



**UK** Cooperative  
Extension Service

**Cooperative Extension  
Service**

Daviess County  
4800A New Hartford Road  
Owensboro KY 42303  
270-685-8480  
daviess.ca.uky.edu

# October 2025

## DATES

**October 4-5**

Harvest Fest

**October 7**

Prediabetes Class - "The Right Stuff"

**October 12-18**

KEHA week

**October 13-17**

Fall Break for Local Schools

**October 14**

Diabetes Essentials

**October 20**

Tune into WBKR

**October 25**

Halloween Farmers' Market

**October 28**

Homemaker Lesson Training

**October 31**

Happy Halloween!

**November 2**

Fall Back an hour

**November 11**

International Cooking Class

**November 17**

Tune into WBKR

**November 27-28**

Office closed for Thanksgiving holiday

See the Daviess County Homemakers at the Harvest Festival! They will be selling pecan halves and pieces to take home with you (\$10 per bag) and taking orders for those and chocolate covered (\$12 per bag). Ordered pecans will be shipping by early November.



Homemakers are also taking orders for Rada products.

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*Katie Alexander*

Daviess County Extension Agent  
for Family & Consumer Sciences Education

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

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

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Disabilities  
accommodated  
with prior notification.

Dieticians from the Owensboro Health Healthpark will be offering Type 2 diabetes prevention and management classes at the Daviess County Extension Office.

**Tuesday, October 7** - The Right Stuff...learn what it takes to prevent Type 2 diabetes.

**Tuesday, October 14** - Type 2 Diabetes Essentials.

Both classes start at 5:30 p.m. Please check out the fliers in this newsletter for more information, and call the Extension Office at 270-685-8480 to register.



## HALLOWEEN at the MARKET

Be sure to stop by the Owensboro Regional Farmers' Market on Saturday, October 26th from 8 am to noon for the Halloween Market.

There will be Trick-or-Treating, a Costume Parade, and Children's Activities.



## RECIPE of the MONTH

Tune into WBKR at 8:10 a.m. on October 20 and November 17 with Sharayha Clingenpeel to hear about the recipe of the month.



October: Cheesy Pumpkin Pasta Bake →

November: Parmesan Carrot Chips



## INTERNATIONAL COOKING

Continue traveling around the world with Extension! Our next stop will be **Italy**.



**November 11th - 5:30 p.m.** - We will be making pasta and sauce.

**Registration opens October 10.**

**Call 270-685-8480 to register.**

**Class size is limited.**

# Planning Family Dinners on a Budget

By: Shelley Crawford, Trigg County FCS/4-H Agent and  
Nicole Huff, Extension Specialist for Family Resource Management

Family dinners represent a time to come together, share a meal, and engage in meaningful conversations. When planning a family meal, creating a budget can ensure the dinner is affordable and enjoyable for everyone. Consider preparing nutritious, budget-friendly meals as “capital investments” in your family.

Planning budget-friendly dinners can be a fun and creative exercise for the whole family. By working together to plan and cook meals, families can use problem-solving skills and find creative solutions like learning affordable alternatives to expensive ingredients and experimenting with new recipes. Here are a few ways to plan cost-effective meals:

- **Set a budget.** Consider how much money you want to spend for the week and the number of people who will be eating each meal you plan to prepare.
- **Plan a menu.** Think about what type of food you want to cook and any dietary restrictions your family might have. Do you have picky eaters? Choose recipes with affordable ingredients that you can use in more than one recipe. Also select meals your family enjoys, which reduces food waste and increases the likelihood that they will eat the leftovers. (Uneaten food means the money that you spent on food is going in the trash!)
- **Shop for ingredients.** Compare prices and look for sales at your local grocery, discount, or bulk stores. Search for coupons and look for generic alternatives. Brand names often cost more but offer similar taste and quality to the store brand.
- **Plan ahead.** This gives you time to look for sale items and “shop” your pantry, fridge, and freezer before you make your grocery list. When you find good deals for items that are shelf stable or you can freeze, buy extra for future use.

