

September 2025

# FCS Newsletter

Hopkins County Cooperative Extension Services



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

## In this issue

An Egg-Cellent Choice:  
Selecting Eggs

Health Bulletin: Preparing in  
Advance for Natural  
Disasters

MoneyWi\$: Seeking  
Assistance After a Disaster

Homemaker Leader Lesson:  
Dates and Descriptions

## Life Simplified

*On PodBean, Spotify,  
Amazon Music, & iHeartRadio:*

New episodes  
every Tuesday!

[https://lifesimplified  
podcast.podbean.com/](https://lifesimplifiedpodcast.podbean.com/)

## Office Info

25 Mahr Park Drive  
Madisonville, KY 42431  
Phone: (270) 821-3650  
Email: [hopkins.ext@uky.edu](mailto:hopkins.ext@uky.edu)  
Website: [hopkins.ca.uky.edu](http://hopkins.ca.uky.edu)

## Upcoming Meetings

Both are located at the  
Hopkins County Extension Office.

Homemaker Council  
September 18, 2025  
9:00 AM

County Extension Council  
October 2, 2025  
5:30 PM

**AMANDA DAME**  
County Extension Agent  
for Family and Consumer Sciences  
[amanda.dame@uky.edu](mailto:amanda.dame@uky.edu)



Following us online is an easy  
way to keep up with Hopkins  
County Extension Family and  
Consumer Sciences

## 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.

---

# AN EGG-CELLENT CHOICE: CHOOSING EGGS

Eggs are packed with protein, vitamins, and minerals. One large egg has about 7 grams of protein. In the past, eggs were thought to be unhealthy because they are high in cholesterol. But we now know that the saturated fat in food has a bigger effect on blood cholesterol than the cholesterol in the food itself. Eggs have only a small amount of saturated fat. They are a great option for breakfast, lunch, dinner, or even a snack.

The color of the shell, whether brown or white, does not affect the egg's nutrition. The breed of the hen determines the shell color. The yolk can be light yellow or even orange, almost red. This depends on what the hen eats. The color of the yolk does not represent the nutrition of the egg, either.

Eggs sold in stores must follow food safety rules to keep them safe for consumers. The United States Department of Agriculture (USDA) inspects eggs. After inspection, the producer can pay to have their eggs graded. Grading is not required, but it shows the quality of the eggs. Eggs are graded based on both the inside and outside quality. The inside quality is checked through candling. This process involves holding an egg up to a light source to see inside. The grades for eggs are:

- USDA Grade AA: The best quality eggs. The yolk is firm, and the egg white is thick. These eggs are sold in grocery stores.
- USDA Grade A: These are good quality eggs, but not as perfect as Grade AA. The egg white is a little thinner. These eggs are also sold in grocery stores.
- USDA Grade B: These eggs are lower quality. The yolk is flatter, and the egg white is thin. These are usually sold to restaurants and used in food service.

Grade AA and A eggs are best for frying or poaching where the appearance of the egg is important. Grade B eggs are good for scrambled eggs, baking, or using in other recipes where the look of the egg doesn't matter.

---

## AN EGG-CELLENT CHOICE: CHOOSING EGGS

Some egg cartons say their eggs have different nutrients, like added omega-3 fatty acids or less cholesterol. This is because the hens are fed special diets. Other cartons may say the hens are “cage free,” “free roaming,” or “fed natural grains.” These are marketing terms and do not have clear definitions or standards behind them.

Eggs are a nutritious and versatile addition to a meal or snack. When you buy eggs, find ones that fit within your budget. Open the carton and check that no eggs are cracked before buying. Always store eggs in the refrigerator, and use them before the expiration date.

### REFERENCES

BROWN, A. C. (2019). UNDERSTANDING FOOD: PRINCIPLES AND PREPARATION (6TH ED.). CENGAGE.

ROBERTA LARSON DUYFF. (2017). ACADEMY OF NUTRITION AND DIETETICS COMPLETE FOOD AND NUTRITION GUIDE (5TH ED.). HOUGHTON MIFFLIN HARCOURT.

SOURCE: ANNA CASON, SENIOR EXTENSION ASSOCIATE FOR FOOD AND NUTRITION

---



### SAVOR THE FLAVOR: A SERIES 10:30-12

*A hands on learning opportunity!*

**SEPTEMBER 8 - BUILDING FLAVOR WITH HERBS**  
**SEPTEMBER 22 - SEASONING WITH SPICES**

Please call (270) 821-3650 to sign up.

