

Pendleton County Homemaker Newsletter

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Pendleton County Extension

Homemaker

September 2025

Cooperative Extension Service

Pendleton County
45 David Pribble Drive
Falmouth KY 41040
(859) 654-3395
Fax: (859) 654-3397
pendleton.ca.uky.edu



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 satisfied throughout the day. Include something like a hardboiled egg, beans, roasted turkey or chicken, nut butter, yogurt or cottage cheese.

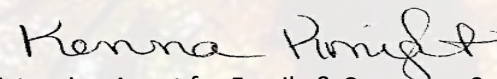
Colorful carbohydrates. Fruit and vegetables are colorful ways to add energy and flavor. Whole grains are another great source of energy. These include foods like oats, brown rice, quinoa, popcorn, and whole-grain pasta, bread and crackers. These higher-fiber carbohydrate choices will provide a steady 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.

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.

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/>



Extension Agent for Family & Consumer Sciences-

Education, Pendleton County



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Pendleton County Cooperative Extension
PRESENTS



FOOD & GARDEN Trails

Oaks & Oratory

From the towering 300-year-old trees of Kentucky's Arboretum to the stately gardens of Henry Clay's Ashland Estate, spend a day where deep roots meet powerful voices. We'll explore the seven distinct regions of the Commonwealth in bloom, then dine among greenery at Michler's Native Café—because some stories are best told under the shade of history.

Expect walk-and-talk tours, a delicious local meal, and plenty of time to soak in the sights, smells, and stories of two Kentucky treasures.

*It's a field trip—
with flavor!*



12 Sept 2025

Registration Deadline: Sept. 3



At 8am - 4pm

Depart from PCEO. Return ETA.



**Ashland Estate
Lexington Arboretum**



\$30/person

Covers entrance & Meal

Payable by cash (exact change please)
or check payable to PC Extension

Space is limited!

 Cooperative
Extension Service

To Save your Spot
Call the PCEO 859.654.3395

Extension will provide transportation via transit van and encourage carpooling.
Day of specifics will be shared with registered participants as they become available.
PCEO is planning four weekday trips per calendar year.

✦ Discover KEHA - The Gem is YOU! ✦

Every member is a unique jewel that makes our community shine.



74th Pendleton County Extension Homemaker Annual meeting

September 30 ● at 6:30 PM

Dinner will be served

Must RSVP by calling 859-654-3395



**Why are today's
kids more anxious,
depressed, and
fragile than ever
before?**

Psychologist Jonathan Haidt explores how the rise of smartphones and social media has reshaped childhood - and what we can do to fix it.

*"We have overprotected our
children in the real world
while underprotecting them
in the virtual one."
~Jonathan Haidt~*

ZOOM BOOK DISCUSSION



THE FIRST 20 PEOPLE TO REGISTER WILL RECEIVE A FREE COPY!

#1 NEW YORK TIMES BESTSELLER

The Anxious Generation

How the Great Rewiring of
Childhood Is Causing an Epidemic
of Mental Illness

Jonathan Haidt

Coauthor of *The Coddling of the American Mind*

Wednesdays | 7 PM
Two-Part Virtual Discussion
September 10th & 24th

Join via Zoom
Call PCEO to register
859-654-3395



SADDLE UP FOR A WESTERN ADVENTURE!

Hit the open road with PCEO's 5th Agricultural & Cultural Heritage Tour! From Midwest farmlands to the Black Hills Forests, this journey blends wide-open landscapes, iconic landmarks, and rich agricultural heritage. Experience the history, culture, and adventure of the American West – spouses and travel buddies are welcome!



RESERVE YOUR SEAT TODAY!

