

# HELLO OCTOBER!

## Breathitt County Extension Monthly Newsletter



Source: David Weisenhorn, Family and Consumer Sciences extension specialist

Communicating effectively with youth is crucial for building strong relationships and ensuring their emotional well-being. It's essential to tailor your approach based on their age and developmental stage.

### Preschoolers (Ages 3-5):

- **Engage in play:** Preschoolers learn through play. Join them in their imaginative games, ask questions related to their play and let their stories and ideas naturally flow.
- **Use simple language:** Use simple and age-appropriate language. Use concrete examples and visual aids to help them understand concepts.
- **Ask open-ended questions:** Instead of asking, "Did you have a good day?" try, "What was your favorite part of today?" This encourages them to share more details.

### Elementary-Aged Children (Ages 6-11):

- **Show interest:** Actively listen and show genuine interest in their activities, school experiences and hobbies. This builds trust and encourages them to open up.
- **Share your day:** Start the conversation by sharing your day, and they'll be more likely to reciprocate. For instance, "today at work, I had a challenging problem to solve. How about you? Anything interesting happen at school?"
- **Scalable questions:** Use the scale approach. Say, "on a scale of 1-10, how was your day?" If they say "three," follow up with, "what would make it a four tomorrow?" This helps them articulate their feelings and expectations.

### Middle Schoolers (Ages 12-14):

- **Respect independence:** Middle schoolers are exploring their independence. Respect their need for privacy while offering a listening ear when they choose to talk.
- **Ask thought-provoking questions:** Encourage critical thinking with questions such as, "what's the most exciting thing you learned today?" Or "if you could change one thing about your day, what would it be?"
- **Be patient:** Understand that they might be going through emotional ups and downs. Offer support without pushing too hard.

### High Schoolers (Ages 15-18):

- **Respect their opinions:** High schoolers are forming their own opinions and values. Encourage open discussions without judgment, even if you disagree.
- **Ask about future plans:** Show interest in their future plans and dreams. Questions like, "what are your goals for this year?" can spark meaningful conversations.
- **Be a role model:** Demonstrate healthy communication by calmly resolving conflicts and showing empathy.

### Handling One-Word Answers:

- **Don't push too hard:** If you receive one-word answers like "fine," don't push for more immediately. Give them space, and they may open up later.
  - **Use open-ended follow-ups:** Follow up with open-ended questions like, "Tell me more about why it was 'fine?'" or "What made it a 'three?'"
- Effective communication with children of all ages, from preschoolers to high schoolers, involves adapting your approach to their developmental stage. By engaging in their world, asking thoughtful questions and being patient and empathetic, parents and grandparents can nurture strong relationships and encourage meaningful conversations.

For more information about effective communication with youth, contact the Breathitt County Cooperative Extension Service.

### 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

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# MOUNTAIN CATTLEMEN'S *Fall Meeting*

TUESDAY OCTOBER 24, 2023 | 5:30PM  
WOLFE COUNTY EXTENSION OFFICE



### Business Spotlight

The Holbrook Family will be sharing the exciting things they have going on at the dealership while showcasing some new products!



### Market Update

Dr. Kenny Burdine, UK Livestock Marketing Specialist will be sharing a cattle market update.



### East Ky Hay Contest

Results and information from the East Kentucky Hay Contest will be shared and distributed this evening!

## REGISTER

BY CALLING YOUR LOCAL COUNTY OFFICE  
MEAL WILL BE PROVIDED

### CONTACT US

20 N Washington Street  
Campton, KY 41301  
(606) 668 - 3712  
jessica.morris@uky.edu

Cooperative Extension Service  
2023-2024 season  
October 24, 2023  
5:30 PM  
Wolfe County Extension Office



### FARM & HOME

# SAFETY FIELD DAY

OCTOBER 5, 2023

5:30 PM

Robinson Center for  
Appalachian Resource Sustainability  
130 Robinson Rd, Jackson, KY 41339



DINNER | DOOR PRIZES | FREE!

BROUGHT TO YOU BY: BREATHITT & WOLFE COUNTY EXTENSION  
& BREATHITT & WOLFE COUNTY FARM BUREAU

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



# CAIP Informational Meeting



**OCTOBER 9, 2023 / 6:00PM**

INFORMATIONAL MEETING FOR THE COUNTY  
COST SHARE PROGRAM

If you're interested in the cost share program, this will be an opportunity to learn about the application process and pick up the application, eligible items, etc.

BREATHITT COUNTY EXTENSION OFFICE

**Please pre register at (606) 666-8812**

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4-H Youth Development  
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Disabilities  
accommodated  
with prior notification.

