

Newsletter

October 2025

Breckinridge County

Cooperative Extension Service

1377 S. Hwy 261, Hardinsburg, KY 40143

P: (270) 756-2182

F: 270-756-9016

breckinridge.ca.uky.edu



In This Issue:

Homemaker Spotlight

Homemaker Happenings

Healthy Habits Challenge

Wits Workout

Diabetes Support Group

Upcoming Extension Events

Quilting Workshop

Traveling Vietnam Wall



Lynnette Allen

Lynnette Allen,
Extension Agent
For Family & Consumer
Sciences Education
Breckinridge County
Email: llen@uky.edu

Flavors of Fall: Kentucky Nuts

Years ago, one sign of fall in Kentucky was a basket of walnuts or hickory nuts along with a handy hammer and nut picks. Anyone with spare time in the evening was expected to crack the shells and pick out nutmeats to prepare for holiday baking. Today, nuts usually are shelled and prepackaged. They require less work, but they still provide a tasty addition to fall foods.

Many nut trees grow well in Kentucky. Northern pecans, black walnuts, hickory nuts, hardy Persian (English) walnuts, American hazelnuts, and Chinese chestnuts all grow well in our state.

Here are some tips for preserving the best flavor when storing nuts. Store whole nuts in the shell in a cool dry place for up to six months. Freeze whole nuts for longer storage. Store shelled nuts in the refrigerator for up to one month or in the freezer for up to six months. Shelled nuts should always be stored in tightly covered containers.

Continued on next page....

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.

Most nuts are high in fiber, Vitamin E, and magnesium. Vitamin E protects the immune system by acting as a powerful antioxidant. Magnesium is a mineral important to many processes in the body. Nuts are low in saturated fat but high in unsaturated fats. Even though unsaturated fats are healthier than saturated fats, they still contain a lot of calories. Nutrition experts recommend substituting nuts for other fats or protein in your eating plan. One way to do that is to have a smaller portion of meat and add a serving of nuts.

While nuts may add many nutrients to an eating plan, they are a big concern for those with allergies. So read recipes and ingredient labels carefully if you have a nut allergy or cook for someone who does.

Try this fun recipe for a lightly sweet snack that contains nuts.

Popcorn Monster Mash

8 cups plain popped popcorn (1/2 cup unpopped)
2 cups old-fashioned oats
1/2 cup chopped walnuts
1/2 cup raisins
1/3 cup honey
1/3 cup packed brown sugar
1/4 teaspoon salt



1. Pop the popcorn and set aside in a large mixing bowl.
2. Add oats, walnuts, and raisins to the popcorn.
3. In a small saucepan on medium heat, add honey, brown sugar, and salt. Bring to a boil and stir until all of the sugar is dissolved.
4. Pour the sugar-honey mixture over the popcorn mixture and fold in using a spatula until everything is covered.
5. Oil a 9-by-13 baking pan and press the popcorn mixture firmly into the pan.
6. Refrigerate covered for at least an hour before cutting into squares.
 - Note: You can also roll into balls instead of making bars.

This recipe makes 20 servings. Per serving: 110 calories, 2.5 g fat, 30 mg sodium, 2 g fiber, 7 g added sugar, 2 g protein

Recipe Source: Jean Najor, Senior Extension Associate

For more information or additional healthy recipes, contact your local County Extension Service or visit <https://www.planeatmove.com>

References:

FN.SSB-078 Flavorful Nuts
FCS3-603 Nutritious Nuts and Seeds
ID-77 Nut Tree Growing in Kentucky

Source: Martha Yount, Nutrition Education Specialist, University of Kentucky, May 2019

Homemaker Spotlight



Leverne Whitworth
Sunshine Sisters Homemaker

After retiring from United States Postal Service in 1992, Leverne Whitworth joined Countryside Homemakers where she remained a member till becoming a charter member of the newly formed Sunshine Sisters in 2021. She hit the ground running in support of her club and organization as a whole, holding club offices numerous times, International chairmanship both at the club and county levels, serving on committees, as well as chairing the afghan division at the county fair and presently helping in the baked foods division.

