

HEALTH AND HUMAN SCIENCE NEWSLETTER



CURRENT/UPCOMING COMMUNITY PROGRAMS:

DECLUTTER & DE-STRESS

OCTOBER 7TH, 1PM
HENDRICKS COUNTY 4H
FAIRGROUNDS

CREATING A BEAUTIFUL & HEALTHY EDIBLE CENTERPIECE

OCTOBER 7TH, 2PM
HENDRICKS COUNTY 4H
FAIRGROUNDS

COOKING FOR ONE OR TWO

OCTOBER 7TH, 6PM
HENDRICKS COUNTY 4H
FAIRGROUNDS

BITE-SIZED WISDOM WITH AMANDA

BREAST CANCER AWARENESS MONTH: IMPORTANCE OF SCREENING

October is National Breast Cancer Awareness Month, a time to increase understanding of the disease, honor survivors, and support those currently battling breast cancer. Breast cancer is the most common cancer among women, but early detection through regular screenings and self-exams can make a lifesaving difference. Talk to your doctor about how often you should be screened. This month, we are reminded of the importance of education, prevention, and research, as well as the power of community support. Wearing pink, participating in awareness events, and encouraging loved ones to prioritize their health are simple yet meaningful ways to show support.

HEALTHY FALL RECIPE: PUMPKIN BARS

Perfect for breakfast or on-the-go snack!

INGREDIENTS:

- 1 cup rolled oats
- ½ cup whole wheat flour
- 1 tablespoon ground flaxseed
- 1 teaspoon cinnamon
- ½ teaspoon pumpkin pie spice
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- 2 large eggs
- 1 cup pumpkin puree
- ¼ cup maple syrup
- 3 tablespoons melted coconut oil
- 1 teaspoon vanilla extract
- ½ cup chocolate chips (or raisins, dried cranberries, or chopped walnuts)

DIRECTIONS:

- Preheat oven to 350 degrees and grease a 8x8 pan
- Combine all ingredients in a bowl
- Place batter evenly into pan, and bake for 20-24 mins