

September 2025

# Building Strong Families in Scott County



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

**Scott County**  
**Cooperative Extension Service**  
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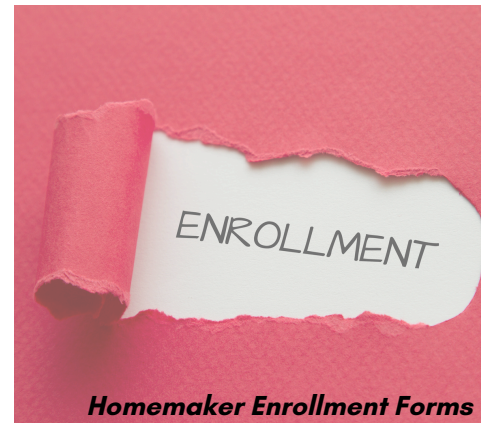
This month...



**Packing Lunches**



**Potato Broccoli Soup**



**Homemaker Enrollment Forms**

## FCS Today

### 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

**Continued on Page 2**

Sincerely,

*Alivia Stevens*

Alivia Stevens  
Scott County Extension  
Agent for Family and  
Consumer Sciences



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### Cooperative Extension Service

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

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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  
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# PACKING *Lunches* FOR KIDS

*Continued from Page 1*

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, seeds, cheese, yogurt and avocado also have nutritious and delicious fats.

**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 -lunches. Consider laying out all the ingredients and guiding them through putting it together. For older children, you can provide a menu of lunch options, and they can assemble everything. 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 Dates to Remember

## September 2025

Signed up for the Quilt Class?  
You will need this pattern.



1<sup>st</sup>: OFFICE CLOSED

5<sup>th</sup>: Homemaker Leader Lesson @ 10:00 AM

9<sup>th</sup>: Basic Meal Planning for Diabetes @ 10:00 AM

11<sup>th</sup>: FCS Book Club @ 1:00 PM

11<sup>th</sup>: Adult Quilt Class @ 5:00 PM

12<sup>th</sup>: Homemaker Council Meeting @ 10:00 AM

13<sup>th</sup>: Elkhorn Creek Quilt Guild Sit-N-Sew @ 9:00 AM

16<sup>th</sup>: Elkhorn Creek Quilt Guild Meeting @ 6:00 PM

18<sup>th</sup>: Rug Hookers @ 10:00 AM

18<sup>th</sup>: Needlework Club @ 1:00 PM

23<sup>rd</sup>: Dresses/Shorts for Ghana Sew Day @ 9:00 AM

24<sup>th</sup>: Food Preservation

Workshop Day 1 @ 10:00 AM

25<sup>th</sup>: Food Preservation

Workshop Day 2 @ 10:00 AM

October 1<sup>st</sup> Fall Tea Towel Paint Print Workshop @ 10:00 AM

## Potato Broccoli Soup

**4 cups** cubed potatoes

**2 heads** broccoli,  
(3-4 cups florets)

**2 tablespoons** olive oil

**¼ cup** all-purpose flour

**½ cup** melted butter

**3 cups** 2% milk

**¼ teaspoon** salt

**½ teaspoon** pepper

**5 ounces** cheddar  
cheese, reduced-fat,  
shredded

**2 green onions**, finely  
minced, divided

**½ cup** reduced-fat  
sour cream

**¼ cup** bacon bits  
(optional)

**Preheat** oven to 375 degrees F. **Place** potatoes in large saucepan, **cover** with water and bring to a boil. **Reduce** heat and **cook** potatoes until tender, about 15 minutes. **Cut** broccoli heads into small florets and **place** on baking tray. **Drizzle** with olive oil and **roast** for 15 minutes. **Drain** cooked potatoes in a colander. In the saucepan, **combine** the flour and melted butter; **cook** on medium heat for 1 minute. Slowly **add** milk to the mixture, stirring constantly until thickened. Soup can be thinned by adding an additional

½ cup of milk or water, if desired. **Add** the potatoes, broccoli, salt, pepper, cheese, half of the green onions and bacon bits. **Cook** on low until heated. A few minutes before serving, **add** the sour cream and **stir** to combine. **Serve** topped with remaining onions.