Through the years, I don't think there has been an event Leverne has not helped at or contributed to: Recycling Trailer, Yard Sale, Taste of Christmas, Spring Bazaar to name a few. She also helped coordinate and spent many hours working with the annual Bake Sale, to fund scholarships.

Her contributions are not limited to homemakers, family, friends and her church, St. Anthony have all been on the receiving end of Leverne's helping hands and goodness.

In her spare time, she enjoys being with her grandchildren, reading and going on outings/trips with family and friends. Very talented with a crochet needle, she has won many blue ribbons for her creations, and the community baby shower receives a beautiful afghan each year for a lucky recipient. In 2023, Leverne was recognized as having the Most Blue Ribbons in the Family Living County Fair Exhibit.

Sunshine Sisters are very proud to have this lady as a member and to spotlight the time and talents she has brought and continues to bring to our organization and community.

Submitted by Lisa Carman, Sunshine Sisters Club



Homemaker Happenings



October 9th

LTA Annual Meeting in Nelson Co.

October 16th

Fall Scarecrow Craft Workshop

October 22nd

Quilting Workshop

October 23rd

4-H Carnival Night

October 28th

Using Your Air Fryer



Extension Homemaker Club Meetings

Cloverport

Monday, October 20th 1:00 pm CT
Cloverport Methodist Church

Countryside

Monday, October 27th 5:00 pm CT
Extension Community Building

Flower Rangers

Friday, October 3rd 6:00 pm CT
Extension Community Building

Irvington

Tuesday, October 21st 11:30 am ET
Lincoln Trail Christian Church

New Heights

Monday, October 20th 10:00 am CT
Extension Community Building

Lost Art Quilt Guild

Wednesday, October 15th 1:00 pm CT
Extension Community Building

Sunshine Sisters

Tuesday, October 28th 11:00 am CT
Extension Community Building



Thank you!

We want to thank all the clubs & volunteers for helping with the concession stand at the Holt House Community Day. The day was a huge success and lots of fun!

October Roll Call & Thought of the Day

Roll Call:

October is National Dessert Month.
What is your favorite dessert?

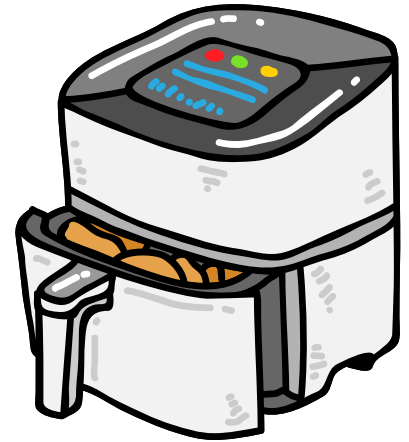
Thought for the Day:

“Vegetables are a must in a diet. I suggest carrot cake, zucchini bread, and pumpkin pie.” – Jim Davis

Homemaker Lesson: Using your Air fryer

Presented by Marla Stillwell, Larue Co. FCS
Agent

Tuesday, October 28th 1 :00 p.m. CT
Extension Office Basement Kitchen



Safe Handling of Cooked Rice

Have you ever heard that it's not safe to reheat rice? That may be true if you did not properly cool the cooked rice. Rice, along with other grains, can have spores of the bacteria *Bacillus cereus*. These spores can survive the cooking process and lead to foodborne illness if the food is not handled properly. Improper cooling or sitting at room temperature for more than two hours can allow spores to germinate and produce a toxin. This toxin is what makes people sick, causing nausea, vomiting, and abdominal cramps.

It is important to keep cooked rice out of the danger zone, 40 degrees F to 140 degrees F. This means that you should keep cooked rice hot (above 140 degrees F) until served and cool any leftovers rapidly to 40 degrees F or below. Do not let rice sit out on the counter. The longer cooked rice is at room temperature, the more likely it is that toxins can make the rice unsafe to eat. Place cooked rice in shallow containers without lids and put immediately in the refrigerator. Once cool, cover the containers and store no more than five days.

