

# FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY  
COOPERATIVE EXTENSION  
SEPTEMBER 2024 NEWSLETTER

 **Martin-Gatton**  
College of Agriculture,  
Food and Environment

Franklin County  
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## Easy work-life balance tips for people and parents

Source: David A. Weisenhorn, Ph.D., Senior Extension Specialist for Parenting and Child Development Education

The term “work-life balance” seems simple. However, for some people, especially parents, we have a challenging time figuring out the “balance” part. We are all trying to find that right balance to prepare for the busy week, allocate the necessary time to manage multiple tasks and manage the stress of work and life. But there’s hope for all of us, including parents.

Here are some simple tips on how to make the most of your busy lives:

- **Reduce morning rush.** Reduce morning anxiety by preparing the night before (i.e., laying out clothes, making meals and gathering work materials).

*(Continued on pg. 2)*

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*(Continued from pg. 1, Easy work-life balance tips for people and parents.)*

- **Organize your week in advance.** Use one day each week to plan the rest of the week (meals, chores, groceries, kids' sports, date nights, family time, homework time, etc.).
- **Be honest with your manager.** If spending more time with your family is what you want, your employer may have benefits you have not explored. Many organizations are investing in more wellness opportunities for their employees.
- **Stay connected.** Even if you travel a lot for work, you can still see and talk to each other. Make the time to stay connected (facetime, emails, texting, writing letters, having conversations, etc.).
- **Don't waste time staring at your screen.** It can be addicting with today's technology, so consider limiting your screen time. You will be amazed at the amount of time you will save and can now reinvest it for more meaningful moments.
- **Schedule time with your partner.** Do something together that brings you closer (date night, cooking night, evening walk or exercise, conversations about kids, etc.).



Back 2 School

## SAFE TO MUNCH

### HOW TO PACK A PERFECT LUNCH!

- 

1 Perishable food can be unsafe to eat by lunchtime if in a paper bag. Use an insulated bag with two cold sources.
- 

2 Frozen juice boxes or frozen bottled water can be used as cold sources. By lunchtime, the juice or water should be thawed and ready to drink!
- 

3 For hot lunches like soup, use an insulated container. Tell your child to keep it closed until lunchtime to maintain at 140 F or above.
- 

4 Children should wash hands with soap & water for 20 seconds before eating. Have them sing the ABCs twice while washing.

★

USDA Food Safety and Inspection Service  
U.S. DEPARTMENT OF AGRICULTURE

Back 2 School

## SAFER SCHOOL LUNCH OPTIONS

### NO REFRIGERATION REQUIRED

 Jerky	 Canned meat or fish	 Rice Cakes
 Canned or dried fruits	 Hard cheeses	 Whole fruits and veggies
 Pickles	 Chips and crackers	 Nuts and seeds

USDA Food Safety and Inspection Service  
U.S. DEPARTMENT OF AGRICULTURE

Back 2 School

## COLD OR HOT?

### ESSENTIALS FOR A SAFE LUNCH



**INSULATED LUNCH BAG**

\*Perishable food can be unsafe to eat by lunchtime if in a paper bag.



**TWO COLD SOURCES**  
No smaller than 5x3-inches each



**INSULATED CONTAINER**  
For hot foods

USDA Food Safety and Inspection Service  
U.S. DEPARTMENT OF AGRICULTURE



## From the Fingertips of Your FCS Agent

I know I say this every month, but where did the year go? The Labor Day holiday is already upon us and we are three months away from celebrating Christmas.

Carla A. Carter

As the new Homemaker year begins, we have lots of exciting leader lessons (pg. 19) and activities scheduled. If you are interested in attending the Homemaker trip to Maysville (pg.4), please contact the office ASAP. We will be riding with Mercer County and I need to get a head count. Thank you to members who attended the Ft. Harrod Area Officer and Chairperson training last month in Mercer County. We had a great turn out and received lots of refreshing Homemaker info.

September is National Senior Center Month! According the National Institute of Senior Centers, "Senior Centers provide access to health, economic security, social engagement, purpose, creativity, mobility, nutrition—all in a social and fun environment." If you have not had an opportunity to check out the Capital City Activity Center, 202 Medical Heights, Frankfort they will be hosting an Open House from 10am-2:30pm on September 10th. Membership is free to join. You can find me there teaching Bingocize and Wits Workout.

