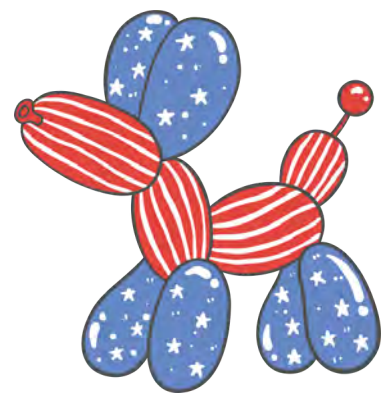


GREEN COUNTY FCS EXTENSION NEWSLETTER

 July 2025



Greetings from your FCS Agent

Hello everyone! Summer is here and this hot weather wants to stay a while! June was a very busy month for FCS Extension!

We started out the month with the Green County Annual Homemakers Meeting; Hidden Treasures. We had a wonderful turn out and loved hearing all about the antiques world.

Green County Fair exhibits have come and gone. We had approximately 215 entries with 25 exhibitors. Congratulations to Carol Scott, Nancy Turner, Karen Roland, Lori Matteucci, Becky Davis, and Diana Manning on receiving Grand Champions! Start working on next years entries!

Green County hosted a Canning Camp for the Lake Cumberland Area and we had 10 people participate. They water bath canned pickles and salsa and pressure canned carrots.

Volunteer Services Hours need to be completed and turned into your club or myself by the end of July! A VSU log will be included in this newsletter if you need one!

Kickoff tickets are now on sell until August 4th so be sure to purchase your ticket! Remember ticket price covers your annual dues.



Katelyn Squires
Family and Consumer
Sciences Extension Agent
Green County
298 Happyville Rd
Greensburg KY 42743
270-932-5311
green.ca.uky.edu



Follow Green County
FCS on Facebook. Scan
the QR code above!



● ● ● What did Katelyn do in June? ● ● ●

- Just Family Adult Day
- Green County Senior Center
- FCS Staff Meetings
- Cooking from the Calendar
- Laugh and Learn Program
- GC Annual Homemaker Meeting
- Canning Camp Series
- Fair Exhibits
- Fair Judging



Canning Camp Series



Green County Fair Grand Champions



**Annual Homemaker Meeting-
Circle of Friends, Town and Country, and Summersville**

FOOD PRESERVATION FRIDAY



Join Katelyn for a hands on water bath canning program. Participants will receive a canned product at the end of the class. RSVP is required by July 7th. RSVP by calling 270-932-5311 or visit the extension office!

July 11th 10am-12pm CDT
Green County Extension Office
298 Happyville Rd Greensburg KY 42743

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Cooperative Extension Service

Passport Trip: Lost River Cave



July 16th 2025

Leaving Green County office at 8:30am CDT

Vehicle space is limited so its FCFS

Please RSVP by July 11th

Dress comfortable and weather appropriate. We will be walking!

Any questions call 270-932-5311 or visit Katelyn at the extension office.

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COOKING FROM THE CALENDAR

Chicken Burgers



July 10th 2025 at 12pm CDT

Call Green Co Extension Office
at 270-932-5311 to register

Cooperative Extension Service



LAUGH & LEARN

JULY 22, 2025
2:00PM CDT

GREEN COUNTY EXTENSION OFFICE
298 HAPPYVILLE RD
GREENSBURG KY 42743

CALL TO RSVP TODAY:
270-932-5311

The Green County Extension Office will offer a free 1-hour playdate every month for you and your child(ren) to engage in playful activities designed to assist with kindergarten preparedness. For kids 3-5 years old.

Cooperative Extension Service

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Stop by Green County Extension Office to get your Pressure Canner Gauges tested!

Free of charge.
Call 270-932-5311 for questions.



Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT



Homemakers are in Full Bloom!

Join us for the Green County Annual Homemaker Kickoff!

AUGUST 11TH 2025
5PM CDT

Green County Extension Office
298 Happyville Rd
Greensburg KY 42743

TICKETS ARE REQUIRED- \$10
PURCHASE NOW UNTIL
AUGUST 4TH
PURCHASE TICKETS BY
CALLING 270-932-5311 OR
BY STOPPING BY THE
EXTENSION OFFICE.

VSU Info
Program of Work Info
New Manuals



JULY 2025



SUNDAY

MONDAY

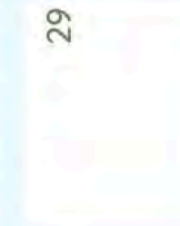
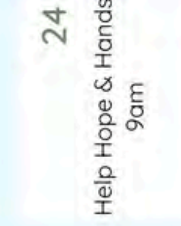
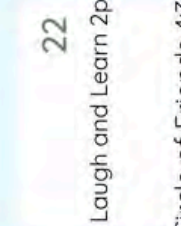
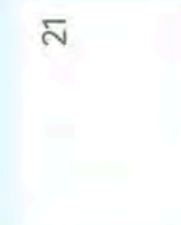
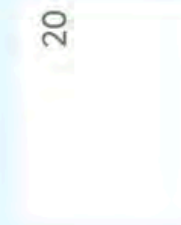
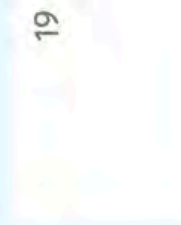
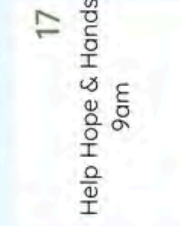
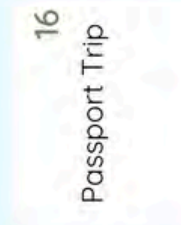
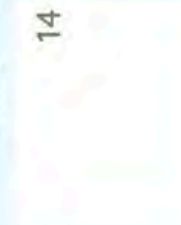
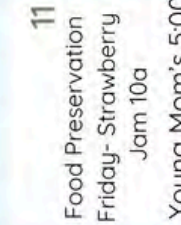
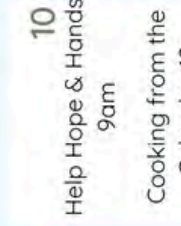
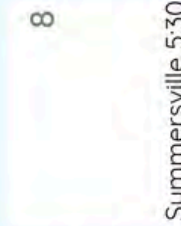
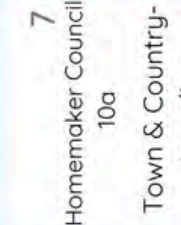
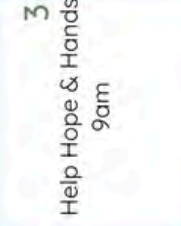
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Volunteer Service Unit (VSU) Log (copy as needed)