Family dinners are important for strengthening bonds, encouraging healthy habits, and providing time for conversation. Meals can be both affordable and healthy. Visit <https://fcs-hes.ca.uky.edu/piukp-recipes> for Plate It Up! Kentucky Proud Recipes.



# Meal Prepping Saves Time and Frustration

By: 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.





Owensboro Health  
Healthpark



# The Right Stuff ...

learn what it takes to  
prevent Type 2 diabetes!

Do you have prediabetes or have you been told you're at risk for developing diabetes? Would you like to reduce that risk and turn your health around?

Join The Right Stuff class to learn how healthy diet and activity principles can improve your health.

**Each class lasts one hour and is FREE!**

**UK** Cooperative  
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**October 7**


**5:30 p.m.**

**4800A New Hartford Rd,  
Owensboro, KY 42303**

**Call 270-685-8480  
to register.**

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# TYPE 2 Diabetes *Essentials*



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**DAVISS COUNTY**

**If you have Type 2 diabetes and would like to learn about ways to manage it, this class is for you.**

This is a free, one-hour class. In the class, we will discuss the basics about diabetes and how to manage it. Diet, exercise, and ways to reduce complications will be included.

**Registration is required.**

**Please call 270-685-8480 to register or if you have any questions.**

**October 14  
5:30 p.m.**

4800A New Hartford Rd,  
Owensboro, KY 42303



Owensboro Health  
Healthpark

# HOMEMAKER HAPPENINGS



## Lesson for the Month

Indoor Air Quality - An Environment, Housing, and Energy Lesson

## Roll Call

October is National Dessert Month. What is your favorite dessert?

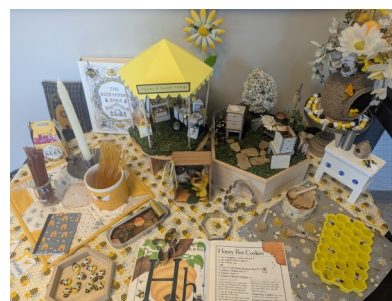
## Thought of the Month

"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie."

- Jim Davis

## FOYER DECORATIONS

Trinity welcomed everyone with a "bee" utiful September.



The Extension Office will decorate for 4-H and KEHA week in October.

## AREA MEETING

Our Homemakers had a fantastic time at the Annual Day in Morganfield. Jason Koger was quite the inspirational speaker.



Laurel Fant's miniatures received a blue ribbon in the Cultural Arts division.

## Lesson Leader Training and Council Meeting

Homemaker Lesson Trainings will be on **October 19th** at the **Daviess Co Extension Office**

**10 am** - November lesson: *Laughter Is A Must* - a Family and Individual Development lesson

**11 am** - January lesson - *Selecting Sheets* - this is a Management and Safety lesson

The lessons will be recorded and uploaded to Green River Area Homemaker YouTube channel.

The Daviess County Council will meet after the trainings (around 12:30).



# KEHA WEEK 2025

OCTOBER 12TH- 18TH

Stitched Together:  
A Plan for the  
Future



## 2026 STATE MEETING INFORMATION

Make plans to attend the 2026 State Meeting at Hyatt Regency Lexington  
401 West High Street, Lexington!  
May 12-14, 2026

### Lodging Information

The lodging room blocks are now open for reservations!

Hyatt Regency Lexington  
401 West High Street, Lexington, KY 40507  
Room rate \$155.00 + tax (1-4 people per room)

Online Reservations: <https://www.hyatt.com/en-US/group-booking/LEXRL/G-KEH1>

Phone Reservations: 800-233-1234 (group code G-KEH1 for conference rate)

Make your reservations by April 13, 2026, to secure the conference rate.

### Learning Session Proposal Forms are now being accepted.

Learning Session Proposal forms are due Oct. 15 . Please see the KEHA website for more information. <https://keha.ca.uky.edu>

