

Pre-School Pages

October 2024

Apple Pie Smoothie

Ingredients:

2 cored and sliced apples (or 1 cup unsweetened applesauce)



1 medium banana (fresh or frozen)

1/4 cup rolled oats

1 1/2 cups skim milk

1 teaspoon ground cinnamon

3-4 ice cubes

1 teaspoon honey (optional)

Directions:

Put everything in the blender and blend until smooth.

Enjoy!

Source: University of Kentucky Cooperative Extension Service: Nutrition Education Program: Eat Smart to Play Hard.

Nutrition Facts Per Serving: 250 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 5mg cholesterol; 80mg sodium; 56g carbohydrate; 8g fiber; 36g total sugars; 0g added sugar; 9g protein; 10% daily value of Vitamin D; 20% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

October is National Work and Family Month

National Work and Family Month is an annual designation that aims to highlight the importance of creating a harmonious relationship between professional responsibilities and family commitments.

Celebrating this month involves recognizing the benefits of a balanced lifestyle. The theme of this year's month is Work-Life Harmony.

With this year's theme, we hope to remind employees to seek out resources that are the most helpful to them in this season of their lives.

There are many ways you can recognize and celebrate this month. Make a to-do list of a few items and get started.

Here are few ideas:

- Schedule lunch or dinner with a friend
- Plan an activity or outing with family and friends
- Host a gathering
- Take a mindful walk
- Read an interesting book
- Sign up for a helpful podcast
- Visit a place that brings you joy and peace
- Attend a workshop
- Volunteer
- Schedule daily self-care moments



Autumn Sweet Potato Chili

This recipe is perfect for autumn. Shuffle through some leaves and come inside for a hot bowl of deliciousness.

Ingredients:

1 (15 ounce) can sweet potatoes (do not drain, cut them in smaller pieces if preferred)

1 tablespoon chili powder

1 (16 ounce) jar salsa

2 (15 ounce) cans black beans (do not drain)

Water if needed to achieve desired consistency

Toppings

½ cup reduced-fat sour cream

Shredded sharp cheddar cheese

Dried or fresh chopped cilantro

Directions:

Combine sweet potatoes, chili powder and salsa in a large saucepan.

Bring to a boil, reduce heat to simmer, and cook until heated through, stirring as needed.

Add beans with liquid and cook another 3 minutes to blend flavors.

Heat through. 5. Serve with sour cream, cheese and cilantro on the side.

Notes

Option: To reduce sodium, use vegetables canned without added salt.

Source: Jeffrey Hines, former Graphic Artist for Nutrition Education Program, University of Kentucky Cooperative Extension Service

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



Kentucky Sweet Potato

SEASON: All year—peak season is October through March.

NUTRITION FACTS: Sweet Potatoes are a good source of fiber, complex carbohydrates and vitamins A and C.

SELECTION: Two varieties of sweet potatoes are grown in Kentucky. The pale sweet potato has a light yellow skin and pale yellow flesh that is dry and crumbly. The darker variety has a dark skin and orange sweet flesh that cooks up moist. Choose small to medium-sized ones with smooth, unbruised skin.

STORAGE: Store unwrapped in a cool (50 degree) dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

PREPARATION: Scrub well. Leave whole or peel, then slice, dice or shred.

Baking: Pierce skin in several places and rub with margarine if desired. Arrange in a single layer and bake uncovered in a 375° F oven until soft when squeezed (45-60 minutes.)

Boiling: In a 3-quart pan, boil 4 whole medium-size potatoes, covered in 2 inches water until tender when pierced. Drain.

Microwaving: Pierce skin, place on a paper towel in microwave. If cooking more than 2 at a time, arrange like spokes. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato



HAPPY HALLOWEEN

With gratitude,

Renée Wiley

County Extension Agent for
Family & Consumer Sciences

páginas preescolares

Octubre 2024

Batido de tarta de manzana

Ingredientes:

2 manzanas sin corazón y en rodajas (o 1 taza sin azúcar puré de manzana)



1 plátano mediano (fresco o congelado)

1/4 taza de copos de avena

1 1/2 tazas de leche descremada

1 cucharadita de canela molida

3-4 cubitos de hielo

1 cucharadita de miel (opcional)

Instrucciones:

Pon todo en la licuadora y licúa hasta que quede suave.
¡Disfruta!

Source: University of Kentucky Cooperative Extension Service: Nutrition Education Program: Eat Smart to Play Hard.

