

# Family & Consumer Sciences Newsletter September 2025



## Agent Update:

Hello Menifee County!

As we kick off September, I'm excited to say hello as your new Family and Consumer Sciences/ 4-H Agent! We've got some fun and educational programming lined up this month – starting with Snack Smart Club for tasty, healthy treats, and our Cooking Through the Calendar series to bring seasonal flavors to your kitchen. See the flyers inside for more details and join the fun!

I can't wait to get cooking, learning, and having a blast with you all this fall!

Warm wishes,  
Abigail

## In this issue:

- Homemaker News pg. 2
- Snack Smart Club pg. 3
- Cooking Through the Calendar pg. 4
- Homemaker Cultural Arts Day pg. 5
- September Calendar pg. 6
- Health Bulletin pg. 7-8
- Recipe pg. 9

 Cooperative  
Extension Service

**FAMILY &  
CONSUMER  
SCIENCES**   
*Creating Healthy & Sustainable Families*

## Menifee County

140 Main Street

Frenchburg, KY 40322

Phone: 606-768-3866

Email: [menifee.ext@uky.edu](mailto:menifee.ext@uky.edu)

Website: <https://menifee.ca.uky.edu/>



*Abigail Emmons*

**Abigail Emmons**

CEA for Family & Consumer Sciences/4-H

**Cooperative  
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4-H Youth Development  
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



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# Homemakers News

Hello Menifee County Extension Homemakers!



What a fun time we had in August at Leadership Day and the Southern Cooking themed-International Dinner! It was great to come together, learn, and enjoy delicious recipes. I can't wait to see you all at our upcoming events this September – let's keep the fun and learning going!

## September Club Meetings:

September 9<sup>th</sup> : Home and Hearth- 12pm

@ Korea Church

September 15<sup>th</sup> : First Club - 6pm @

Menifee County Ext. Office

## Important:

Its time to submit your Cultural Arts Entries! Listed below are important dates and events regarding your entries.


- Menifee County Extension Homemakers Cultural Arts Day will be September 11<sup>th</sup> at the Menifee Co. Extension Office. Drop off times for your entries will be from 8:30am-12:00pm. Judging is at 1:00pm-2:00pm.
- Cultural Arts entries will then be judged at Mason County Extension Office on September 25<sup>th</sup>, Blue Ribbon winners will be brought to the Licking River Area Annual Homemaker meeting.

# Snack Smart Club




**Meniffee County Extension Office**

**Ages 8-12 y/o**



**A fun, hands-on cooking club for elementary students! Each month after school, we'll make healthy, delicious snacks, learn basic kitchen skills, and discover nutrition tips. All recipes are easy, tasty, and perfect for growing minds and bodies. Come mix, stir, and snack with friends!**



**Upcoming Dates:**  
**September 16th**  
**October 21st**  
**November 18th**  
**December 10th**



**To Register:**

**Call: 606-768-5233**

**Email: [Abigail.emmons@uky.edu](mailto:Abigail.emmons@uky.edu)**



**3:30pm-5:00pm**

**\*Students may ride the bus from Meniffee Central to the Extension Office. You must contact the school to secure transportation.**







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**MENIFEE COUNTY EXTENSION SERVICE**

# **COOKING THRU THE CALENDAR**

**APRIL 30**

**MAY 28**

**JUNE 18**

**JULY 30**

**AUGUST 27**

**SEPTEMBER 10**

**OCTOBER 29**

**NOVEMBER 19**

**DECEMBER 17**

**AT NOON**

**140 MAIN STREET, FRENCHBURG, KY**

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Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

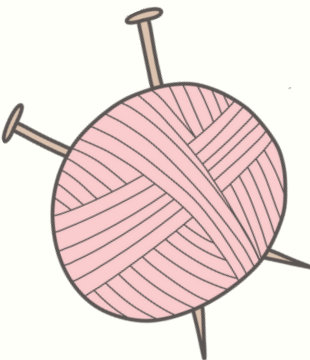
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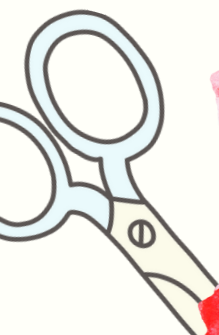
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# Menifee County Extension Homemakers