- Dates of Travel: September 5-13, 2026
- Cost: \$2,300 per person (double occupancy) • \$3,200 per person (single occupancy)
(Roommate matching available if needed, simply request on form)
- Deposit: \$500 non-refundable with signed Traveler Contract & Travel Registration Form (online)
- Payment: Check payable to Pendleton County Extension Foundation or cash (no credit cards)
- Final Payment: August 1, 2026
- Seats Available: 35 (Waitlist starts after full; no deposit required, prioritized by sign-up order)

Register via QR Code or visit Pendleton County Extension Office



TRIP HIGHLIGHTS:

- Mitchell Corn Palace • Field of Dreams •
- Mount Rushmore National Monument •
- Wall Drug Store • Badlands National Park •
- Crazy Horse Monument • Homestake Mine •
- Deadwood • Custer State Park •
- Minuteman Missile Site •
- Gateway Arch National Park •
- ChuckWagon Dinner & Jeep Ride & More...

LODGING LOCATIONS:

- Night 1: Davenport, Iowa
- Night 2: Sioux Falls, South Dakota
- Nights 3–6: Custer, South Dakota
- Night 7: Omaha, Nebraska
- Night 8: St. Louis, Missouri



WHAT TO EXPECT

- We're travelers, not tourists – exploring the West through hands-on learning, discovering the land, its history, and its culture, while forging lasting friendships along the way.
- Comfortable motorcoach travel with curated stops and immersive experiences
- Food. Good Food & Lot's of it!
- Final itinerary, packing list suggestions, and travel tips sent one month before departure
- Daily itineraries shared on the day of departure

For More Details Contact Lindie or Kenna @ the PCEO 859.654.3395

Lindie Huffman

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Pendleton ANR Agent
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Kenna Knight

Kenna Knight
Pendleton FCS Agent
kknight@uky.edu

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.

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

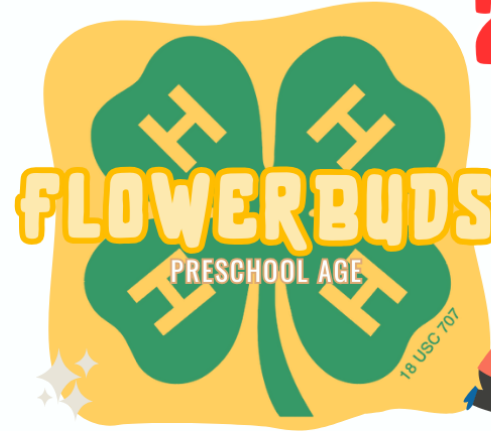
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2025/2026

UK Cooperative Extension Service



This year's Flowerbuds meetings will focus on special needs awareness.

Each month, children will explore a different disability/special need through a themed book, craft, and activity designed to encourage empathy, inclusion, and understanding in a fun, age-appropriate way.

10:00 AM - NOON

September 17
October 15
November 19
December 17
January 21
February 18
March 18
April 15
May 20

This year's Cloverbuds meetings will focus on special needs awareness.

Each month, children will explore a different disability/special need through a themed book, craft, and activity designed to encourage empathy, inclusion, and understanding in a fun, age-appropriate way.

3:30 - 5:30PM

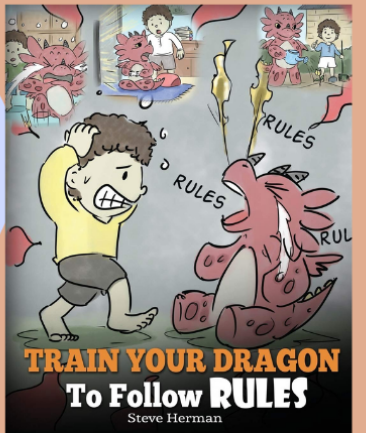
SEPTEMBER 22
OCTOBER 27
NOVEMBER 24
DECEMBER 15
JANUARY 26
FEBRUARY 23
MARCH 23
APRIL 27
MAY 18

Walk the trail and enjoy a delightful story!

How It Works:

1. **Walk:** Follow the story posted along the trail.
2. **Read:** Every page brings you closer to the end!
3. **Claim your prize:** Complete the trail and come into the office for your ****FREE BOOK!****

If the office is closed, don't worry! You can return during open hours to claim your prize!



FREE BOOK!