# HALLOWEEN PROGRAM ON THE GO

PICK-UP ON  
TUESDAY, OCTOBER 24TH 2023

AGES 8-18

CHILDREN WILL BE PROVIDED MATERIALS, AND ACTIVITIES THAT ARE HALLOWEEN THEMED AND WILL FOCUS ON THE CONTENT AREAS OF FAMILY AND CONSUMER SCIENCES AND EXPRESSIVE ARTS.

SPOTS ARE LIMITED

**CALL BREATHITT COUNTY EXTENSION OFFICE AT 606-666-8812 TO REGISTER**



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# 4-H AFTER SCHOOL CLUB

TUESDAY, OCTOBER 10TH 2023

3:30 P.M. - 4:30 P.M.

**BREATHITT COUNTY EXTENSION OFFICE**

AGES 9 - 18

YOUTH WILL FOCUS ON LEADERSHIP SKILLS, AND WILL LEARN FROM ALL SEVEN OF THE CORE CONTENT AREAS OF 4-H.

**PLEASE CALL THE EXTENSION OFFICE AT 606-666-8812 TO REGISTER**

## Tractor Supply Co. Fall 2023 Paper Clover Fundraiser

The Tractor Supply Paper Clover Fundraiser kicks off this year on October 4th and runs through October 15th! Please stop by your local Tractor Supply in Jackson and support 4-H by purchasing a paper clover. A portion of funds raised will support state 4-H, with the majority going to support the Breathitt County 4-H Program!



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Lexington, KY 40506

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Lexington, KY 40506



Make & Take

 Cooperative Extension Service



## INTERCHANGEABLE SIGN

October 24th  
@ 5 PM

Breathitt Co  
Extension Office

Spots are limited  
Call 606-666-8812 to register

A Night in...

# CHINA

Tuesday, October 10th  
@ 5 PM

Breathitt County Extension Office

Join us as we explore  
Chinese culture.

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Lexington, KY 40506



Disabilities accommodated with prior notification.



\$15 Fee

Quicksand Area

# HOMEMAKER MEETING

Please join us for our annual meeting on...

 **OCTOBER 12** 

Registration starts at **10:30 AM** and the meeting will start at 11 AM

**Lee County Extension Office**  
259 Industrial Park Road  
Beattyville, Ky 41311

**Please Pre-Register with your Local Extension Office by**

**October 3rd.**



 Cooperative Extension Service

# Sit & Sew

**Tuesday, October 3rd**  
**5:00 PM**  
**Breathitt Co. Extension**

Join us for a come-and-go class where you can gather with friends to sew, or just sit and visit. If you want to sew or work on any project you may have feel free to bring your stuff and we'll make sure you have space to work.

visit [facebook.com/BreathittCoFCS/](https://facebook.com/BreathittCoFCS/)

for all FCS programming



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Disabilities accommodations with prior notification.



# SUMMER SAUSAGE & CHARCUTERIE BOARD WORKSHOP

November 13th

10 AM | 2 PM | 5PM

Breathitt Co

Extension Office

\$10 per person

Limited Spots

Call 606-666-8812 to register

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# KEHA PLAYS PICKLEBALL

LUNCH & LEARN

FRIDAY  
OCTOBER 13TH

BREATHITT CO  
EXTENSION OFFICE

NOON



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Agriculture and Natural Resources  
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WE WANT

# Simone

## HOMEMAKERS TO JOIN US!

November 2nd  
5pm  
Breathitt Co. Extension

Learn about Homemakers  
Make a craft  
Enjoy a sweet treat



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# FOOD BOX DISTRIBUTION

**OCTOBER 18TH, 2023  
PICK UP DAY**

**MUST SIGN UP ON MONDAY OCTOBER 16TH  
BY CALLING 666-8812 OR 666-8813**

**\*Limit of 4 people per call\***

**PICK-UP WILL BE AT THE UK ROBINSON WOOD CENTER**



**This program is sponsored by the Breathitt County  
Extension Office and God's Pantry.**

# Canned or Pouch Meat

## Nutrition Facts

Canned/pouch meat supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium. One ounce of canned/pouch meat counts as 1 ounce in the ChooseMyPlate.gov Protein group. Protein foods help us maintain healthy bones, support muscle function and our immune system.



## Leftover Storage

- Store opened and unused meat, in a tightly covered container.
- Leftovers can be stored in the refrigerator for 3 to 4 days.

## Selection and Storage

- Always be sure to check the expiration date and/or use by date.
- Make sure there are no dents or rust on the can, which could indicate a puncture or leak.
- Store unopened cans/pouches in a cool, clean, dry place.

