

Spring Cleaning for your Mental Health

Source: Natese Dockery, Clinical Assistant Professor and Extension Specialist for Mental Health and Well-being

Ever feel like your home is practically shouting at you to tidy up? You're not alone! With busy schedules and endless to-do lists, it's easy for clutter to pile up—along with your stress levels. While spring cleaning might seem like just another chore, it can actually work wonders for your mental health. A fresh, organized home doesn't just look good; it helps you feel better, too.

Believe it or not, clutter can contribute to feelings of anxiety, overwhelm and even depression. When you're surrounded by mess and disorganization, it's a constant reminder of everything you still need to do. On the flip side, an orderly space can foster mental clarity, reduce stress and give you a sense of calm. If you're ready to spruce up your home—and your mind—here are some practical strategies:

Prioritize tasks: Start small instead of throwing yourself into a massive cleaning frenzy. Pick one manageable job—like decluttering a drawer or organizing a single shelf—and go from there. Success with smaller tasks can motivate you to tackle bigger ones later on.

Focus on one room at a time: It's easy to get stuck rushing from one part of the house to another, only to realize you've created more chaos. Concentrate on one area until it's done. Checking off



each room provides a sweet sense of accomplishment.

Use a timer: Got a big job ahead, like sorting through an entire closet? Break it down. Set a timer for 20 or 30 minutes and work until it goes off. This keeps you focused, helps prevent procrastination, and makes large tasks feel more approachable.

Spread out the cleaning: Unless you thrive on marathon cleaning sessions, don't try to do everything at once. For most of us, it's easier on both mind and body to spread tasks over several days or weeks. This way, you won't burn out before you're done.

Ask for help: Do you have more on your plate than you can handle alone? Call in reinforcements! Friends, family, or even

roommates can make big projects more manageable. Plus, it can actually be fun when you're working together. Crank up the music, chat and turn it into a social event.

Mindful cleaning: As you dust or scrub, pay attention to the sensations in your body. Feel your muscles working, notice the scents around you and focus on the moment. This kind of mindfulness can reduce stress and help you relax.

Celebrate your progress: Give yourself a pat on the back or even a small reward each time you complete a task. Recognizing your achievements keeps you motivated and encourages a positive outlook.

Remember, the goal of spring cleaning isn't just a squeaky-clean home, it's also about giving your mental health a little TLC. By chipping away at clutter, focusing on one task at a time, and inviting mindfulness into your routine, you can turn spring cleaning into a surprisingly refreshing and stress-relieving experience.

**Campbell County
Homemakers
Annual Meeting
June 23, 2025 6-9pm
See the flyer on page 5**



Campbell County Extension Homemakers need officers for the upcoming year. If you are interested, or would like more information, please call Pam Fields at 513-519-5823.

UK Cooperative Extension and our Homemakers offer many opportunities for developing new skills, new friendships, having fun, as

well as opportunities to help others. Research has shown that these things can bring better mental health and well being. Our Lunch Bunch, Makers, Valley, and Crazy Quilters Clubs welcome new members.

VALLEY HOMEMAKERS

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

ENJOY LEARNING NEW INFORMATION AND SKILLS

The club emphasizes service, volunteering with others to help individuals and groups within the local community. Valley members enjoy making a variety of craft projects and have plans for learning many more.



WE MEET
THE 2ND
TUESDAY OF
EACH MONTH

WE WELCOME NEW
MEMBERS ANY TIME
THROUGHOUT THE YEAR
AND HOPE THAT YOU WILL
BRING A FRIEND AND JOIN.

TIME: 10am (check newsletter)

MEETING LOCATION: Campbell County Extension Office

CONTACT: Pam Fields (513) 519-5823 (leave voicemail)

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Hands-On

UK Cooperative
Extension Service

Water & Pressure Canning Class

Learn how to safely preserve high-acid foods like jams, jellies, and certain fruits and vegetables. Topics such as equipment, produce preparation for canning, processing times, and safety precautions will be covered.

Tuesday, June 10, 2025

10:00 am - 3:00 p.m.