I am happy to be partnering with the **Bluegrass Care Navigators** to present two Lunch and Learn workshops on **September 10th and September 25th from 12-1pm.** These free workshops are open to the public. They will provide lunch and information about their services. **You must register by Sept. 6th by calling 502-695-9035.**

Over the next couple of months, I will be traveling to our national conference in Arizona on Sept. 15th-20th, Cave City for Master Clothing Volunteer Training, Oct. 22nd-24th, and our state conference in Bowling Green on Nov. 20th-22nd. Eat healthy, stay active, and see you soon!




# Save the Date

## DISCOVER KEHA - A HIDDEN TREASURE

Make plans to attend the 2025 State Meeting.

**May 5-8, 2025**

Hyatt Regency  
401 West High St., Lexington

Check the KEHA website ([www.keha.org](http://www.keha.org)) this summer for lodging rates & details.

# SIMON HOUSE PRESENTS

## SECOND ANNUAL FAMILY RESOURCE FAIR & GIVEAWAY

- ✓ Location: Church of Ascension
- ✓ Free Food
- ✓ Kid's Activities

GIVEAWAY, EVENTS, & ATTRACTIONS

**SATURDAY**

SEPT. 7, 2024

9AM - 2PM

- ✓ Free Hair Cuts (Must call to schedule an appt.)
- ✓ Community Resources & much more!





# Fort Harrod Area Homemaker's Day Out Maysville

## September 13

Meet at the National Underground  
Railroad Museum at 10:30am

- National Underground Railroad Museum
- Lunch at Tumbleweed Mexican Restaurant
- Kentucky Gateway Museum Center with world-class miniatures and the Old Pogue Experience
- River murals at the end of the day. View at your own pace as you leave town



Cost is \$5 for the Railroad Museum (cash only) and \$10 for the Gateway Museum. You'll also pay for your lunch & anything you purchase. Call your county office to RSVP by September 6.

**National Underground  
Railroad Museum**  
38 West 4th Street

**Tumbleweed**  
511 Market Square Drive

**Gateway Museum  
Center**  
215 Sutton Street



# FAMILY CAREGIVER

# HEALTH BULLETIN



SEPTEMBER 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>

Franklin County Cooperative Extension Office  
101 Lakeview Court  
Frankfort, KY 40601  
502-695-9035  
franklin.ca.uky.edu

## THIS MONTH'S TOPIC

# STEP INTO NATURE: THE BENEFITS OF AUTUMN ON THE MIND AND BODY



While you may find autumn colors to be beautiful and crisp fall temperatures to be invigorating, did you know that fall can also positively affect mental and physical well-being? Here are some ways that autumn keeps us healthy:

- **Sensory stimulation.** Neurons in the brain are more likely to repair and produce neurogenesis in an enriching environment that includes sensory stimulation. The fall offers bright colors, visual contrasts, leaves to touch, wind to feel, and fresh air and falling leaves to smell. The fall harvest in Kentucky stimulates taste buds with a variety of produce including apples, pumpkins, and squash.

Continued on the next page →



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Disabilities accommodated with prior notification.

## After a warm and sticky summer, the cool fall weather can be a welcome platform for outdoor activity.

### → Continued from the previous page

- **Happiness.** Fresh air is a natural way to raise oxygen levels in the brain. As a result, serotonin is released. Serotonin is a neurotransmitter associated with mood regulation and happiness. According to the Cleveland Clinic, normal serotonin levels help you stay focused, emotionally stable, happy, and calm.
- **Stress relief.** Fall colors — reds, oranges, and yellows — can stimulate the brain and trigger positive emotions. When you feel positive emotions, you are more likely to use them to calm yourself. When you're calm and composed, problem-solving is more effective.
- **Enhanced memory.** Research from the Journal of Experimental Social Psychology reports that recall, memory, and clarity in thinking improve when temperatures drop.
- **Nostalgia.** For many, autumn triggers memories such as new academic years, fall festivals and dances, Halloween celebrations, Thanksgiving with family, jumping in piles of leaves, picking apples, harvesting crops, hayrides, and horseback rides. According to research in the Journal of Personality and Social Psychology, a stroll down memory lane improves mood, stimulates inspiration and motivation, puts you in touch with your authentic self, and contributes to meaning in life. People high in nostalgia are also more likely to deal with stressful situations in healthy ways, including connecting with others and asking for help. Nostalgia can also promote storytelling, which enhances social connections and meaningful relationships.
- **Awareness.** Witnessing the cycle of life and death with each falling leaf helps you become more attuned to nature and life around you. Becoming more aware of your surroundings can be grounding and helps reduce self-centered thoughts, which can boost confidence and self-esteem.
- **Physical activity.** After a warm and sticky summer, the cool fall weather can be a welcome platform for outdoor activity. Moving more outside and



sitting less inside is good for the respiratory system, muscles, and bones. Movement also supports the immune system, heart, and mental health.