**WATCH** for tips to use your canned meats and find budget friendly recipes at [planeatmove.com](http://planeatmove.com):

- Easy Chicken Pot Pie
- Easy Peasy Mac and Cheesy
- Slow Cooker Chicken Santa Fe Soup
- Pulled Pork Autumn Salad
- Rockin' Chicken Tacos



## Ways to Use Canned Meat

Clean the top of your cans to remove any dust or bacteria that might enter the can when you puncture them with the can opener. The blade and gears of a can opener are a great place for bacteria to grow in any food residue left on them.

Canned/pouch meat is fully cooked, so it is safe to eat without cooking. It's good to have on hand in case of emergencies, such as loss of electricity. Canned pork, beef, chicken, tuna and salmon can be used to make casseroles, one pot meals, soups and stews, stir fry meals, main course salads, sandwiches and pizza. It can replace raw meat or fish in almost any recipe - **just drain the liquid, if necessary, and add it later in the process.**

## Easy Peasy Mac and Cheesy

**Makes 6 servings**  
**Serving size: 1 cup**

### Ingredients:

- 1 (16 ounce) box whole wheat shell or macaroni pasta
- 1 (12 ounce) can non-fat evaporated milk
- 1 (8 ounce) package mild or sharp shredded cheese
- 2 teaspoons garlic powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 (5 ounce) can water-packed tuna, drained
- 1 (14 ounce) can low-sodium peas, drained

### Directions:

1. Cook pasta and drain. Reserve ½ cup of pasta water in case cheese sauce gets too thick.
2. In a large saucepan, heat milk, but do not bring to boil.
3. Add cheese and stir until cheese is melted and milk is thickened.
4. Add garlic powder, salt, and pepper. Mix well.
5. Add drained tuna, peas, and macaroni. Mix well and serve.

**Nutrition facts per serving:** 240 calories; 16g total fat; 8g saturated fat; 0g trans fat; 50mg cholesterol; 770mg sodium; 72g carbohydrate; 10g fiber; 11g sugar; 0g added sugar; 32g protein; 10% Daily Value of vitamin D, 40% Daily Value of calcium; 20% Daily Value of iron; 15% Daily Value of potassium.

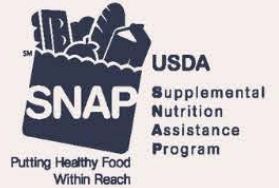


For more information on eating better for less, and food and nutrition resources, reach out to your local County Extension office and check out [planeatmove.com](http://planeatmove.com)





# Italian One Pot Pasta and Beans



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 1 tablespoon oil
- 1 medium yellow or white onion, diced
- 1 large carrot, diced
- 1 stalk celery, diced
- 2 minced garlic cloves, or 2 tablespoons garlic powder
- 1 tablespoon Italian seasoning
- 4 cups low-sodium vegetable broth or water
- 1 can (15 ounces) no-salt-added diced tomatoes
- 1 can (15 ounces) no-salt-added tomato sauce
- 1 1/2 cups dry elbow macaroni or ditalini pasta
- 2 cans (15 ounces) white beans such as cannellini, undrained
- 1 teaspoon salt
- Parmesan cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool running water and scrub clean with vegetable brush.

3. Over medium heat, add oil to a large pot. Sauté onion, carrots, and celery until soft.
4. Add garlic and Italian seasoning and stir for 1 minute.
5. Add broth, diced tomatoes, and tomato sauce and bring mixture to a boil.
6. Stir in uncooked pasta. Simmer, stirring from time to time for 7 to 9 minutes until pasta is almost cooked.
7. Stir in beans and salt. Simmer another 5 minutes.
8. Ladle into bowls and top with parmesan cheese, if desired.
9. Store leftovers in the refrigerator within 2 hours.

**Makes 12 servings**

**Serving size: 1 cup**

**Cost per recipe: \$6.38**

**Cost per serving: \$0.53**

**This recipe is adapted** from a Pasta Fagioli recipe that came from Italy. In Italian, pasta fagioli means pasta and beans. Most likely ditalini pasta was used in the original recipe. Any white bean can be used in this recipe.

## Nutrition facts per serving:

150 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 420mg sodium; 27g total carbohydrate; 7g dietary fiber; 5g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

## Source:

Cathy Fellows,  
Boone County  
SNAP-Ed Program  
Assistant



**Breathitt County Extension  
Service  
1155 Main Street (PO Box 612)  
Jackson, KY 41339**

**RETURN SERVICE REQUESTED**

# MOVE IT MONDAY

**UK** Cooperative  
Extension Service

## Walking Program

Monday's October  
9th, 16th, 23rd, 30th

Douthitt Park

5 PM



With special event Saturday, 21st

@ 9 AM

Robinson Forest Fire Tower

Lunch and transportation will be  
provided.