**Yield:** 6, 1¼ cup servings

**Nutritional Analysis:** 390 calories, 24 g fat, 13 g saturated fat, 60 mg cholesterol, 370 mg sodium, 30 g carbohydrate, 3 g fiber, 9 g sugars, 15 g protein.



THIS MONTH'S  
**Recipe**

**Health Bulletins**  
Scan here to read full issues!





# THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -



## Homemaker Council Meeting

Sept. 12<sup>th</sup> @ 10:00 AM



## Homemaker Leader Lesson: Laughter is a Must in Marriage

September 5<sup>th</sup> @ 10:00 AM



## Basic Meal Planning for Diabetes: Think your Plate

Sept. 9<sup>th</sup> @ 10:00 AM



## September 1<sup>st</sup>

 Cooperative  
Extension Service

All extension  
offices statewide  
are closed.

*We will reopen on September 2<sup>nd</sup>, 2025*

*An Equal Opportunity Organization.*

## Food Preservation Workshop

Join us to learn the basics of Food  
Preservation!

September 24<sup>th</sup> and 25<sup>th</sup>

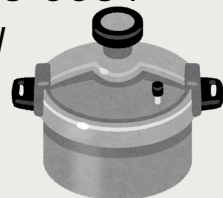
10:00 AM - 2:00 PM

At the Scott County Extension Office

Must Sign Up to Participate

To sign up call: (502) 863-0984

*Space is Limited*



## Preorder Now!

**Scott County Homemaker  
Holiday Cookbook**

Reprint from 1973

**\$10.00**

Preorder now - pay when  
you pick up

To preorder call  
(502) 863-0984





# THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -

## Fall Tea Towel Paint Print Workshop

October 1<sup>st</sup> @ 10:00 AM

At the Scott County Extension Office

Must Sign Up to Participate

To sign up call: (502) 863-0984

Space is Limited



## A message from the Book Club:

It is a new year, and we are looking forward to reading some good books. Please come join our club. We read a variety of genres in the hopes that everyone who participates will receive a Reading Certificate at the end of the year. We will be discussing *The Music of Bees* (fiction) by Eileen Garvin in September and *The Most Maligned Women in History* (history) by Samatha Morris in October. Most of our book selections are KEHA recommendations which includes books on art, history, Kentucky, religion and spirituality, travel, fiction, biography, family and consumer sciences and my personal favorite fiction.



## Dresses/Shorts for Ghana Sew Day

Join us as we work to make dresses and shorts for children in need in Ghana!

September 23rd Starting at 9:00 AM

Even if you do not sew there is something for everyone (you are invited to come cut, iron, and/or assist). It will be a fun day of fellowship and service.







# Best of The Bluegrass



## Bluegrass Area Extension Homemakers Annual Meeting

**Highlighting Scott County and the rich history of Kentucky.**

**Guest Speaker: Kentucky Chautauqua's Aunt Molly Jackson**

*Feisty, Funny, and completely fearless, Aunt Molly Jackson lived for nearly 50 years in the coal camps of Southeastern Kentucky, where her father, brothers, husband, and sons were miners. In the camps, Aunt Molly delivered babies, nursed the sick, and wrote and sang songs about the miners lives.*

**Friday, October 17<sup>th</sup>**

**At the Scott County Extension Office  
1130 Cincinnati Rd. Georgetown, KY 40324**

**Cooperative  
Extension Service**

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

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



Disabilities  
accommodated  
with prior notification.



# Best of The Bluegrass

## Menu:

Option 1:  
**Chicken Salad Sandwich**

Option 2:  
**Ham and Cheese Sandwich**

Option 3:  
**Veggie Sandwich**

Every meal comes with pasta salad, chips, and a cookie.

