched almonds, (optional)
1 teaspoon grated lemon peel	¼ teaspoon salt
2 tablespoons cornstarch	6 tablespoons butter, cut into pieces
⅓ cup , plus ½ cup packed brown sugar	

Combine blackberries, peaches, lemon peel, cornstarch and ⅓ cup brown sugar in a large bowl.

Pour ingredients into a lightly greased 8 inch baking dish.

Mix together flour, almonds, salt, and remaining ½ cup brown sugar. With pastry blender or two knives, cut in the butter until the mixture resembles coarse meal.

Sprinkle flour mixture over fruit.

Bake in a pre-heated 400° F oven for 30 minutes.

Cool 10 minutes prior to serving.

Yield: 8, ½ cup servings

Nutritional Analysis: 270 calories, 14 g fat, 25 mg cholesterol, 135 mg sodium, 35 g carbohydrate, 2 g protein, 3 g fiber.
Without almonds: 220 calories, 9 g fat, 25 mg cholesterol, 135 mg sodium, 35 g carbohydrate, 2 g protein, 3 g fiber.

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



www.fruitandveggiesmatter.gov