You can safely reheat properly cooked and cooled rice in the microwave. Place the rice in a microwave-safe container and add a little water or broth. Cover with a lid so the rice can steam. Heat until the internal temperature of the rice is 165 degrees F. Use a food thermometer to be sure. Discard any leftovers and do not reheat more than once.

For more information on safe food handling contact The Breckinridge County Extension Office

Reference: Preventing Foodborne Illness: *Bacillus cereus*

<https://www.nifa.usda.gov/sites/default/files/resource/Preventing-Foodborne-Illness-Bacillus-cereus.pdf>

Source: Annhall Norris, Extension Specialist, Food Preservation and Food Safety

Upcoming Extension Events

Lost Art
QUILT GUILD
Monthly Meeting



Wednesday, October 15th
1 p.m. CT

Breckinridge County
Extension Community Building
1377 S. Hwy 261 Hardinsburg, KY 40143

**Contact the Extension Office for
more information at 270-756-2182**

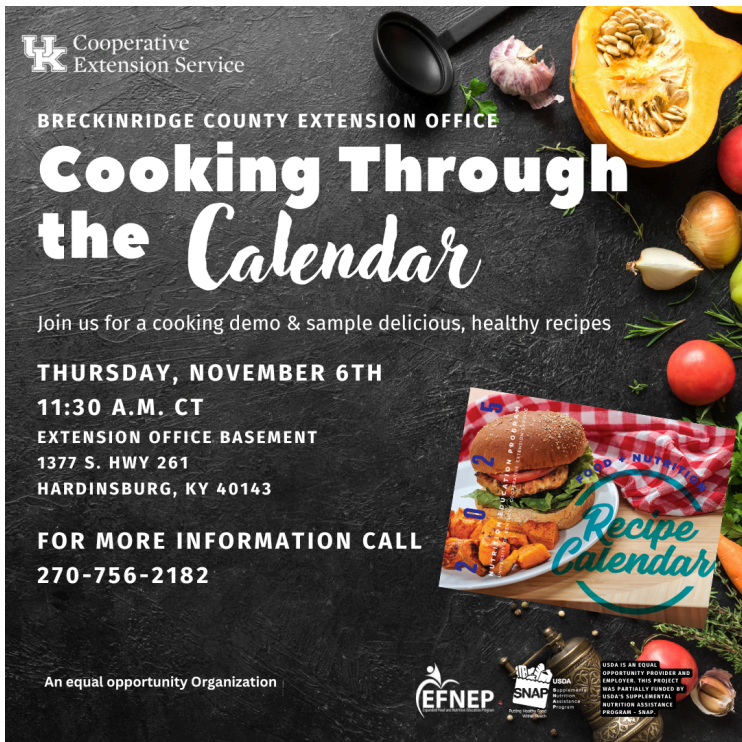
An Equal Opportunity Organization

 **WITS**
WORKOUT
An interactive brain health program

Thursday, November 6th
10 to 11 a.m. CT

**Breckinridge County Extension
Community Building**
1377 S. Hwy 261 Hardinsburg, KY 40143
For more information contact us at (270) 756-2182

An Equal Opportunity Organization

**Cooperative
Extension Service**

BRECKINRIDGE COUNTY EXTENSION OFFICE

**Cooking Through
the Calendar**

Join us for a cooking demo & sample delicious, healthy recipes

THURSDAY, NOVEMBER 6TH
11:30 A.M. CT
EXTENSION OFFICE BASEMENT
1377 S. HWY 261
HARDINBURG, KY 40143

FOR MORE INFORMATION CALL
270-756-2182

An equal opportunity Organization



**Diabetes
Support Group**

Tuesday, November 11th
1:30 - 2:30 p.m. CT

**Cooperative
Extension Service**

Join in for an educational presentation
and tips for daily diabetes management!