## Cultural Arts Day 2025



**September 11<sup>th</sup>**

**At Menifee County Extension  
Office**

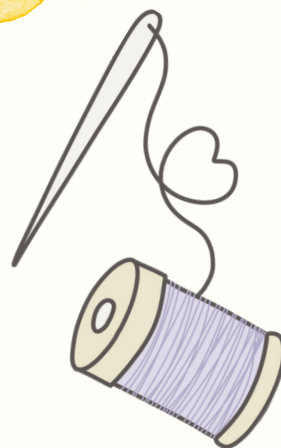
**140 Main Street  
Frenchburg KY 40322**



**Drop off time for entries:  
8:30am-12:00pm**



**You may drop off your entries any  
day during the week leading up to  
September 11<sup>th</sup>.**



**Contact Abigail Emmons  
for more information:  
Phone: 606-768-5233  
Email:  
[Abigail.emmons@uky.edu](mailto:Abigail.emmons@uky.edu)**

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# SEPTEMBER

## 2025

SUN	MON	TUE	WED	THU	FRI	SAT
31	1 Office Closed for Labor Day	2	3	4	5	6
7	8	9 Home and Hearth Homemaker Meeting @ 12pm	10 Cooking Through the Calendar @ 12pm	11 Menifee Extension Homemaker Cultural Arts Day	12	13
14	15	16 Snack Smart Club 3:30pm- 5:00pm	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4



# ADULT HEALTH BULLETIN



**SEPTEMBER 2025**

Download this and past issues  
of the Adult, Youth, Parent, and  
Family Caregiver Health Bulletins:  
[http://fcs-hes.ca.uky.edu/  
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Menifee County  
Extension Office  
140 Main Street  
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40322  
606-768-3866

## THIS MONTH'S TOPIC

# LEARN HOW TO HELP: QPR SUICIDE PREVENTION TRAINING



**S**uicide is a serious public health issue in Kentucky, especially among young people. It's the second leading cause of death for people ages 10 to 34 in our state. The good news is that we can all be part of the solution. The University of Kentucky is working to make sure that every Kentuckian knows how to help someone in a crisis. They're asking a powerful question: If someone you loved were struggling, would you know what to do?

Many people don't. That's where QPR comes in. **QPR stands for Question, Persuade, and Refer.** These are three simple steps that anyone can learn to help

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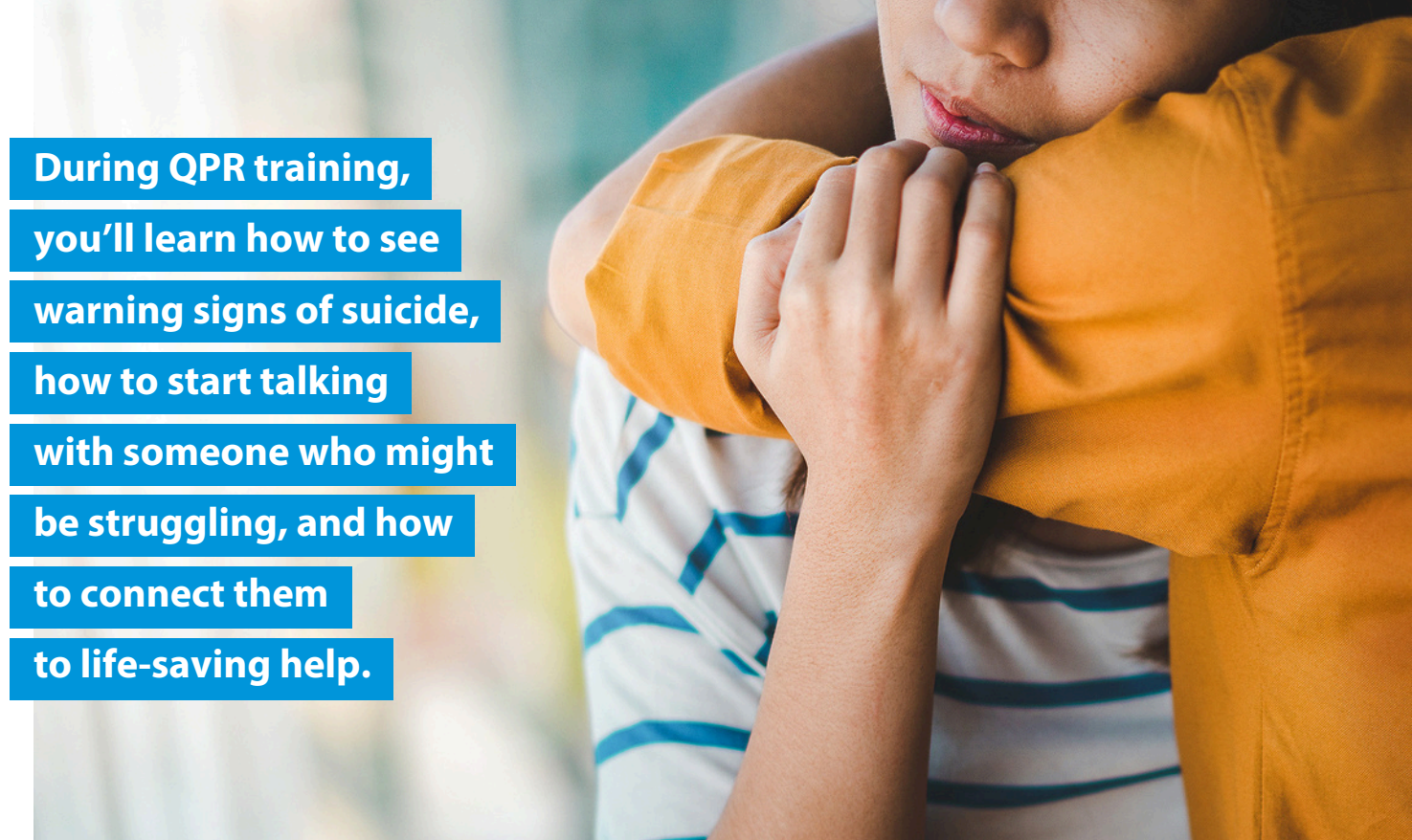
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**During QPR training,  
you'll learn how to see  
warning signs of suicide,  
how to start talking  
with someone who might  
be struggling, and how  
to connect them  
to life-saving help.**