Name: _____ Address: _____

County: _____ Phone: _____ Email: _____

Date	Activity/Job Performed	Hours (report in appropriate category)			
		Extension	KEHA	Community	Personal
TOTALS					

Categories: Extension = Volunteer service for projects or programs directed by an Extension Agent. KEHA = Volunteer hours for projects initiated and led by KEHA members. Community = Service to other entities/organizations in the community (not Extension or KEHA projects). Personal = Unpaid service to family, friends, and neighbors. See KEHA Handbook pages 89-90 for complete category descriptions. Report all hours earned within the past KEHA year (July 1 – June 30). Logs are due to the county Leadership Chairman or designated contact by July 1.

Appendix 18
June 2023

**UK CES Green County
298 Happyville Road
Greensburg KY 42743-9498**

RETURN SERVICE REQUESTED



Tomato Basil Bruschetta

3 plum tomatoes, chopped	1 tablespoon minced fresh basil or 1 teaspoon dried basil
1/2 cup thinly sliced and coarsely chopped onion	1/2 teaspoon dried oregano
2 cloves garlic, minced	1/4 teaspoon salt
1 tablespoon red wine vinegar	1/2 teaspoon ground pepper
6 tablespoons olive oil	1 pound loaf, whole wheat French bread, cut into 1/2 inch slices

- 1. Combine** tomatoes, onions, garlic, red wine vinegar, 2 tablespoons olive oil, basil, oregano, salt and pepper; set aside.
- 2. Preheat** broiler of oven.
- 3. Lightly brush** both sides of bread slices with remaining olive oil and
- 4. Place** three to four inches from the broiler and heat slices for two to three minutes on each side or until golden brown.
- 5. Top** each slice with tomato mixture, using a

slotted spoon and serve.

Yield: 16, 1/2 inch slices

Nutritional Analysis: 140 calories, 5 g fat, 1 g saturated fat, 0 mg cholesterol, 250 mg sodium, 19 g carbohydrate, 3 g fiber, 0 g sugar, 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



PARENT HEALTH BULLETIN



JULY 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)

THIS MONTH'S TOPIC KEEP KIDS HYDRATED



With water bottles and giant cups being all the rage, it may come as a surprise that dehydration remains a risk for many children and teens. However, it is true! Dehydration, which occurs when a person's body does not receive enough water to function properly, is a common cause of illness in children, particularly during the summer. Mild dehydration can cause a person to feel tired, nauseous, and lightheaded. If it is not addressed, severe dehydration can lead to major organ damage and can even be fatal.

The most common cause of dehydration in children is not drinking enough water. Children 8 years and older should drink at least 8 cups of water per day. Being active, spending time outside in the heat, and illness all increase the need for

Continued on the next page ➔

**Cooperative
Extension Service**

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Children 8 years and older should drink at least 8 cups of water per day.

➔ Continued from the previous page

more water. The more a person sweats, the more water they need to replace what was lost.

If your child is sick, they may not want to drink much, but that does not mean their body does not need water. Water is an essential part of the body's immune system, which fights disease. Fever increases the body's need for water by causing sweat. Vomiting and diarrhea also drain the body of needed water. If your sick child cannot stomach plain water, try coconut water or add an electrolyte mix.

Here are some other tips to help encourage your kids to drink enough water:

- **Make the container appealing:** Let kids choose their own water bottles or cup with fun designs or characters or decorate one you already have with stickers or permanent markers.
- **Add some flavor:** Add slices of fruit and vegetables, like citrus, berries, or cucumber, or mint to water for a fun flavor. Experiment with single flavors or mix flavors to create a unique combination.
- **Keep it cool:** Add ice to water to make it more refreshing or use shaped ice cube trays to add interest.
- **Silly straws:** Some people can drink more water from a straw than out of a cup or glass. Offer kids a straw to drink out of if they struggle to drink from a cup. There are so many types to choose from — bendable, colorful, and even swirly!
- **Water station:** Set up a designated place where kids can easily refill their bottles or cups. Sometimes, just the visual cue of a place to put their water bottle, or a pitcher of water on the counter, is enough to remind them to drink.
- **Replace sugary drinks:** Avoid sugary drinks, such as juice, soda, and sports drinks, and opt for water instead. If this is a problem, start small with transitioning one “point of contact” at a time. For example, only carry water to drink while out and about, or only offer water with snacks or meals. Gradually make the shift to drinking all or mostly water.
- **Eat hydrating foods:** Encourage kids to eat fruits and vegetables high in water content, like watermelon, cucumbers, and celery.
- **Remind them:** Remind kids to drink water before, during, and after physical activity, or when spending time outside in warm or hot weather.
- **Drink water yourself:** Be a good role model by drinking water yourself throughout the day.

REFERENCE:

<https://headstart.gov/publication/encouraging-your-child-drink-water>

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Extension Specialist for Family Health

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Stock images: Adobe Stock