Our disability accessible walking trail is 1/4 MILE LONG

Treasurers of Autumn

Northern Kentucky Area Homemakers 2025 Triennial Meeting

OCTOBER 16, 2025

8:30- 10 AM: Registration,
cultural arts check-in, silent
auction

10 AM: MEETING BEGINS

SPECIAL GUEST:
MELODY STAFFORD



Counties should compile
registrations and send one check
to Grant County Homemakers by
Oct 1st, 105 Baton Rouge Road,
Williamstown, KY 41097

COST:
\$20

Grant County Extension
105 Baton Rouge Road
Williamstown, KY 41097

REGISTRATION DUE: Extension Office by Oct. 1 - checks made
out to Pendleton County Homemakers

Name: _____

Address: _____

City/St/Zip: _____

Phone: _____

County: _____

**Menu: Please circle
1 meat and 1 dessert**

- Meatloaf **or** Ham
- Lemon Lush **or**
Chocolate Cake/Icing

Sides:

- Mashed Potatoes w/
Gravy, Green Beans,
Salad, Rolls

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

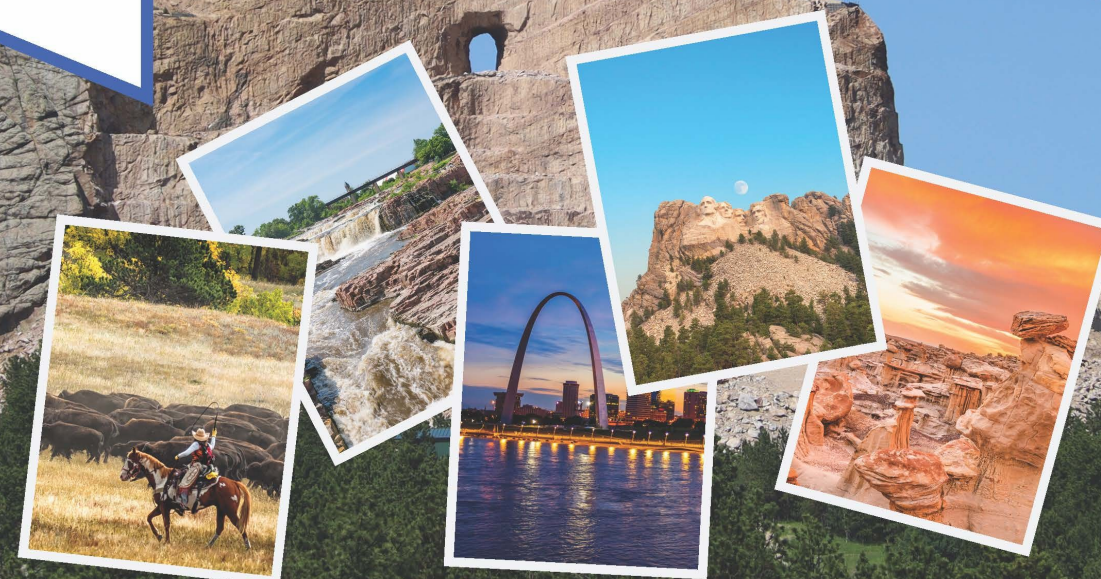
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Cooperative
Extension Service

**PENDLETON COUNTY
EXTENSION
TRIP ORGANIZER**

Agricultural & Cultural Heritage Tour



Westward Bound

SEPTEMBER 5-13, 2026

Explore the American West with PCEO's 5th Agricultural & Cultural Heritage Tour! Journey from the heart of Midwest farmlands to the Black Hills, visiting historic homesteads and iconic Western landscapes along the way. Discover the region's rich agricultural heritage, from cornfields and cattle ranches to pioneering farming traditions, while celebrating its natural wonders, history, and culture. Learn, connect, and experience the land and people on an unforgettable adventure.

\$2,300
/Person

PACKAGE INCLUDES

- ✓ Charter Bus Transportation
- ✓ Tour Guide(s)
- ✓ Accommodation
- ✓ Some Meals

DEPARTURE

 **5th September 2026**

PICK-UP POINT

 **45 David Pribble Drive
Falmouth, KY 41040**

Contact Us 859.654.3395

pendleton.ca.uky.edu

@PendletonCountyExtensionOffice