Campbell County Extension Office

3500 Alexandria Pike | Highland Heights, KY 41076



Please pack
your lunch for
this program.

Registration required:
Call 859-572-2600 or online at
campbell.ca.uky.edu

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Lexington, KY 40506



Campbell County Cooperative Extension



At the April Maker Club Meeting we had 19 makers tackle a small mixed media collage with great success. In May we are going to venture into origami art.



ATTENTION Homemakers...



Medicine Bottle Collection Event Continues

Please clean and remove the label.

Bottles will be collected at club meetings or you can drop them in the collection box in the front entry of the Extension Office.

M-F 8-4:30pm.

We collected 566 medicine bottles so far this year.

A big **THANK YOU** to all who collected and donated bottles.

Thanks in advance for your participation and help!



LUNCH BUNCH

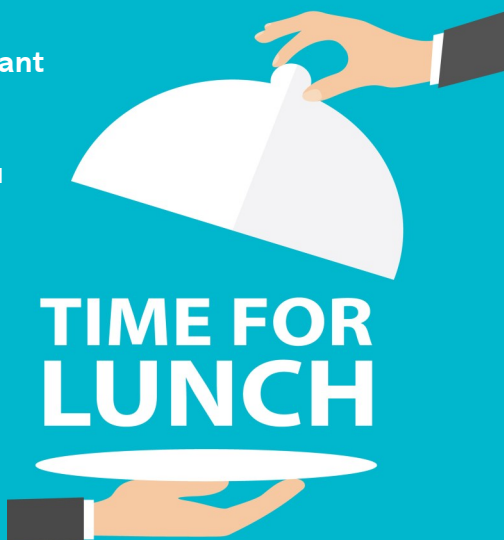
May 6 — 11:00

El Jinete Mexican Restaurant
5062 Old Taylor Mill Rd,
Taylor Mill, KY 41015
Call/Text RSVP by April 28 if you plan to attend.
859-816-8707

June 3 — 11:00

Ford's Garage
4911 Houston Rd.
Florence, KY 41042
Call/Text RSVP by May 30 if you plan to attend.
859-816-8707

TIME FOR LUNCH



The Mediterranean Diet is the best diet of 2025

Source: Anna Cason, Senior Extension Associate for Food and Nutrition



Each year, U.S. News ranks the best diets. A team of medical and nutrition experts looks at different diets and decides how healthy they are. They check whether the diet has the right balance of nutrients, whether it is safe, how easy it is to follow long-term, and if the diet really works. The diets on the list are backed by science and can help manage weight long-term while providing your body with the nutrition it needs and supporting overall health and well-being. Year after year, the Mediterranean Diet ranks first on the list.

There is not one standard Mediterranean diet. The Mediterranean Diet is based on the eating patterns of people who live in countries around the Mediterranean Sea. These 16 countries have different cultures, religions, and ways of living, but their diets share some common ideas. These include:

- Eat a variety of foods from plants like fruits, vegetables, and grains (like bread, potatoes, beans, nuts, and seeds).
- Eat dairy, eggs, fish, and poultry in small amounts and prepare them in a variety of ways.

- Reduce how often you eat red meat.
- Use olive oil as a main source of fat.
- Enjoy wine in small amounts with meals, if desired.

The Mediterranean Diet is a way to modify your eating pattern to support your health. It has similarities to MyPlate, which represents the Dietary Guidelines the U.S. Department of Agriculture sets. MyPlate suggests these main ideas:

- Focusing on whole fruits,
- Varying your veggies,
- Making half your grains whole grains,
- Varying your protein routine,
- Moving to low-fat or fat-free dairy milk or yogurt, and
- Drinking and eating less sodium, saturated fat, and added sugars.

The Mediterranean Diet follows these ideas, too. For example, eating a variety of plant foods includes focusing on whole fruits, eating a variety of vegetables, and choosing whole grains. The typical Western diet is heavy on meat, so varying your protein routine can include adding dairy, eggs, fish, and

poultry. And by reducing how often red meat is in a meal, eating or drinking low-fat or fat-free dairy, and using olive oil, we can reduce the saturated fat in our diet.

