

Rowan County Family & Consumer Sciences



NEWSLETTER

August 2025

In this newsletter:

Introduction	Pg. 1
Kentucky State Fair	pg. 1
Food Facts	pg. 2
Tips for Kids' Sleep Health	pg. 2
Grow Your Money	pg. 3
Watermelon	pg. 4
Enjoy Watermelon	pg. 5
Back to School	pg. 6
Kids Page	pg. 7
Recipe	pg. 8

Hello, August!

A new month, a new chapter, and a new chance to chase what makes our hearts beat a little faster. Let's fill these days with purpose, warmth, and a dash of adventure. Several have school shopping, last minute vacations, family get together, and late night swims to finish up their summer. Here's to late summer sunsets, bold intentions, and the joy of beginnings.

Welcome, August 2025—may you be kind, inspiring, and unforgettable.

Kentucky State Fair

The Kentucky State Fair August 14-24, 2025, in Louisville, Kentucky. Every child in Kentucky should experience attending the State Fair at least once. So absolutely, make plans to take your family this year to our State Fair.

The Kentucky State Fair is more than just funnel cakes and Ferris wheels—it's a rite of passage. From the livestock competitions and homemade pie tastings to wild rides and live music, it's a full-on celebration of Kentucky's culture, creativity, and community.

It's where families bond over corndogs, kids stare wide-eyed at blue ribbon goats, and generations share traditions that feel timeless. For many, it's their first brush with the beauty of state pride—and it leaves a lasting impression.



Peggy Jones

Peggy Jones
County Extension Agent for Family &
Consumer Sciences/4-H Youth
Development

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

FOOD FACTS

Pantry Staple: Oats



Did you know? About 20% of all whole grain eaten by adults in the U.S. each year is oatmeal. Oats are a great source of fiber, and you can use them in so many ways. Yes, oatmeal is tasty and healthy, but

we will also explore some exciting ways to use oats in recipes!

Types of Oats:

● **Rolled oats:** Also known as “old-fashioned” oats or “whole oats.” These oats take longer to cook than instant oats. Rolled oats are great for baking, granola, and to make a more textured oatmeal.

● **Instant oats:** Also known as “quick oats.” Instant oats are more processed than rolled oats. They take less time to cook and make a smoother oatmeal.

Even if the types of oats are made other ways, the nutrition is the same!

Tips and tricks:

◇ Add oats to turkey burger patties to help them keep their shape when cooking.

◇ Add oats to a smoothie for a thicker smoothie.

◇ Don't have time to make breakfast in the morning? Blend oats with milk or yogurt at night and leave in the fridge all night. Top with fruit or honey in the morning for tasty “overnight” oats. Little to no prep time on those busy mornings!

Source: *Healthy Choices Newsletter* July/August 2025

Tips for Kids' Sleep Health

Parents often think their children are getting plenty of sleep, but they might need more than you realize. Sleep is key for kids' health, just like eating well and staying active. Not getting enough sleep can lead to problems like gaining too much weight and getting Type 2 diabetes.

Experts are looking into why this happens. They think that not enough sleep messes with hormones that control hunger, making kids want to eat more. When they're tired, kids might also spend more time sitting down, instead of playing and moving around.

Lots of activities and homework can make it hard for kids to get enough sleep. They might skip sleep to do other things, but that is not good for them. Sleepy kids have trouble staying alert in school and might not feel like playing outside.

Here's how you can help your child sleep better:

- Try not to have too many after-school-events.
- Set a routine bedtime and stick to it.
- Limit TV, computer, video games, and texting before bed.
- Keep phones out of their bedroom at night.
- Reading or talking about their day before bed can help them relax.

Follow this guide for the amount of sleep needed:

- **Preschoolers:** (3-5 years) 10-13 hours a day (along with naps)
- **School age children:** (6-12 years) 9 to 12 hours a day
- **Teens** (13-18 years): 8 to 10 hours a day

Making sleep a priority helps kids stay healthy and do better in school. Parents need to show that sleep is important so their kids will think so too. Source: *Healthy Choices Newsletter* July/August 2025