1377 S Hwy 261, Hardinsburg, KY 40143
Breckinridge County Extension Community Building

Call 270-756-0711 or 270-756-2182 for more information

An equal opportunity organization



2025 HEALTHY HABITS CHALLENGE

*Join us each month for a challenge to create healthier habits in 2025.
Small changes add up to make a difference!*

October: Power up with Protein

Proteins are often called the “building blocks of life” because they help build and support our muscles, bones, and skin. They provide energy and carry vitamins, minerals, and hormones throughout. Proteins help when we are sick and support blood clotting.

Protein Facts

- Our body breaks down protein-rich foods into smaller pieces called amino acids.
- Both plant and animal foods contain protein.
- In general, animal foods are higher sources of protein and will provide all essential amino acids.
- Eating a variety of plant-based foods can piece together the essential amino acids your body needs.

Protein Recommendations

- Dietary Guidelines recommend that protein makes up 10% to 35% of daily calories.
- For an adult, this means 5 ounces to 7 ounces of protein each day is recommended.
- A serving size of meat about the size of a deck of cards is a 3-ounce serving.
- Aim to spread your protein intake throughout the day from a variety of plant and animal sources.
- Specific suggested amounts will differ from person to person depending on age, sex, health, size, and activity level.
- Focus on lean proteins while limiting processed meats.



High-protein foods

- Poultry
- Lean beef
- Pork
- Seafood
- Milk
- Beans
- Nuts
- Eggs
- Greek yogurt
- Peas
- Tofu and other soy products
- Lentils
- Seeds

For more information on increasing protein intake contact the Breckinridge County Extension Office

Previous Challenges

January

- Drink More Water Each Day

February

- Reduce Added Sugar

March

- Meal Plan, Eat out Less

April

- Sleep, Make it a Priority

May

- Move More, Your Way

June/July

- Eat More Fruits & Veggies

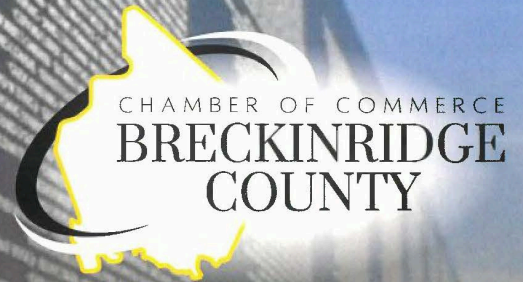
August

- Sodium Shake Down

September

- Boost Fiber in Daily Diet

Source: Extension Publication FN-HNB.203 Power up with Protein. Anna M Cason, RDN Senior Extension Associate. Heather Norman-Burgdolf, PhD Assistant Extension Professor



TRAVELING VIETNAM WALL



OCTOBER 30TH - NOVEMBER 3RD, 2025

Join us in paying tribute to the brave heroes
who gave it all during the Vietnam War.
All are welcome to visit.

Display available 24 hours

**COURTHOUSE SQUARE
HARDINSBURG, KY 40143**



An event of this magnitude is in need of volunteer support.
Anyone interested in volunteering or needing more information can contact
Ian Brockman at 270-756-0268, or email breckcountychamber@bbtel.com.

QUILTING WORKSHOP



Cooperative
Extension Service

UNLEASH YOUR CREATIVITY WITH FABRIC!

Join us for FREE a hands-on beginners quilting workshop. Fabric will be provided or you can bring your own (1/2 yard)

WHAT YOU WILL LEARN:

- Introduction to quilting tools
- Cutting tips
- Simple quilt block construction



*Presented by the
Lost Art Quilt Guild*



OCTOBER 22, 2025

Breckinridge County Extension Community Building
1377 S. Hwy 261 Hardinsburg, KY 40143

10 AM – 2 PM CT

Lunch will not be provided. Be sure to pack a lunch.

Machines limited or bring your own machine!