The Mediterranean Diet is a heart-healthy way to eat that can support weight management while providing your body with the nutrition it needs. This is why experts vote it as the best diet. But it is not the only way to eat healthy. Following the nutrition guidance that makes up MyPlate and many of the top diets on the list of Best Diets for 2025 can meet your goals in a flexible way.

Reference(s):

Burdeos, J. (2025, January 3). Best Diets Overall 2025. USNews.com. <https://health.usnews.com/best-diet/best-diets-overall>

American Heart Association. (2020). Mediterranean Diet. [www.heart.org. https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/mediterranean-diet](https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/mediterranean-diet)

Start Simple with MyPlate | MyPlate. (2022, March). www.myplate.gov; USDA. <https://www.myplate.gov/tip-sheet/start-simple-myplate>

"The Homemakers Before Us"

Join us for an evening of dinner, installation of officers and fun honoring the history of Homemakers as we move into the new Homemaker year.

Everyone is encouraged to wear an apron – new or well-loved, fancy or functional, vintage or retro – put it on and join in the Parade of Aprons. When Homemaker meetings were held in the home, these aprons were surely put to good use so let's get them out and show them off, show we remember and still do wear aprons.

Have that competitive spirit? Sign up for the Dessert Competition promising fame, recognition and a prize to the best homemade dessert of the evening. Bring your recipe to display with your entry and share with your fellow Homemakers, too.



Campbell County Homemakers Annual Meeting June 23, 2025 6-9PM

Campbell County Extension Office | 3500 Alexandria Pike | Highland Heights, KY 41076

Registration required by June 6, 2025

Cost: \$20 for members | \$25 for non-members.

Mail the form with your payment today!

Check payable to:

Campbell County Extension Homemakers Association

Mail to: Marcia Kerby

372 Shadow Ridge

Cold Spring, KY 41076

Questions? Contact Debbie Hyson (859-512-6400)

Name _____

Phone _____

Address _____

City _____

State _____ Zip _____

E-mail _____

☐ Member

☐ Non-Member

☐ Yes, sign me up for the dessert competition



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CALLING ON ALL HOMEMAKERS: NEW OUTREACH PROJECT

Dear Homemaker Members, we are asking for your participation in a community outreach project to brighten the day of some of our residents in our local care facilities. It is a simple pattern (in this newsletter) that can be hand or machine sewn, then stuffed.

This bunny can be made in any color of fabric you choose and may be embellished with ribbons, lace, buttons, etc. , if you like. The more bunnies we receive, the more kindness we can spread!

Finished bunnies can be dropped off any time at the reception desk of the Extension Office so that we can begin distributing them. **We hope to have bunnies for a May and June delivery. The last drop-off date is June 18th.** Looking forward to spreading some kindness with you to those who sometimes feel forgotten—and it will actually lift our spirits, too! Let's go, Homemakers! 😊



"These are examples of some of the bunnies members have already made for distribution to area care Facilities. Please join us in making bunnies for this worthwhile project."



Kate Vaught Thompson

Kate Vaught Thompson
Campbell County Extension Agent for
Family and Consumer Sciences

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Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to:

-- Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building North, Lexington, Kentucky 40546,

-- UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032, or

-- US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Bunny Sewing Template

1

Pin the template
to two pieces
of scrap fabric,
right sides out.

2

Cut
with pinking
shears.

3

Top stitch
by-hand or on
a sewing machine, stuff
and stitch closed.

The 4 Stages of Parenting and How to Maximize Each One

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

Parenting is a journey that changes as children grow and change. Understanding the four main stages of parenting can help parents through each phase, making sure they give the right support at the right time. Each stage has its own challenges. Knowing what to take in each can mean better results for both parents and kids.



Infancy Stage (0-2 years). During infancy, the main focus is on meeting a child's basic needs — feeding, comfort, and safety. Research shows attachment and bonding are key, as babies count on their caregivers to feel safe in the world. Positive interactions and consistent caregiving help build a sense of trust and safety in the baby. They lay the groundwork for later stages. During this stage, parents should focus on forming a responsive caregiving style.