- **Goal setting.** Associated with going back to school and new beginnings, some people view fall as a time for a fresh start. To start new, it is important to set goals and prioritize favorite activities, which are both important tasks that can benefit mental health. Fall helps keep the focus on moving forward with a fresh outlook.

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#### FAMILY CAREGIVER HEALTH BULLETIN

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Adobe Stock



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2024

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

## THIS MONTH'S TOPIC: BUILDING AN EMERGENCY KIT ON A BUDGET

Building an emergency kit doesn't have to cause a disaster for your finances. Build it slowly, starting with essential food and water, and then buy other items as your budget allows. Add an extra item to your shopping lists once or twice a month that you can put in the kit to spread out the costs over time.

### EMERGENCY KIT BASICS

There are basic items every kit should have in addition to food and water. Download a comprehensive list at <https://ukfcs.net/DisasterKit>. Tailor the list to meet the needs of your family. Start by checking at home for items you may have on-hand. You may have a manual can opener, flashlight, extra phone chargers, batteries, and matches in the back of kitchen drawers. You can also make your own first-aid kit with items you already have like bandages, antiseptic wipes, medications, tweezers, ointment, etc.

### SHOP SALES

Make a list of items you don't have and watch for sales. If you're an online shopper, put pricier items (like a multitool or fireproof document bag) in your online cart to be notified when the price drops. Also, stock up during common sales like Back to School, Black Friday, or other annual holidays. Check



with friends or neighbors to see if they have an interest in building a kit. You may be able to combine lists and buy some items in bulk, lowering the cost for everyone.

A weather radio may also be helpful during inclement weather or power outages. Don't let price be the reason to go without. A weather radio doesn't have to be a top-of-the-line model; one that includes the basics will do. Weather radios can be battery operated or powered by a hand crank or solar panels. Check online for reviews and pricing options before buying.

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

## STOCK UP ON NONPERISHABLE FOOD AND CANNED GOODS WHEN YOUR LOCAL GROCERY STORE IS HAVING A SALE



### GRAB DOLLAR DEALS

Stock up on nonperishable food and canned goods when your local grocery store is having a sale. Check weekly ads for deals like “10 for \$10,” or shop the day after a holiday when certain items are marked down or put on clearance. Be mindful when buying canned goods and don’t buy leaking, swollen, or deeply dented cans. Also, it is important to buy things that you and your family enjoy. Don’t buy pinto beans because they are on sale if no one in your family will eat them. Consider buying generic or store brand items for your kit, but don’t skimp on nutrition. Buy nutrient-dense foods that are high in protein. Find examples at <https://ukfcs.net/DisasterMenuIdeas>.

### WATER IS ESSENTIAL

Water is a necessity. You should have 1 gallon of water per person per day. If buying bottled water is too expensive, you can bottle your own. Use a food-grade container like a 2-liter

soda bottle. Don’t use containers that once held milk or juice, as these containers have residues that are difficult to remove and could provide an environment for bacterial growth. Wash the bottle and cap thoroughly using detergent and warm water. Rinse and sanitize with a solution made from 1 teaspoon unscented liquid bleach and 1 quart water. Shake the sanitizer solution all around the bottle and rinse well. Fill with clean water and add the date to the outside of the bottle. Replace this water every 6 months.

Once your kit is complete, consider making a “grab and go bag” or filling a backpack with essentials in case you must leave your home quickly. Don’t let budget constraints keep you from building an emergency kit. Start today and protect your family and your finances!

### RESOURCE:

<https://www.ready.gov/low-and-no-cost>

Written by: Annhall Norris | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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## Daily, healthy lifestyle tips to prevent high blood pressure

Source: Katherine Jury, Extension Specialist for Family Health

Does high blood pressure run in your family? Has your doctor recommended that you should watch your blood pressure?



