



August 2025

# THE EXTENSION CONNECTION

Wyandotte County K-State Extension



## Director's Note

**Denise Dias**

Wyandotte County Director

August greetings! This month is a unique blend of end-of-summer vibes combined with back-to-school preparations. Enjoy it while you can. It won't be long until pumpkin spice season takes over! I hope you enjoy this issue of our newsletter and the remaining days of summer!

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# 4-H Youth Development

## 4-H FAIR HIGHLIGHTS!

The Wyandotte County Fair was a great success! We had over 1000 project entries, of all different types, from fashion to poultry to art. The 4-Hers worked so hard this year and it showed in the projects and their passions. Check out some of the highlights from the 2025 4-H Fair Showcase!



Casey Ling,  
4-H Youth Development Agent  
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## BACK TO SCHOOL ARE YOU READY

Once summer ends and stores advertise their back-to-school sales, children and some parents can feel anxious and a bit afraid of what lies ahead in the upcoming school year.

### Kindergarten Through 8th Grade

Children going to school for the first time can be both exciting and fearful. They have passed the preschool stage and are looking forward to going to their next level, some are not quite sure what to expect.

#### Here are some suggest for a bright start in Fall 2025:

- Wise shopping for back-to-school needs and wants.
- Seek programs which provide school clothing and supplies.
- Creating time to talk about expectations and establish rules.
- Setting up a time and place for homework and tutoring.
- What involvement in extra-curricular activities that interest your children.
- Introduce yourself and get to know teachers and other school personnel.
- Scheduling time to Support and attend school and activities.
- Establishing bedtime and morning routines including time for a nutritious breakfast and travel time to store.



August <https://extension.colostate.edu/topic-areas/family-home-consumer/back-to-school-10-246/>

# Nutrition and Food Safety

## BACK TO SCHOOL: MAKE BREAKFAST A PRIORITY

If eating routines have gotten out of sync during summer, the start of the school year is a great opportunity to get grounded in healthy eating habits. And, it all starts with breakfast and making protein a priority for the first meal of the day.

Starting your day off with protein comes with a variety of benefits. Combined with high fiber carbohydrates and fat, including protein for breakfast, can help keep you feeling full longer, with more stable blood sugar and sustained energy. Protein is also vital for cell repair/maintenance and helps retain muscle mass.

Research shows that most Americans consume the majority of their protein at dinner and the least amount at breakfast. Work towards splitting your protein intake more evenly throughout the day, with similar amounts for each meal. This will help you achieve steadier energy levels throughout the day.

Breakfast with adequate protein can take many forms. While you might think of meat as a main protein source, there are many options. Eggs are nutrient-dense and easily digested. They also pair well with many other foods, including whole grain toast, meat proteins, and a variety of vegetables, as well as cheese.

Grains can also pack a protein punch, plus they add fiber, variety, and essential nutrients. Oatmeal is a breakfast staple, but don't forget that quinoa can be served exactly the same and offers an even higher protein option. It is easy to get in a rut and eat similar foods for breakfast each day.

In need of ideas, check out the following from [Colorado State University Extension](#). More recipes can be found at [EatRight.org](#) through the National Nutrition and Dietetics.



## COOKING FOR ONE OR TWO

Does cooking for 1 or 2 seem impossible after cooking for a family of 4, 6, 8, or 10? Cooking a meal for a family or guests often brings a sense of accomplishment, but cooking only for yourself may seem like a big effort with little reward. It is easy to skip meals or to rely on convenience foods because of this. If you are having a convenience meal, try adding dairy foods like milk, yogurt, fruit, and more vegetables (fresh, canned, or frozen) to the meal. Many times, convenience foods are high in saturated fat and sodium. Making a habit of these can lead to bad eating habits, which result in malnutrition, poor digestion, weight loss, weight gain, and bone problems. Loneliness is another challenge for those living alone. Being lonely can have as much of an effect on your health as smoking 15 cigarettes a day!

When you eat alone, you usually don't eat as well as you would with your family, friends, or spouse. Food is not just about nutrition. Nutritious and enjoyable meals are essential to a good quality of life!

Add a special bouquet of flowers, a pretty decoration, or a holiday arrangements to your table to make mealtime more inviting! It may be unavoidable for you to eat alone at times, but it's important to keep mealtimes special. Try video calling someone while you eat. Maybe listen to a book or your favorite radio talk show. And most importantly, try to find enjoyment in mealtimes again.

Try sharing or swapping meals with people in the same situation. This may break the monotony of eating the same meals, and may give you someone to eat with

Cook once, eat twice! Using "planned-overs" can be a great way to decrease food waste and reduce time cooking. You can cook many foods, such as meat, pasta, rice, or vegetables, to use for a different meal later in the week!

Chili can be made for supper one night, and the next night it can be served over a baked potato. You can even use the microwave to cook the baked potato!

Don't toss those family recipes away just yet; many recipes can be adapted to fit your current household size!

[https://bookstore.ksre.ksu.edu/download/cooking-for-one-or-two-fact-sheet\\_MF3659](https://bookstore.ksre.ksu.edu/download/cooking-for-one-or-two-fact-sheet_MF3659)



# BECOME AN EXTENSION MASTER GARDENER!

The Wyandotte County Extension Master Gardeners volunteer by participating in educational programs for the community such as; demonstration gardens, gardening workshops, horticulture hotline, speaking engagements, youth programs, and more

**Training every Thursday, starting September 4 through December 4**  
**Cost of the class is \$125**

**Application Deadline:**  
**August 1, 2025**

**APPLY HERE:**  
**<http://bit.ly/43d431G>**

**For more information:**  
**913-299-9300**  
**[wyandotte.ksu.edu](http://wyandotte.ksu.edu)**



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Master Gardener  
Wyandotte County

Evening  
Training  
Sessions!

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**Training every Tuesday Evenings 5:30- 8:30 p.m.,  
starting September 9 through December 9  
Cost of the class is \$125**

**Application Deadline:  
August 1, 2025**

**APPLY HERE:  
<http://bit.ly/3TOWSIu>**

**For more information:  
913-299-9300  
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# Upcoming Events



- August 1:** EMG Applications Due
- August 6:** Boosting Your Immune System
- August 6:** K-State Garden Hour
- August 12:** Stay Strong Stay Healthy (Level 1 & 2)
- August 13:** Remote Work Wednesday
- August 13:** ServSafe Food Handling Course
- August 20:** Bang for your Buck

Connect with us!



K-State Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Jo McLeland two weeks prior to the start of the event (insert deadline date) at (913-299-9300 or [jo1@ksu.edu](mailto:jo1@ksu.edu)). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

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