Early Childhood Stage (2-6 years). In this stage, children have quick cognitive, emotional, and social growth. Children start to explore their



freedom. Their language skills, motor skills, and social understanding grow. Parents should give structure and guidance while letting your child explore their sense of wonder and curiosity. Research says it is vital to let children succeed in tasks to build confidence. Encouraging positive social interactions and giving proper challenges for their age can help children build self-esteem and start to learn how to navigate their environment.



Middle Childhood Stage (6-12 years). In middle childhood, children gain more even more freedom and start forming their own sense of self. Their cognitive skills grow, and they start to build skills in problem-solving and logical thinking. Parents should focus on giving chances for learning and personal growth while keeping up steady support. Studies suggest that more school engagement and activities outside of school at this stage are key for fostering a sense of skill and self-worth. Parents can boost this stage by fostering good

friend bonds, promoting responsibility, and encouraging exploration of their child's interests.



Adolescence Stage (12+ years).

Adolescence has intense physical, emotional, and social changes. Teens strive for freedom and build more complex thinking. Parents should use a more flexible, supportive role, guiding their teens through decision-making and helping guide them through social pressures. Research shows that teens benefit from open communication and the chance to make choices within limits. Parents should maintain trust while offering support and emphasizing the value of personal responsibility and prepping teens for adult life.

Each stage of your child's growth needs different parenting methods to make sure children develop into well-adjusted, competent adults. By understanding the unique needs of each phase, parents can give the care and support their child needs at every step of the journey.

References

- Bowlby, J. (1988). *A Secure Base: Parent-Child Attachment and Healthy Human Development*. Routledge.
- Eccles, J. S., & Roeser, R. W. (2011). *School and Community Influences on Human Development*. Wiley-Blackwell.
- Erikson, E. H. (1963). *Childhood and Society*. W.W. Norton & Company.
- Steinberg, L. (2001). *The Adolescence: An Overview*. Oxford University Press.

ADULT HEALTH BULLETIN



MAY 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)

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Cooperative Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600

THIS MONTH'S TOPIC

TICK PROBLEM PREVENTION



Spring has officially sprung in Kentucky, with flowers in full bloom and the horses off to the races! While we may be excited to get outdoors and enjoy the sunshine, the warm weather also draws out other critters ... ticks. Ticks are tiny arachnids that need to feed on blood to go through their life cycle, putting the ICK in tick. These critters can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife. While not every tick bite will lead to disease, it can take just one bite in some circumstances. That is why reducing your risk of tick bites is important. You should include these simple steps outdoors, especially when working or playing in a "tick-risky habitat."

Ways to reduce your risk of tick bites

- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grasses.

Continued on the next page ➔

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Ticks can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife.

→ Continued from the previous page

- Buy pre-treated clothing or treat clothes with permethrin.
 - If you treat your clothes, follow all label instructions and keep cats away from the wet clothing as it is toxic to cats when wet (but safe when dry!)
 - Re-treat clothing after the number of washes shown on the label.
- Use DEET or other repellents before going into a risky habitat.
 - Find the right repellent for you and your family members by using the Environmental Protection Agency (EPA) tool: <https://www.epa.gov/insect-repellents/find-repellent-right-you>.
 - Remember to spray your socks and (non-rubber) boots!
- Do a tick check periodically while outdoors and soon after returning home.
 - It is easiest to do a full tick check in the shower; this will help dislodge any ticks that may not have fully attached yet.
 - Do a tick check on your pets too.
 - Focus on areas where ticks could find an easy blood meal — “hidden” locations and spots with increased blood flow are ticks’ favorites, such as the scalp, armpits, belly button, groin, behind the knees, and in between toes (especially on pets).
- Throw clothes in the wash, then the dryer, on HIGH heat.
 - Heating clothes on high for 10 to 15 minutes will kill ticks.

Take a “tick kit” with you while out and about. This will include items that help you locate, remove, and collect ticks and clean the bite site. When removing ticks, pull the skin tight, grab as close to the skin as possible with your tweezers, and pull straight up and out. Do NOT twist ticks to remove, that can break ticks and leave the mouthparts attached, potentially leading to infection.