You can help prevent high blood pressure, also called hypertension, by making healthy choices daily.

Try taking these steps each day to keep your blood pressure in a healthy range:

- Choose to eat a variety of healthy foods, including lots of vegetables and fruit. Additionally, choosing foods rich in potassium, fiber and protein and lower in [salt](#) and saturated fat are good for heart health. Making these healthy changes can help keep blood pressure low and protect against heart disease and stroke.
- Be physically active. The Physical Activity Guidelines for Americans recommends that adults get at least two and a half hours of moderate intensity exercise every week which can include brisk walking, bicycling or other forms of cardiovascular exercise. This is equal to about 30 minutes of activity per day, five

days a week. Children and adolescents should get one hour of physical activity every day.



- Limit or quit certain habits, such as smoking and drinking excessively. If you do smoke, quitting will lower your risk for all forms of heart disease. Your doctor can suggest ways to help you quit. Limiting your alcohol intake can also help your blood pressure. For heart health, men should have no more than two alcoholic drinks per day. Women should have no more than one alcoholic drink per day.
- Get adequate sleep. Habitually getting at least seven to nine hours of sleep per night is another way to manage blood pressure and increase your overall health.

If these lifestyle choices seem overwhelming, choose one area to begin.





# Yes:

an activity that makes you feel good, grows your sense of identity and belonging and provides positive connections to peers. A **Yes** helps you avoid getting into trouble during out of school times and can be beneficial for your physical and mental health.

*Examples: clubs, sports, arts and music, lessons, a hobby, etc.*

Learn more at <https://justsayyesky.org/yes->



## FAMILIES IN THE KITCHEN COOK TOGETHER, EAT TOGETHER

Every Wednesday  
starting August 14,  
thru September 25, 2024  
**5:30PM-7:30PM**

Register by contacting Pamela Holbrook at [pamela.holbrook@uky.edu](mailto:pamela.holbrook@uky.edu) or 502-695-9035

- Cook with your kids (ages 4-18)
- Get tips that make cooking fast, fun, and delicious
- Learn how to make healthy and affordable recipes
- Get special tips on family meals, leftovers and "less mess" cooking
- Share shopping tips for buying healthy food on a budget
- Free Cookbook After Completing the Series!

**Franklin County Extension**  
101 Lakeview Court  
Frankfort, KY



## EXPECTING A BABY & HAVE MEDICAID?

## SIGN UP FOR FRESH RX AT THE FARMERS MARKET AND LOCALS FOOD HUB



GET \$26 EVERY WEEK TO SHOP FOR PRODUCE PLUS \$5 FOR ANY FOOD AT THE MARKET OR FOOD HUB

## JOIN US for BIG BLUE BOOK CLUB

presents **SNACK CLUB**

### COMING in September

**HEALTHY HAPPY KIDS**

Cooperative Extension Service  
Family and Consumer Sciences

thank you

Anthem Medicaid & Community Farm Alliance for making this possible

**LEARN MORE: FCMARKET.ORG 502-382-1254**



Hospice of the Bluegrass is now

BLUEGRASS  
care  
navigators

Expert. Connected. Care.

## The Franklin County Extension Office would like to invite you for a Lunch and Learn presentation with Bluegrass Care Navigators.

September 10, 2024 from 12 – 1pm

Learn about Bluegrass Hospice Care and how we support patients, families and the community on how we can provide extra support at end of life.

**Franklin County Cooperative Extension Service**  
**101 Lakeview Court, Frankfort, KY 40601**

**Please call to register: 502-695-9035**



## LUNCH & LEARN

Wednesday, September 25, 12:00 –1:00 p.m.

Franklin County Cooperative Extension Service  
101 Lakeview Court, Frankfort, KY 40601

Join us for a Lunch & Learn session where we'll dive into the Bluegrass PACE Care program! This informative event will explore how PACE provides a complete range of services to older adults, including primary and specialty medical care, rehabilitation, social services, and more. You'll learn how the program supports seniors in maintaining their independence while ensuring they receive the comprehensive care they need.

**Please call to register: 502-695-9035**



# SPOOKY

CARD MAKING CLASS & BONUS TREAT HOLDER



**OCTOBER 1ST**

5PM-7PM  
COST IS \$12  
PER PERSON.

