

JULY 2025

FCS NEWS & NOTES

MAIN TOPIC

Traveling with children

Traveling with children is different from traveling alone or with other adults. Here are a few tips to help you prepare for fun trips with your children.

Before you go:

- **Talk about the trip.** Start with a conversation about where you're going, why, who you'll see, and what you hope to experience. Explain how you'll travel — car, plane, or train — to help build excitement and ease anxiety.
- **Identify potential challenges.** Prepare your children for differences in routines or environments. If you're traveling during hot weather or hiking through nature, discuss safety concerns like drinking water, staying on the trail, and avoiding unfamiliar plants. The goal is to build awareness, not anxiety.



- **Set behavior expectations.** Remind children how to behave in different settings: visiting grandparents, eating in restaurants, or sitting next to a sibling. Simple reminders like, "We keep our hands to ourselves," or "We don't ask for candy at the store," work

for all ages. Even adults use this — like telling yourself you're not going to buy anything not on your list. Speaking expectations out loud helps build self-control.

Continued on page 2

Cooperative Extension Service

Agriculture and Natural Resources
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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HEALTHY RECIPE

Red, White, and Blueberry Muffins

- 1 egg
- 1/2 cup skim milk
- 1/2 cup nonfat vanilla yogurt
- 3 tablespoons canola oil
- 2 teaspoons lemon zest
- 2 cups all-purpose flour
- 1/2 cup sugar
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 1/2 cups fresh (or frozen unsweetened) blueberries, whole
- 1 cup fresh (or frozen unsweetened) strawberries, chopped

1. Position rack in the center of the oven. Preheat oven to 400 degrees F.
2. In a large bowl, whisk together egg, milk, yogurt, oil, and lemon zest.
3. Sift the flour, sugar, baking powder, and salt onto the liquid ingredients. Using a fork, stir very lightly, just until ingredients are combined.
4. Gently fold in the berries.
5. Pour the batter into

a muffin pan coated with nonstick spray.

6. In a small bowl, combine the topping ingredients. Sprinkle evenly over muffins.
7. Bake 25 to 30 minutes or until the tops are lightly browned and a wooden toothpick inserted in the center comes out clean.
8. Allow the muffins to cool at least 10 minutes.
9. Serve warm or at room temperature.

Servings: 12

Serving Size: 1 muffin

Nutrition Facts information: 190 calories; 5g total fat; 0.5g saturated fat; 0g trans fat; 15mg cholesterol; 280mg sodium; 33g carbohydrate; 1g fiber; 4g protein; 2% Daily Value of vitamin A; 15% Daily Value of vitamin C; 15% Daily Value of calcium; 8% Daily Value of iron

Source: Becky Freeman, Former Social Marketing Research Project Coordinator, Nutrition Education Program, University of Kentucky Cooperative Extension Service

Continued from page 1

- **Get kids involved in packing.** Let kids help create a short, simple packing list. It teaches organization and builds excitement. Be patient — they'll need help.
- **Entertainment options.** Travel is a great time to connect. Start with conversation, then move to games: travel bingo, coloring books, 20 questions, cards, karaoke. Screens are fine, but books, puzzles, and word searches are great alternatives.
- **Plan for delays.** Travel with kids typically takes longer. Add 30 to 45 minutes for every 3 hours on the road. Plan pit stops so kids can move, snack, and use the bathroom. While this can add time to your travels it makes happier travelers.

During your trip:

- **Stick to routines.** Try to maintain regular meals, naps, and bedtime schedules. It may take creativity, but it is worth the effort.
- **Let kids take the lead.** Invite your children to make decisions: "Which trail should we take?" or "What do you want to see first?" This builds confidence and keeps them engaged.
- **Safety.** Carry a few basics — water, snacks, flashlight, and a small first-aid kit.
- **Expect meltdowns.** They happen, no matter how prepared you are. Expecting a few tough moments helps you stay calm and respond with patience.

After your trip:

- **Reflect together.** Ask your family: What did you love most? Least? What are you glad we did? What would you do again? What will you remember most? These moments build connection and help shape future trips.

Source: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

LOCAL EVENTS



KEHA Updates

New KEHA year materials

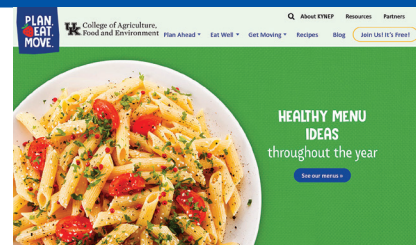
July is the start of the new fiscal year for statewide KEHA. Look for KEHA Manual Handbook and Appendix updates as the revised editions are posted online. Also, theme-based officer training materials are posted in July. www.keha.org

Plan to prepare KEHA reports

Summer is Kentucky Extension Homemakers Association (KEHA) reporting season! Please be aware of the following deadlines and submit reports on time. Be sure to use forms dated 2024-2025 to cover the period from July 1, 2024, to June 30, 2025.

- **July 1: CLUB-level reports are due.** Program of work reports for the eight educational chairmanships are due to each county educational chairperson or designated officer. Volunteer Service Unit (VSU) logs are due to the county.
- **August 15: COUNTY-level reports are due.** The county tallies the club-level reports received in July and submits the totals online by Aug. 15, printing a copy to share with each area educational chairperson. Online forms will be coming soon. County VSU reports are due via paper forms. See <https://keha.ca.uky.edu/content/impacts> for details and to access the county reporting links beginning in July.
- **September 15: AREA-level reports are due.** Area VSU Reports are due to the KEHA State Leadership Development Chairman.

Connect with us!



Feeling better happens one small step at a time.

We know, because that's what we've done -- and we're here to show you how you can do it too. A step here, a step there and soon you'll be eating well, planning good meals, and moving more. Most of all, you'll be feeling good. So take a look at some of our useful tips and maybe even take a free class for free tips. You can do it! Small steps make a world of difference.

PLANEATMOVE.COM

Connect with or contact your county to learn about free classes in your community! Visit PlaneatMove.com/free-classes to learn more.



Community Service
Ephraim McDowell
Health.

Join us at the Casey County Farmer's Market

Ephraim McDowell Health will be onsite offering:

Blood Pressure Checks

Health Education

Free Giveaways

 **July 10th**

 **4:30 - 7pm**

 **289 S. Wallace Wilkinson Blvd.
Liberty, KY 42539**

Visit our website
EMHealth.org

COME COOK WITH US!

UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

NEP Super Star Chef

FREE
CLASS

OPEN TO
AGES 9-12

August 5th, 6th & 7th, 2025

9:00am to 2:00pm

at the Casey County Extension
Education Building

Participants will:

- Master a variety of cooking techniques, like chopping, dicing, blending, folding, and whipping.
- Make homemade dishes like salsa, fruit & yogurt parfaits, pizza, carrot muffins, and MORE!
- Discover foods that fuel your body and energize you.
- Learn how to read a nutrition facts label and what it takes to be "food safe".



BRING A
LIGHT SNACK
FOR EACH
DAY

Registration required!

Call 606-787-7384 to sign up.

If you have participated in the past, consider signing up
for our Super Star Chef: Kneads Some Dough this fall!





EVOLVING LEADERS FORUM

SEPTEMBER 25, 2025

Taylor County Extension Office

1143 S Columbia Ave, Campbellsville

EASTERN TIME

9:30-10:00 a.m.	Registration
10:00 a.m.	Program Begins
1:30 p.m.	Closing Remarks

- Enhance Your Leadership Skills
- KEHA Leader Lesson Training

**Register with your local Extension Office
by September 10th**



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

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