GROW *YOUR* MONEY



- **Grow Your Money:** Saving is not investing. Investing is a way to make your money grow. Once you have an emergency fund in place for unexpected expenses, you should consider investing any extra money. Invest as much as your “risk tolerance” will allow. The U.S. Securities and Exchange Commission (SEC) defines risk tolerance as “an investor’s ability and willingness to lose some or all of an investment in exchange for greater potential returns.” There is risk involved when investing, but with research and careful choices, your money should grow steadily over time.
- **Compound Interest :** Anyone who has had a revolving balance on a credit card knows that for an item that originally cost \$100.00, you could pay back more than \$100.00 with interest. Credit card companies take advantage of compounding interest by charging extra for every purchase not paid off in full each statement. Then, they charge you interest on top of that interest. Sometimes daily! This illustrates the principle of compounding interest, which is why getting out of debt can be hard. However, when investing, compound interest is a great thing! It helps your money grow faster.
- **Can I Afford to Invest?** Many people think that to invest you need thousands of dollars, which is a myth. You can invest as little as a dollar a month. Almost anyone can open a brokerage account. This account is like a savings account but with a brokerage company allowed to sell “holdings” like stocks, bonds, mutual funds, and Exchange Traded Funds (ETFs). The U.S. Securities and Exchange Commission offers a beginner’s guide to investing at <https://www.investor.gov/introduction-investing>.
- Check with your employer to see if they offer a retirement plan such as a 401(k). If they do, start contributing as much as you can each pay period.
- Once you start investing, use the “buy and hold” strategy to sit back and watch your money grow over time. If you earn 9% interest (assuming a strong market), your money will double in eight years! Then it will double again in the next eight years, and so on. The sooner you invest, the sooner that can happen. So, whether you can invest \$5.00 a month or \$5,000.00, just get started. Your future self will thank you.

Source: UK MoneyWise Newsletter July 2025

WATERMELON

Watermelon Basics

\$hop and \$ave

- ✿ Choose a watermelon that is uniform in shape and heavy for its size. The dark green skin might have lighter green stripes.
- ✿ Look for a creamy yellow spot on the underside. It becomes more yellow as the melon ripens.
- ✿ Avoid melons with soft spots, dents or cracks.
- ✿ Flesh of cut watermelon should look juicy and smooth. Melons cut into halves or quarters or containers of ready-to-eat cubed melon may be available. These generally cost a little more than whole melons.
- ✿ Watch for locally grown watermelon from July to September. They might be cheaper, taste better and last longer.

Watermelon contains lycopene, which gives it its red color and is a powerful antioxidant that helps keep you healthy!



*About 3/4 of a whole watermelon is edible flesh.
One pound = about 3 1/4 cups.*

Store Well Waste Less

- Whole melons can be kept at room temperature for 7 to 10 days. They ripen only slightly after picking and begin to lose flavor and texture with longer storage. Refrigerate just before eating if desired.
- Wash under cool running water before cutting.
- Cut watermelon can be kept in the refrigerator for 3 or 4 days. Use a covered container or cover the cut surface with plastic wrap.



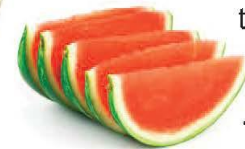
Types of Watermelon

There are several hundred varieties of watermelon.

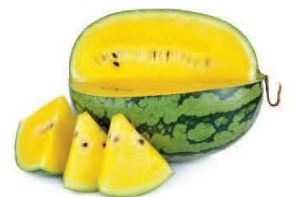
- ✿ **Seeded watermelon** are round to oblong and weigh from 15 to 45 pounds. The flesh is generally red with black seeds.



- ✿ **Seedless watermelon** have become the most common type available. They weigh 10 to 25 pounds. The flesh is generally red but yellow, orange and white are available. They may have soft, edible white seed coats but rarely contain seeds.



- ✿ **Mini or personal watermelon** are usually seedless and weigh 1 to 7 pounds. They may have more flesh and less rind than larger watermelons.



Enjoy Watermelon

Watermelon Salsa

2 cups watermelon, small cubes, seeds removed
¼ cup sliced green onions
¼ cup onion, finely chopped (try red or sweet onion)
1 Tablespoon vinegar
1 Tablespoon chopped cilantro
¼ teaspoon ground cumin

In a medium bowl, mix all of the ingredients.

Notes: Serve with burritos, tacos, fish, grilled meat, fresh vegetables or baked tortilla chips.

Try lemon or lime juice instead of vinegar. Try adding corn, chili peppers or chopped avocado.

Makes 2 cups

Source: Foodhero.org/Oregon State University

Watermelon Cooler

3 cups cubed watermelon, seeds removed
½ cup orange juice

Place watermelon and juice in blender; blend until smooth.

Serve immediately.

Makes 3 cups

Quick Fix:

- Watermelon is a classic summer treat. Just slice into triangles and eat.
- Cut into bite-size pieces and add to fruit salads.
- Freeze chunks of watermelon to use as edible ice cubes in water, lemonade or iced tea.

Watermelon with Lime and Chili Powder

2 cups cubed watermelon, seeds removed
½ lime
¼ teaspoon chili powder (or more to taste)
¼ teaspoon salt (optional)

In a serving bowl, squeeze lime juice over watermelon cubes. Sprinkle with chili powder and salt if using.