Nutrition Facts Per Serving: 250 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 5mg cholesterol; 80mg sodium; 56g carbohydrate; 8g fiber; 36g total sugars; 0g added sugar; 9g protein; 10% daily value of Vitamin D; 20% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Octubre es el Mes Nacional del Trabajo y la Familia

El Mes Nacional del Trabajo y la Familia es una designación anual que tiene como objetivo resaltar la importancia de crear una relación armoniosa entre las responsabilidades profesionales y los compromisos familiares.

Celebrar este mes implica reconocer los beneficios de un estilo de vida equilibrado. El tema del mes de este año es la armonía de la vida laboral.

Con el tema de este año, esperamos recordar a los empleados que busquen los recursos que les resulten más útiles en esta etapa de sus vidas.

Hay muchas maneras en que puede reconocer y celebrar este mes. Haga una lista de tareas pendientes de algunos elementos y comience.

Aquí hay algunas ideas:

- Programe un almuerzo o una cena con un amigo
- Planifique una actividad o una salida con familiares y amigos
- Organiza una reunión
- Da un paseo consciente
- Lee un libro interesante
- Regístrate para recibir un podcast útil
- Visita un lugar que te brinde alegría y paz
- Asiste un taller
- Voluntariado
- Programar momentos diarios de autocuidado



Chile De Camote De Otoño

Esta receta es perfecta para el otoño. Mezcla algunas hojas y entra para disfrutar de un plato caliente y delicioso.

Ingredientes:

1 lata (15 onzas) de batatas (no las escurras, córtalas en trozos más pequeños si lo prefieres)

1 cucharada de chile en polvo

1 frasco (16 onzas) de salsa

2 latas (15 onzas) de frijoles negros (no escurras)

Agua si es necesario para lograr la consistencia deseada

Coberturas:

½ taza de crema agria baja en grasa

Queso cheddar rallado

Cilantro seco o fresco picado

Instrucciones:

Combine las batatas, el chile en polvo y la salsa en una cacerola grande.

Deje hervir, reduzca el fuego a fuego lento y cocine hasta que esté completamente caliente, revolviendo según sea necesario.

Agregue los frijoles con el líquido y cocine otros 3 minutos para mezclar los sabores.

Calentar completamente. 5. Sirva con crema agria, queso y cilantro como acompañamiento.

Notas

Opción: Para reducir el sodio, use verduras enlatadas sin sal agregada.

Source: Jeffrey Hines, former Graphic Artist for Nutrition Education Program, University of Kentucky Cooperative Extension Service



batata de kentucky

TEMPORADA: Todo el año; la temporada alta es de octubre a marzo.

INFORMACIÓN NUTRICIONAL: Las batatas son una buena fuente de fibra, carbohidratos complejos y vitaminas A y C.

SELECCIÓN: En Kentucky se cultivan dos variedades de batatas. La batata pálida tiene una piel de color amarillo claro y una pulpa de color amarillo pálido, seca y quebradiza. La variedad más oscura tiene una piel oscura y una pulpa dulce de color naranja que se cocina húmeda. Elija los de tamaño pequeño a mediano con piel suave y sin magulladuras.

ALMACENAMIENTO: Guárdelo sin envolver en un lugar fresco (50 grados), seco y oscuro con buena ventilación por hasta 2 meses o a temperatura ambiente durante 2 semanas.

PREPARACIÓN:

Frotar bien. Déjelo entero o pélelo, luego córtelo en rodajas, píquelo o desmenúcelo.

Horneado: Perfore la piel en varios lugares y frote con margarina si lo desea. Colóquelos en una sola capa y hornee sin tapar en un horno a 375° F hasta que estén suaves al exprimirlos (45-60 minutos).

Hervir: En una cacerola de 3 cuartos, hierva 4 papas enteras de tamaño mediano, cubiertas con 2 pulgadas de agua hasta que estén tiernas al perforarlas. Drenar.

Microondas: Perfore la piel, colóquela sobre una toalla de papel en el microondas. Si cocina más de 2 a la vez, colóquelos como radios. Cocine en el microondas a temperatura alta, volteando a la mitad del tiempo de cocción. Espere de 4 a 5 minutos para una papa.



HAPPY HALLOWEEN

Con gratitud,

Denise Wally

Agente de Extensión del Condado para Ciencias de la Familia y del Consumidor

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.