CLASS IS LIMITED TO 15 PEOPLE. ALL SUPPLIES ARE INCLUDED.

**BONUS: TREAT HOLDER**

**RSVP: 502-695-9035**

101 LAKEVIEW COURT, FRANKFORT KY

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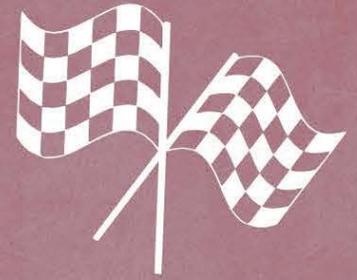
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**UK** Cooperative Extension Service



# FORT HARROD AREA ANNUAL MEETING



## *A Day at the Races*

Come dressed in your favorite race day attire to enjoy lunch and our guest speaker, Michael Blown, founder of Old Friends Thoroughbred Retirement Farm.

**When: October 12th, 2024, 10:00 AM**  
Registration begins at 9:30 AM.

Register by calling the Woodford County Extension Office.

**Where: Versailles Baptist Church**  
125 E. Green St.

Make checks payable to:  
"Woodford County Extension Homemakers"

**Program Cost: \$20**

Mail checks to:  
184 Beasley Drive  
Versailles, KY 40383

**Registration Deadline: September 27th**

**(859) 873-4601**



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KENTUCKY  
COOPERATIVE EXTENSION



# Healthy Eating

# Around the World



October 16th  
11am-1pm

## Boyle County Extension Office

99 Corporate Drive  
Danville, KY 40422

**WE'RE GOING TO TAKE A TRIP AROUND THE GLOBE TO LEARN ABOUT DIETARY GUIDELINES FROM OTHER COUNTRIES. ALONG THE WAY, WE'LL LEARN ABOUT NEW FOODS AND WAYS OF EATING. JOIN US FOR THIS INTERACTIVE DAY OF TASTE TESTING AND FUN!**

Free Program presented by the Fort Harrod Area FCS Agents-  
This is a Homemaker Leader Lesson, but anyone can attend!

Please register by October 9th by calling 859-236-4484.

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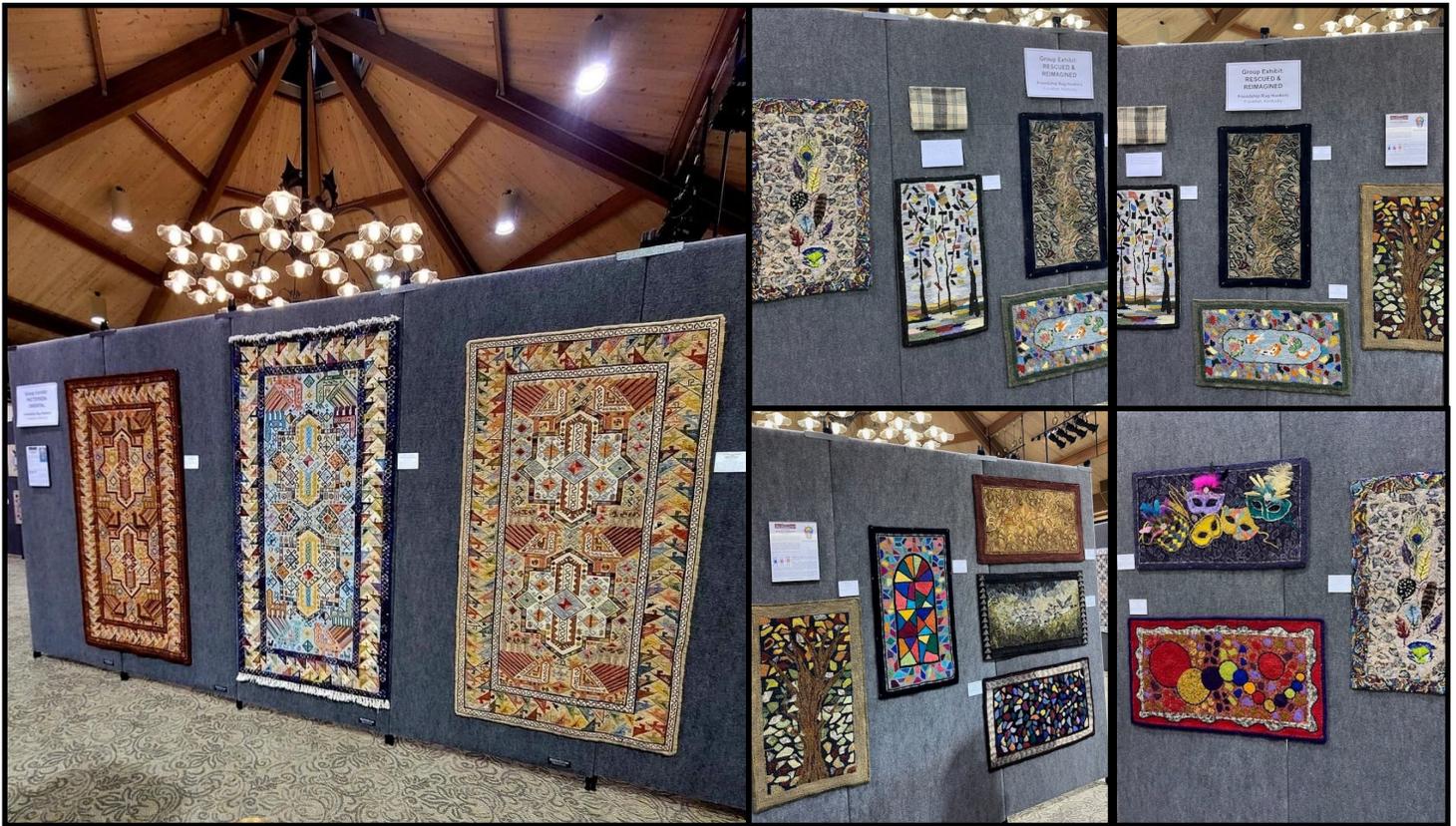
**Take the AARP Smart Driver™ classroom course and you could save money on your auto insurance!\***

- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Understand how to reduce traffic violations, crashes and the risk of injury.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

<b>THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!</b>	
<p><b>Date &amp; Time:</b>                  Saturday, October 19, 2024                  9:00AM - 1PM</p> <p>A light lunch will be provided.</p> <p><b>Location:</b>                  Franklin County Cooperative Extension                  101 Lakeview Court                  Frankfort, KY 40601</p>	<p><b>Register Now:</b>                  SPACE IS LIMITED!                  CALL 502-695-9035 TO REGISTER TODAY!</p>
<b>CLASSROOM COURSE</b>	<b>FOR MORE INFORMATION</b>
<p><b>\$20</b> for AARP members  <b>\$25</b> for non-members</p>	<p>Call: 1-888-773-7160                  Visit: <a href="http://www.aarp.org/driving36">www.aarp.org/driving36</a></p>

\*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

# The Friendship Rug Hookers



2024 marked the 28th year that historic Sauder Village in Archbold, Ohio was host to the largest annual rug hooking event in the U.S. and Canada. From 40 U.S. states, 6-8 Canadian provinces, & 3-7 countries, they come to enjoy and extensive display of fiber art, along with exciting opportunities to take classes and meet with fellow rug hookers.

The Friendship Rug Hookers of Frankfort, KY participated for the second consecutive year by mounting TWO special group exhibits. One of our projects was titled “Rescued and Reimagined”. A vintage rug came to the attention of our group when it was offered as a white elephant gift at our annual Christmas gift exchange. We thought it would be fun to use the original pattern as a starting point and let every participant put their creative spin on it. In addition, we had a large quantity of a neutral plaid wool that we challenged everybody to use somewhere in their rug. Our finished products were as varied as their makers!

The second project featured three fabulous oriental rugs hooked using the same pattern, designed by a beloved teacher and the founder of the Friendship Rug Hookers. Genevive Patterson recently passed away and this exhibit was a memorial to her.

**FRIENDSHIP RUG HOOKERS** - Started in 2000, the group meets every Wednesday from 10am to 3pm at the Franklin County Extension Office in Frankfort, Kentucky. Today, they have about 30 members. The name is well-chosen because these rug hookers are not only devoted to the craft, but to the strong friendships built through the years. Generosity of spirit, information, skill, respect and welcome has always been the hallmark of Friendship Rug Hookers. All are welcome!