Tick kit items

- Magnifying glass to find ticks

- Tweezers or forceps
- Bottle (a small pill bottle works well, with identifying information removed) or zip-top bag to keep ticks if you want them identified or tested
- Hand sanitizer or cleaning towelette to clean the bite site after removing the tick

Tick testing

Kentucky residents can send in ticks (found on people and pets) for testing by following instructions through the UK’s Tick Submission Program: <https://entomology.ca.uky.edu/ticksurveillance2022>

What makes a location “tick risky”?

While many different tick species live in Kentucky and prefer different habitats, they are generally found in “wilder” areas — think brush, tall grasses, or leaf litter. You can reduce your risk by walking in the middle of hiking trails, limiting time in tall grass and brush, and using personal protection measures when in these habitats.

But don’t let ticks keep you from enjoying all the beauty that Kentucky has to offer! Using a combination of these methods, you can reduce your risk of tick bites whenever you and your family are working or recreating outdoors.

For more information on reducing your tick and mosquito bite risk and creating “bite safe” spaces around your home, check out UK’s Extension Resources: <https://entomology.ca.uky.edu/ef618> and UK’s From the Woods Today series, episodes 212 and 214.

• **Episode 212:** https://youtu.be/pr2__iPdndI?si=z1u72TXK556QQAOL

• **Episode 214:** https://youtu.be/DNTXX_DIGA4?si=F-EsaDdTMW-XFdUT

Written by: Hannah Tiffin, Ph.D.,
Assistant Professor, Dept. of Entomology

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



AI Past, Present, & Future Series



Join us for a 3 part discussion on the origins of Artificial Intelligence (AI), what "artificial intelligence" means for us in every day life today, and where individuals are ushering it moving into the future. **Attendance at all 3 events in the series is suggested but not required.**



Session 1: TUESDAY MAY 13th from 10AM - 12PM

Session 2: TUESDAY MAY 20th from 10AM - 12PM

Session 3: TUESDAY MAY 27th from 10AM - 12PM



CAMPBELL COUNTY EXTENSION OFFICE

3500 Alexandria Pike,
Highland Heights, KY 41076

REGISTER AT: campbell.ca.uky.edu OR CALL (859) 572-2600

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Disabilities
accommodated
with prior notification.



UK Cooperative
Extension Service

POLYMER CLAY JEWELRY MAKING CLASS



May 6th

at 1:00 Pm

At this class we will create beautiful polymer clay earrings. Expect to be working with the clay by hand. We ask that you are 18 years or older to attend.

Campbell County Extension Office
3500 Alexandria Pike Highland
Heights, KY 41076

Register Now

Register at 859-572-2600 or
online campbell.ca.uky.edu



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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in "off" seasons to find better deals.

CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read [https://ukfcs.net/Traveling Meals](https://ukfcs.net/Traveling%20Meals).

EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit <https://www.kentuckytourism.com/> to explore all the vacation choices the Commonwealth has to offer!

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AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

May is Military Family Appreciation Month



FOR MILITARY YOUTH: Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html>

FOR MILITARY FAMILIES: Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: <https://fcs-hes.ca.uky.edu/MTAC>

Written by: Kristen Jowers and Kerri Ashurst

Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

2025

Flower Buds

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

A Laugh and Learn Playdate

Flower Buds meet for story time, tours of our educational gardens, an engaging activity for the child and parent or relative to make together and a light snack.

Family Time for preschoolers (age 3-5).
Older children are also
welcome to join with prior notification.

Space is limited to 15 children
plus 1 parent or relative.

Registration for each class is required
859-572-2600 or online at
campbell.ca.uky.edu



Location:
Campbell County Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076

2025 Flower Buds Schedule:

10:00 a.m. - 11:30 a.m.

- ☐ Thursday, August 7
- ☐ Thursday, September 4
- ☐ Thursday, October 2
- ☐ Thursday, November 6
- ☐ Thursday, December 4

If you have questions, please contact Kate Thompson or Terri Turner.

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

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Disabilities
accommodated
with prior notification.



