

## FAMILY & CONSUMER SCIENCES



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

**Cooperative Extension Service**  
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### **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.



### **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

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Disabilities  
accommodated  
with prior notification.

## **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 process may include simply preparing ingredients or complete dishes that are stored and reheated for a quick meal. Meal prepping also takes some of the stress and frustration out of deciding what to eat each night.



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.



### **"Using Your Air Fryer"**

*Leader Lesson for October*

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*

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

Kennedy Hannah, Anderson County  
FCS Agent