 **Cooperative  
Extension Service**

### Hopkins County Cooperative Extension

25 Mahr Park Drive  
Madisonville, KY 42431  
(270) 821-3650  
[hopkins.ext@uky.edu](mailto:hopkins.ext@uky.edu)

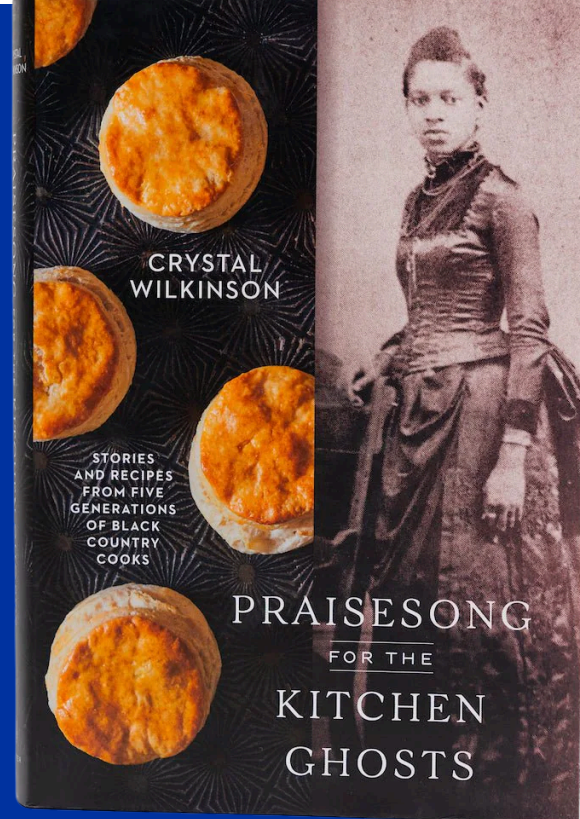


# BIG BLUE BOOK CLUB

Scan here to register!

October 27th  
November 3rd  
November 10th  
November 17th

1:30 ET/12:30 CT Via Zoom



 Cooperative  
Extension Service

## LAUGH AND LEARN



Wednesday, September 17th, 2025  
10 AM

Scan here or call us to RSVP by:

**WEDNESDAY, SEPTEMBER 10TH, 2025**

(270) 821-3650



Hopkins County  
Cooperative Extension

25 Mahr Park Drive  
Madisonville, KY 42431  
Meeting Room A





## ***PENNYRILE AREA EXTENSION HOMEMAKER ANNUAL MEETING***



# **A WALK IN THE PARK**

**Speaker - Ashton Robinson Mahr Park Superintendent**

### **Menu**

Herb-Roasted Chicken Breast or Tangy Glazed Pork Loin  
Served with Baked Potato and a Mixed Green Salad  
Cookies and Brownies

**Entertainment - Pennyryle Dulcimer Players**



*This event will be held on*

**Friday, October 17th, 2025- Registration at 10:00am**

*Registration Deadline*

**Friday, September 26th, 2025**

**CONTACT US TO RSVP**



**(270) 821-3650**



**25 Mahr Park Drive  
Madisonville, KY 42431**

**Hopkins County  
Cooperative Extension**



**\$18.00**

### **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.



**WE INVITE YOU TO JOIN US FOR A  
RIBBON-CUTTING CEREMONY OPEN TO THE PUBLIC**

**Friday, September 26, 2025, at 11:30 AM.**

Please call (270) 821-3650 to RSVP.

**Hopkins County Cooperative Extension**

25 Mahr Park Drive  
Madisonville, KY 42431  
(270) 821-3650  
[hopkins.ext@uky.edu](mailto:hopkins.ext@uky.edu)



**EXTENSION EXTRAVAGANZA**

COME EXPLORE EVERYTHING HOPKINS COUNTY  
EXTENSION HAS TO OFFER WITH AN EVENING FULL OF  
FUN, FOOD, AND FAMILY ACTIVITIES FOR ALL AGES.

**Monday, September 8, 2025  
FROM 5 P.M. to 7 P.M.**

**Hopkins County Cooperative Extension**

25 Mahr Park Drive  
Madisonville, KY 42431

**Meet Our Teams:**

- 4-H Youth Development
- Family & Consumer Sciences
- Agriculture & Natural Resources
- Horticulture

**Enjoy:**

- Free giveaways
- Games, inflatables, crafts, & activities
- Hands-on demos
- 4-H Club exploration and enrollment