Note: Try with a mix of fruit and veggies such as other melons, pineapple, cucumber, mango and more. Spice mixes are available that combine lime and chili powder.

Source: Foodhero.org/Oregon State University



your child: new teachers, new classrooms, maybe a new bus route, and new friends.

The first day is often filled with instructions and an opportunity for teachers to set the ground rules of what to expect for the year. Encourage your child to share them with you after the first day so that you are aware as well.

A few other reminders will help your child and you get the school year off to a great start:

- Get plenty of sleep
- Eat breakfast
- Try your best and work hard
- Have a positive outlook

Back-to-School Breakfast Ideas

● **Prep the night before.** Set out breakfast options before going to bed. This will allow children and adults to easily get started eating or grab something for the road.

● **Set the alarm a few minutes earlier.** A few extra minutes in the morning can provide time for a quick breakfast. It can also provide time for children to wake up and feel hungry or ready to eat.

● **Role model breakfast.** Children copy adults' behavior. Sitting down to eat with children or at least eating while getting ready shows them breakfast is part of the start of the day.

● **Pack breakfast to go.** Breakfast does not have to be eaten at home. You can pack healthy options for the bus or car ride to school and work.

● **Try school breakfast.** Many schools serve nutritious breakfast. Ask your school and encourage children to take advantage of this. Source: Parent Health Bulletin August 2012 /Snack Club Supporting Nourished Active Children in Kentucky

Another summer is coming to a close, and it is time to get ready for school. Many children are excited and a little nervous going back into the classroom. Many new experiences may be headed their way this year.

Getting Ready for the First Day

There is generally a lot of activity on the first day of school. Whether your child is excited or not, making sure that he or she is well prepared can make a big difference.

If you received a list of school supplies, make sure to take advantage of the many sales this time of year. If you know your child will need something later in the year and it is on sale now, it may be best to purchase it now so you will not pay the increased price later. Once you have all of the supplies needed, go ahead and pack up the backpack. There is no reason to wait until the morning of the first day to pack everything. In fact, you may want to sit down with your child as soon as all the supplies are purchased and have him pack his bag. This can also be a double check to make sure that everything that was on the list was purchased. Remind your child that the first day is not always like the rest of the school year. There are a lot of new situations for

Healthy Tip: Kids need at least 60 minutes of physical activity every day. Whether that's running, biking, tossing a ball, or playing tag, every little bit counts and it all adds up! Source: Plate it Up Kentucky Proud/UK Cooperative Extension Service

Very Berry Salsa

- 4 cups diced apples
- 1 cup blueberries
- 1 cup sliced strawberries
- 1 cup halved raspberries
- 1 cup halved blackberries
- 1 tablespoon fruit preserves
- ½ tablespoon sugar
- ½ tablespoon brown sugar

In a large bowl, combine apples and berries. In a small bowl, mix together preserves & sugars until well blended. Pour preserve mixture over fruit & toss to coat. Cover & chill in the refrigerator for at least 30 minutes. Serve with tortilla chips, cinnamon tortilla chips, graham crackers or vanilla wafers.

Source: Plate it Up Kentucky Proud
University of Kentucky Cooperative Extension Service

KIDS PAGE

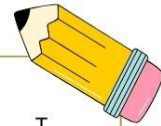
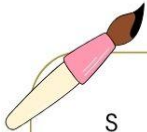
BACK TO SCHOOL



WORD SEARCH



Find the words hidden in the wordsearch below!



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

- Art
- Backpack
- Books
- Calculator
- Classroom
- Eraser
- Friends
- History
- Homework
- Learn
- Lunchbox
- Math
- Music
- Notebook
- Pencil
- Reading
- Ruler
- Science
- Sports
- Teacher

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

RETURN SERVICE REQUESTED

RECIPE

Watermelon Tomato Salad



5 cups seeded watermelon cubes
(¾ inch)
3 cups of cubed tomatoes (¾ inch)
¼ teaspoon salt
1 small red onion, quartered and
thinly sliced

¼ cup red wine vinegar
2 tablespoons extra virgin
olive oil
1 teaspoon black pepper
6 lettuce leaves

Directions: **Combine** watermelon
and tomatoes in a large bowl.
Sprinkle with salt; toss to coat.
Let stand 15 minutes.
Stir in onion, vinegar, and oil.
Cover and chill 2 hours.
Serve chilled on lettuce leaves,
if desired.

Sprinkle with cracked black
pepper to taste.

Yield: Makes 6, 1½ cup servings

Nutritional Analysis: 100 calories,
5 g fat, 2 g protein, 18 g carbohydrate,
0 mg cholesterol, 105 mg sodium.

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



Source: www.fruitsandveggiesmatter.gov