**Cost \$15.00**  
**Per Person**

## Please Join Us

### When:

Friday, October 17<sup>th</sup>

### Where:

The Scott County Extension Office  
1130 Cincinnati Rd.  
Georgetown, KY 40324

### Time:

9:30 AM Registration and Morning Refreshments

10:00 Call to Order

**Registration Deadline:**  
**October 3, 2025**

For questions, contact Alivia Stevens at (502)863-0984 or [alivia.faris@uky.edu](mailto:alivia.faris@uky.edu)



*Bluegrass Area Extension Homemakers Annual Meeting Registration*

Complete and return by **October 3, 2025** to your County Extension Office with your check payable to Scott County Homemakers.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Club Name: \_\_\_\_\_

Mailbox member: \_\_\_\_\_ Guest: \_\_\_\_\_

Lunch Selection: ☐ Chicken Salad ☐ Ham and Cheese ☐ Vegetarian



# A message from The FCS Agent

Dear Homemaker Members,

As the seasons change and fall begins, it's an exciting time for our Homemakers organization! Now is the perfect time to submit your homemaker enrollment forms so we can keep our membership current and strong.

Club meetings are starting back up, and we are looking forward to another wonderful year of learning, fellowship, and fun. Our leader lessons will begin soon, offering fresh ideas and opportunities to grow together.

Fall also brings so many enjoyable activities, from community projects to seasonal gatherings. I encourage you to join in, reconnect with fellow members, and make the most of this time of year.

Thank you for your continued commitment to the Homemakers. Let's make this season one of growth, connection, and joy!

Warm regards,

*Alivia Stevens*





# Homemaker Dues

## (Non Quilt Guild Member)

Dues are **\$10.00** per person and must be received by the Extension Office no later than **December 1, 2025**.

**Please make checks payable to Scott County Extension Homemakers.**

Dues may be dropped off at the office or mailed to: Scott County Extension Office, 1130 Cincinnati Rd. Georgetown, KY 40324. Please note this **form MUST** be included with all dues - for all new, returning, regular, and mailbox members.

**You are welcome to submit the dues for your entire club on one check as long as you have forms for each member filled out and turned in with the check.**

Date: \_\_\_\_\_

### Enrollment Form for

\_\_\_\_\_ County Extension Homemakers Association

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Name of Club \_\_\_\_\_

Phone: Home (\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_

Birth year (Optional): \_\_\_\_\_

Race (Optional – circle one):      White      Black or African American  
                                 Asian/Pacific Islander      American Indian      Hawaiian      Other

Ethnicity (Optional - circle one):      Hispanic      Non-Hispanic

Gender (Optional - circle one):      Female      Male

Year joined: \_\_\_\_\_ Total years of membership: \_\_\_\_\_

I, (print full name) \_\_\_\_\_, being eighteen (18) years of age or over, hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

*Educational programs of the Kentucky Cooperative Extension Service serve all people regardless 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, or physical or mental disability.*

#### Where do my dues go?

**\$5.00 State Dues**

**\$0.50 Area Membership**

**\$1.00 Ovarian Cancer Research**

**\$2.50 County Membership**

**\$0.50 4-H Camp Scholarships**

**\$0.50 Scott County Student Scholarships**

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Date: \_\_\_\_\_

### Enrollment Form for

\_\_\_\_\_ County Extension Homemakers Association

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Name of Club \_\_\_\_\_

Phone: Home (\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_) \_\_\_\_\_

Cell (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_

Birth year (Optional): \_\_\_\_\_

Race (Optional – circle one):      White      Black or African American  
                                 Asian/Pacific Islander      American Indian      Hawaiian      Other

Ethnicity (Optional - circle one):      Hispanic      Non-Hispanic

Gender (Optional - circle one):      Female      Male

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

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**\$10.00 Quilt Guild Dues**