## Homemakers' Creed Blackout Poetry Contest

**Deadline October 12, 2024**

Blackout Poetry is a fun way to highlight words or phrases that have meaning to you from a document. This is a way to help "Find Your Why" as you take a personal journey through this process and examine the Homemakers Creed.

Step 1: Read the creed

Step 2: Scan the Creed and Circle words or phrases that are important to you and align with your thoughts as to why Homemakers are important to you.

Step 3: Read the Creed and ask yourself what it means to you? Circle more words or phrases that help answer Your Why?

Step 3: What colors, shapes, or images do you associate with your feelings about Homemakers and the meaning of the Creed.

Step 4: "Blackout" the words not circled, Using those colors and shapes/images you identified in step 3. Be creative and draw, color, decorate overtop of the Creed. DO NOT cover the circled words, these should be easy to read.

Step 5: Reflect on your Why? Does this creative process and the end result reflect on your Why?

Step 6: Share your Poetry and your WHY with others.

**Turn your artwork in for the Blackout Poetry Contest to your local Extension Office before or at Fort Harrod Area Annual Meeting. Please make sure your name, county, and club are on the back of your poem for easy identification. The Annual Meeting will be hosted by Woodford County Homemakers, on Saturday, October 12.**

### Kentucky Homemakers' Creed

**I believe in the home as an inspiring and happy center of family life — comfortable and attractive — a place for relaxation and work, where pleasures and responsibilities are shared.**

**I believe in the home and its contribution to community life, which reflects the development of the homemaker and the family.**

**I believe in the homemaker — alert, diligent, in search of better ways, of doing ordinary things, for the welfare and happiness of the family.**

**I believe in the homemaker as a community leader, responsible for passing on to others, mastered skill and knowledge.**

**I believe in the fellowship that comes through the homemakers' organization — the exchange of ideas and the joy of knowledge shared with others, thus broadening our lives, and lifting household tasks, above the commonplace.**

**For these opportunities, I am grateful. I am thankful for the courage of yesterday, the hope of tomorrow, and a growing consciousness of God's love always.**

**Jefferson Homemakers Club, Jefferson County, NOTE: Revised 1995.**



## 2024-2025 Fort Harrod Area Leader Lesson Schedule

	August	September	October	November	January	February	March	April
<b>Instructor</b>	Multi County Program	Alethea Bruzek	Multi County Program	Kayla Lunsford	Hannah Thornsberry	Jody Paver	Tara Duty	Multi County Program
<b>Lesson Title</b>	Officer and Chairperson Training	Communication Essentials	International Dinner Seminar	Mindful Eating	Have Emergency Health Information	Elements and Principals of Art	KEHA Plays Pickleball	Move your way: Exercise for Everyone
<b>Date</b>	August 20th @ 10AM @ Mercer County Office	Check with your office for viewing party details	October 16th @ Boyle County Office time TBD	Check with your office for viewing party details	Check with your office for viewing party details	Check with your office for viewing party details	Check with your office for viewing party details	TBD Franklin County Office TBD
<b>Description</b>	Learn how to be an effective officer or chairperson in your county.	Learn about non verbal communication.	Take a trip around the world to learn dietary recommendations in other countries.	This lesson covers differences in mindful eating and tips for being more present while you eat.	Learn the importance of an Emergency Health Information Card.	Learn what makes 2D art pleasing.	Learn how to play Pickleball and how to get active!	Learn inclusive exercises for all bodies.

**Viewing parties for Franklin County will occur on the first Thursday of each month at 11AM.**



## Pumpkin Apple Muffins

<b>1 ¼ cups</b> all-purpose flour	<b>½ teaspoon</b> ground ginger	<b>1 ½ cups</b> fresh pureed pumpkin
<b>1 ¼ cups</b> whole-wheat flour	<b>½ teaspoon</b> ground nutmeg	<b>½ cup</b> canola oil
<b>1 ¼ teaspoons</b> baking soda	<b>1 ¼ cups</b> honey	<b>2 cups</b> Granny Smith apples, finely chopped
<b>½ teaspoon</b> salt	<b>2</b> large eggs	
<b>1 ½ teaspoons</b> ground cinnamon		

**Preheat** oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

**Note:** Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

**Yield:** 18 muffins

**Nutritional Analysis:** 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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*Carla A. Carter*

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County Extension Agent for  
Family and Consumer Sciences

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