Register by Oct. 13th by calling The Breckinridge County Extension Office at 270-756-2182

**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.



Cooperative
Extension Service

Breckinridge County
Family and Consumer Sciences

Breckinridge County Extension Homemakers

Fall Scarecrow Craft Workshop



Enjoy fall crafting, tasty snacks,
and fellowship. This program is
FREE and open to everyone

THURSDAY, OCTOBER 16 2025
10:00 AM OR 4:30 PM CT

***Please bring a jar or
bottle of any shape.
Glass is suggested but
plastic will work.
All other supplies
will be provided**



**To RSVP call the
Extension Office
at 270-756-2182
by October 13th**

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.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2025

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

THIS MONTH'S TOPIC: USING TECHNOLOGY TO MANAGE YOUR MONEY

Financial technology, or “FinTech,” is any virtual tool that lets users access, view, or manage their finances online. FinTech includes smartphone applications like mobile banking, payment apps, retirement calculators, and net worth trackers. These virtual – and often mobile – tools can help simplify money management.

WHY USE FINANCIAL TECHNOLOGY

Technology and money can both feel overwhelming, but many FinTech tools are made for everyday users. These tools can complement your existing money management system. In some cases, they can replace manual tasks by offering features like automation, visual trackers, and reminders. FinTech may help you save time by streamlining common money tasks such as budgeting, tracking spending, investments, and even paying off debt.

MOBILE BANKING

You may be using FinTech already, without knowing it. Mobile banking, for example, is a website or smartphone application that shows details about your checking and savings account balances and can be useful for providing on-the-go access to your



money. Some mobile banking apps will allow bill payments, money transfers, mobile check deposits, and include information about bank locations and other products or services your bank offers.

PAYMENT APPS

Another popular FinTech tool is peer-to-peer (P2P) payment apps such as Venmo, PayPal, and CashApp. About 76% of Americans use them to send money or buy things. These apps make transfers easy but do not replace a regular bank or savings account. It's a good idea to move money from these accounts into an FDIC-insured bank or federally insured credit union.

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





CREDIT MONITORING

Credit monitoring is a type of FinTech tool that helps you track your financial health over time. It can provide insights into your accounts, payment history, and any issues like liens or delinquencies. Credit scores range from 300 to 850 and are usually offered in reports from the three big credit bureaus or through online monitoring systems. Free credit reports are available weekly. Check yours easily at <https://www.annualcreditreport.com>.

FREE EXTENSION TOOL

While some financial apps focus on spending or saving, others can help with debt repayment. The Utah State University Extension's virtual tool, PowerPay (<https://extension.usu.edu/powerpay/>), is a free debt elimination simulator. You can use the web-based tool to log your debts and see how different payment strategies affect timelines and savings. The tool can also factor in changes in income, like getting a bonus or tax return, to see how that would affect the overall repayment timeline.

HABIT BUILDING

FinTech tools can fit into your current money management system or help you start new habits. Take time to add digital tools into your routine. Some apps may require regular engagement to keep things up to date. Like other technology we rely on every day, FinTech offers convenience and can help you make informed money decisions. To get started, choose tools wisely by knowing what you need, testing them out, and being aware of any costs.

REFERENCES

<https://www.pewresearch.org/short-reads/2022/09/08/payment-apps-like-venmo-and-cash-app-bring-convenience-and-security-concerns-to-some-users/>

<https://connect.extension.org/blog/dangers-of-leaving-money-in-payment-apps?sort=popular>

<https://finred.usalearning.gov/Blog/FinancialPlanningFinTech>

Military Family Spotlight

Military families can use FinTech tools to stay connected to their finances while navigating military life. The SEN\$E mobile app was designed uniquely to support military transitions, like frequent moves, deployments, and spouse employment transitions. The app includes a short quiz to assess current financial well-being and learning modules on topics like saving, retirement, and deployment pay. By offering financial education resources and calculators through the SEN\$E mobile app, military families – who are often on the move – can access reliable tools and information anytime, anywhere. Visit [https://finred.usalearning.gov/ToolsAndAddRes/Sen\\$e](https://finred.usalearning.gov/ToolsAndAddRes/Sen$e) to learn more.

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

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