BANANA PANCAKES

Servings: Makes 8

Serving Size: 2 pancakes

Recipe Cost: \$9.03

Cost per Serving: \$1.13



Ingredients:

- 2 large very ripe bananas
- 1 cup low-fat milk
- 2 tablespoons packed light brown sugar
- 1 1/2 tablespoons vanilla extract
- 1 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/4 cup chopped pecans or walnuts (optional)
- Nonstick cooking spray

Nutrition facts per serving:

140 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 85mg sodium; 29g total carbohydrate; 2g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium

Source: Brooke Jenkins, Extension Specialist for Curriculum; and Bethany Pratt, Extension Specialist for Food Systems, University of Kentucky Cooperative Extension

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat a skillet or griddle on the stove over medium-low heat.
3. In a medium bowl, mash the very ripe bananas using a fork or masher. Stir in the milk, brown sugar, and vanilla extract. Mix until combined.
4. Add the flour, baking powder, salt, and cinnamon. Mix just until the batter is moistened with no dry spots remaining. Batter will be lumpy. Fold in nuts if using.
5. Spray the heated skillet or griddle with nonstick cooking spray. Drop about a 1/4 cup of the batter into sections of the pan and spread out each into a 4-inch round.
6. Cook pancakes until bubbles form on top and the edges start to brown, about 6 to 8 minutes. Flip and continue cooking until the bottoms of the pancakes are golden brown and easily release from the pan, about 3 to 4 minutes more.
7. Transfer the pancakes to a warm plate. Repeat, cooking the remaining batter.
8. To serve, stack 2 pancakes on a plate and top with desired toppings. Serve immediately.
9. Refrigerate leftovers within 2 hours.

May 2025



Campbell County Cooperative Extension Homemakers Association

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>All Events and Programs are at the Campbell County Extension Office unless otherwise noted.</p> <p>3500 Alexandria Pike Highland Heights, KY 41076</p> 		<p>LOOKING AHEAD...</p> <ul style="list-style-type: none"> No Valley Meeting in May No HM Meeting in May Valley Meeting - June 10 HM Council Mtg - June 12 		<p>1</p> <ul style="list-style-type: none"> Flowerbuds Program - 10:00am 	<p>2</p>	<p>3</p>
<p>4</p>	<p>5</p>	<p>6</p> <p>2025 KEHA State Meeting at Hyatt Regency - Lexington</p> <ul style="list-style-type: none"> Lunch Bunch - 11:00am <i>El Jinete Mexican Restaurant</i> Polymer Clay Jewelry Class - 1:00pm 		<p>8</p> <ul style="list-style-type: none"> Farm Steading - Info Series for Landowners - 6-9:00pm - <i>EEC</i> 	<p>9</p>	<p>10</p>
<p>11</p> 	<p>12</p> <ul style="list-style-type: none"> Homemakers Maker Club Meeting - 6:00-8:00pm 	<p>13</p> <ul style="list-style-type: none"> Artificial Intelligence (AI) Series - 10:00am 	<p>14</p> <ul style="list-style-type: none"> Farm Steading - Info Series for Landowners - 6-9:00pm - <i>EEC</i> 	<p>15</p> <ul style="list-style-type: none"> Sour Dough Basics Program - 4:00pm 	<p>16</p>	<p>17</p>
<p>18</p>	<p>19</p>	<p>20</p> <ul style="list-style-type: none"> Artificial Intelligence (AI) Series - 10:00am Winter Book Club - 5:00pm 	<p>21</p> <ul style="list-style-type: none"> Farm Steading - Info Series for Landowners - 6-9:00pm - <i>EEC</i> 	<p>22</p>	<p>23</p>	<p>24</p>
<p>25</p>	<p>26</p>  <p>REMEMBER AND HONOR MEMORIAL DAY ***</p>	<p>27</p> <ul style="list-style-type: none"> Artificial Intelligence (AI) Series - 10:00am 	<p>28</p> <ul style="list-style-type: none"> Grown-Up & Me Cooking Series - 5:30pm 	<p>29</p> <ul style="list-style-type: none"> Farm Steading - Info Series for Landowners - 6-9:00pm - <i>EEC</i> 	<p>30</p>	<p>31</p>