FAMILY & CONSUMER SCIENCES

Anderson County Extension Family & Consumer Sciences Newsletter October, 2025 Building Strong Families



Cooperative Extension Service

Anderson County 1026 County Park Road Lawrenceburg, KY 40342 (502) 839-7271 Fax: (502) 839-9829 anderson.ca.uky.edu

Important Dates:

October 4 —Basket Guild, 10—3 p.m.

October 6—Quilt Guild, 5:30 p.m.

October 7—WITS Workout, 10—11:30 a.m.

October 9—EH Project Day, 9—2:30 p.m.

October 10—Fort Harrod Area Homemakers Annual

Meeting, Garrard County

October 11—2nd Saturday Sew, 10—4 p.m.

October 13—Little Circle, 12 p.m.

Friendship Circle, 5 p.m.

October 14—WITS Workout, 10—11:30 a.m.

October 18—Homemaker Bazaar, 9—5 p.m.

October 21—WITS Workout, 10—11:30 a.m.

Homemaker Council, 5:30 p.m.

October 23 —Lunch & Learn, 11 a.m.

October 25—Quilting Bees, 10—4 p.m.

October 25—Ft. Harrod Area Heritage Craft Camp

October 28- WITS Workout, 10-11:30 a.m.



Lexington, KY 40506



Lunch & Learn

October 23, 11:00 a.m.—12 p.m.

Call the Extension Office at 839-7271 to register!

FREE!!



Join the homemakers as our FCS Agent, Kennedy Hannah, demonstrates recipes from the 2025 Food and Nutrition Recipe Calendar! He will be sharing "Cheesy Pumpkin Pasta Bake" in October!

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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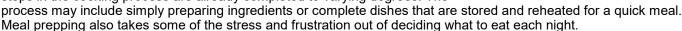


Meal Prepping Saves Time and Frustration

Source: Heather Norman-Burgdolf, Associate Extension Professor

Deciding what to have for dinner each night can be a daily conundrum for many of us. As a result, we may find ourselves in line at a fast food restaurant more than we care to admit. But it does not have to be this way. By preparing at least portions of our meals in advance, we can have home-cooked, healthy meals on a regular basis.

Research shows people who regularly do advanced meal preparation tend to consume more fruits and vegetables and eat a more balanced diet overall. Meal prepping is extremely popular, as it allows us to live our hectic lives while still providing our families with nutritious food. It saves time because steps in the cooking process are already completed to varying degrees. The



If you have never tried meal prepping before, start small and don't invest a lot of money. At first, aim to prepare two to three meals per week in advance. Find nutritious recipes that your family would enjoy and make a grocery list of the needed ingredients. Allow your family to chime in on the meals or ask them if there is a new food or recipe they would like to try.

It is easier to set aside one day for grocery shopping and meal prepping, as it cuts down on the number of times you need to handle the food and gives you a set time to work meal prepping into your busy schedule. Include your family in the food preparation. Not only will it help spread out the cooking responsibilities, but it will also teach your family basic cooking skills and healthy eating habits.

Remember food safety when preparing food. When using a cutting board, slice vegetables before cutting meat. Store produce and meat separately to avoid contamination. While most people associate meal prepping with dinnertime, you can also prepare quick breakfasts or use leftovers for lunches. While dinner is cooking, make the most of your time in the kitchen. Chop veggies for a salad the next day or slice some fruit for a quick grab-and-go snack.

After the food is prepared, store it in an airtight container and place it in either the refrigerator or freezer, depending on how soon you plan to eat it. Consume refrigerated meals within five days. Freezing will allow you to store meals for a longer time.

As you become a meal-prepping pro, you can watch for sales to stock up on food staples and increase the number of meals you prepare at home.

More information on meal prepping and healthy eating is available at the Anderson County office of the University of Kentucky Cooperative Extension Service.



"<u>Using Your Air Fryer</u>"

October 1st, 11 a.m.
Attend in person at

Boyle County Extension Office

Or Watch video on the Fort Harrod FCS Agent YouTube page
This lesson will focus on what air fryers are and how they work!

Mark your calendars!

KEHA State Meeting May 12-14, 2026 Hyatt Regency in Lexington



A Message From The County President:

Homemakers, have you been enjoying the wonderful weather? I bet most of us have.

October 7, at 10:00 am, we will meet at the Judge Executive's Office to present the Judge with our Homemaker Proclamation for Homemaker Week. We will present him with a check to show how much the volunteer hours have helped our community.

Our 3rd Annual Bazaar is on October 18th. We will need members to help set up and work that day. Additionally, we need a wide range of items to sell. Don't stop making items to sell. Money from the bazaar is used for our Home, Craft, and Fair in the summer.

If you have any suggestions for programs we can do, please let us know.



Kay Scheffler County Homemaker President

Kennedy's Korner:

Things to do in October to get the most out of Fall:

Explore The Fall Foliage
Go Pumpkin Picking
Go for a Hike
Go Apple Picking
Take a Bike Ride
Go to a Fall Festival
Swap Summer Clothing for Fall Clothing
Collect Fall Leaves and Press or Preserve Them
Rake Leaves
Add Pumpkin to Everything
Decorate the House for Fall
Visit a Local Farmers' Market





What's in season in October:

Apples

Brussels Sprouts

Cauliflower

Dates

Kale

Pomegranate

Pumpkin

Squash

Sweet Potato

You can view this newsletter & find a variety of other information & upcoming events on our county website.

Visit us at: http://anderson.ca.uky.edu

Follow us on Facebook: http://www.facebook.com/andersoncountyCES

Let us know if you have any questions about this newsletter or need additional information.

Susan Campbell, Anderson County Extension Agent for 4-H/Youth Development/FCS

Swan Campbell

Kennedy Hannah, Anderson County FCS Agent