→ **Continued from the previous page**

someone who might be thinking about suicide. It's similar to CPR, which is used in heart emergencies. Just like CPR can save lives, QPR can help save someone going through a mental health crisis.

The QPR training is quick and easy. It's free, it's online, and it only takes about 30 minutes to complete. During the training, you'll learn how to see warning signs of suicide, how to start talking with someone who might be struggling, and how to connect them to life-saving help.

The University of Kentucky and the Healthy Kentucky Initiative are encouraging everyone to take the training, especially during September, which is Suicide Prevention Month. The more people who learn QPR, the stronger the safety net becomes for those at risk.

Whether it's a friend, family member, or someone in your community, you have the power to make a difference. QPR gives you the tools to help when it matters most. You can take the free QPR training now at [kyqpr.ukhc.org](https://kyqpr.ukhc.org).



Also important to know, **Kentuckians in crisis can now connect with suicide prevention, mental health, and substance use counselors using a nationwide, easier-to-dial phone number — 988.** This service is available 24 hours a day, 7 days a week, 365 days a year, at no charge. Callers to 988 connect with a compassionate, highly trained counselor who can help address their issues as smoothly as possible. You can also call anonymously on behalf of someone else or to obtain information about options for helping someone in need.

If you or someone you know is in crisis, please reach out for help.

**REFERENCES:**

- <https://988.ky.gov>
- <https://kyqpr.ukhc.org>

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Extension Specialist for Family Health

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:** Adobe Stock





## Twice-Baked Acorn Squash

- **2 medium** acorn squash  
(1 - 1 1/2 pounds)
- Nonstick cooking spray
- **2 cups** fresh spinach,  
chopped
- **4 strips** turkey bacon,  
cooked and crumbled
- **1/2 cup** grated parmesan  
cheese
- **1** thinly sliced green onion
- **1 tablespoon** olive oil
- **2 teaspoons** garlic powder
- **1/2 teaspoon** salt
- **1/4 teaspoon** black pepper
- **1/4 teaspoon** nutmeg

**Wash** hands with warm water and soap, **scrubbing** for at least 20 seconds. **Preheat** oven to 350 degrees F. **Cut** squash in half; **discard** seeds. **Place** squash flesh side down on a baking sheet **coated** with nonstick cooking spray. **Bake** for 50 to 55 minutes or until tender. **Carefully scoop out** squash, leaving a 1/4-inch-thick shell. In a large bowl, **combine** the squash pulp with the remaining ingredients. **Spoon into** shells. **Bake** at 350 degrees F for 25 to 30 minutes or until heated through and top is golden brown. **Store** leftovers in the refrigerator within two hours.

**Yield:** 4 servings.

**Serving size:** 1/2 of an acorn squash.

**Nutrition Analysis:** 210 calories, 9g total fat, 3g saturated fat, 25mg cholesterol, 710mg sodium, 27g total carbohydrate, 4g fiber, 1g total sugars, 0g added sugars, 9g protein, 0% DV vitamin D, 15% DV calcium, 15% DV iron, 20% DV potassium.

