



April 2024 FCS Newsletter

VOL. 2024-04

Cooperative Extension Service

Wayne County
255 Rolling Hills Blvd.
Monticello, KY 42633
(606) 348-8453
Fax: (606) 348-8460
wayne.ca.uky.edu



IN THIS ISSUE

Nutrition Notes, Gaye Hutchison, EFNEP Assistant.....	Page 2-3
Extension Homemaker Clubs & Blood Drive.....	Page 4
Upcoming Events.....	Page 5
2024 KEHA Quilt Square Showcase & Auction.....	Page 6
Area Cultural Arts Competition Winners.....	Page 7
Crafter's Anonymous, In-Stitches Class, & Movie Night.....	Page 8
Cookbooks & FCCLA Donations.....	Page 9
Bake Sale & KEHA State Meeting.....	Page 10
Back to the Basics: Cooking with Cast Iron.....	Page 11
Therapeutic Venues - Seth Hart, Community Art Assistant.....	Page 12-13
Joy McGinnis, FCS Program Asst.-April is Stress Awareness Month.....	Page 14
April is National Autism Awareness Month.....	Page 15
Becoming a Smoothie-Making Pro.....	Page 16
Recipes: Apple Pie Smoothie & Backpack Smoothie.....	Page 17
Recipes: Banana Strawberry Smoothie & Carrot Cake Smoothie.....	Page 18
Lake Cumberland Area Annual Meeting, Strawberry Plants, Blueberry Bushes, & Wayne County Fair EXPO.....	Page 19

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.



Nutrition Notes.....

(Alta) Gaye Hutchison,
EFNEP Assistant

(Expanded Food and Nutrition Education Program)

April 2024

Nutrition

Education

Program

Calendar Recipe

Lentil Sloppy Joes



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts

per serving:

320 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 480mg sodium; 55g total carbohydrate; 11g dietary fiber; 13g total sugars; 6g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 20% Daily Value of iron; 15% Daily Value of potassium

Source:

Adapted from <https://www.spendwithpennies.com/lentil-sloppy-joes>

- 1 tablespoon olive oil
- 1 medium bell pepper, chopped
- 1 small onion, chopped
- 1/2 cup water
- 1 cup low-sodium vegetable broth
- 1 cup dried lentils
- 1 teaspoon garlic powder
- 1 can (6 ounces) tomato paste
- 1/3 cup ketchup
- 1 tablespoon Worcestershire sauce (optional)
- 2 tablespoons brown sugar
- 1 tablespoon chili powder
- 1 tablespoon Dijon mustard (or yellow)
- 8 whole-wheat hamburger buns

3. Over medium heat, add oil to a medium-sized pot. Sauté bell pepper and onions until softened, about 4 minutes.
4. Add water, broth, and lentils. Bring to a boil. Reduce heat and simmer.
5. Cover and cook for 25 minutes.
6. Stir in garlic powder, tomato paste, ketchup, Worcestershire sauce, brown sugar, chili powder, and mustard.
7. Enjoy the finished sloppy joe mixture on a bun.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings

Serving size: 1 lentil burger

Cost per recipe: \$6.20

Cost per serving: \$0.78

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.

Asparagus Ham Quiche (Just in time for Spring!)

Ingredients:

1 pound fresh asparagus, trimmed and cut into 1/2 inch pieces
1 cup, finely chopped ham
1 small finely chopped onion
2 (8 inch) unbaked pie shells
1 egg white, slightly beaten
2 cups shredded reduced fat cheddar cheese
4 large eggs
1 container (5.3 ounces) plain Greek yogurt
1/3 cup 1% milk
1/4 teaspoon ground nutmeg
1/4 teaspoon salt
1/4 teaspoon pepper



Yield:

16 slices

Directions:

Preheat oven to 400 F. **Place** asparagus in a steamer over 1 inch of boiling water and cover. **Cook** until tender but still firm, about 4-6 minutes. **Drain** and cool. **Place** ham and onion in a nonstick skillet and **cook** over medium heat until lightly browned. **Brush** pie shells with beaten egg white. **Spoon** the ham, onion and asparagus into pie shells, dividing evenly between the 2 shells. **Sprinkle** 1 cup shredded cheese over the mixture in each shell. In a separate bowl, beat together eggs, yogurt, milk, nutmeg, salt and pepper. **Pour** egg mixture over the top of the cheese, dividing evenly between the 2 shells. **Bake** uncovered in a preheated oven until firm 25-30 minutes. Allow to cool approximately 20 minutes before cutting.

Nutritional Analysis:

200 calories, 11 g fat, 4.5 g saturated fat, 65 mg cholesterol, 370 mg sodium, 14 g carbohydrate, 1 g fiber, 3 g sugars, 10 g protein





Extension Homemaker Club Meetings

Country Charmers - April 4th @ 5:30 p.m. - Downstairs Meeting Room

Sunnybrook - April 4th @ 6:30 p.m. - Small Downstairs Meeting Room

Pots & Pans - April 8th @ 6:00 p.m. - Upstairs Meeting Room

Charity - April 9th @ 5:00 p.m. - New Charity Baptist Church

Crafter's Anonymous - April 10th @ 1:30 p.m. - Downstairs Meeting Room

Odds 'N Ends - April 11th @ 12 Noon - Downstairs Meeting Room

Creative Characters - April 16th @ 12:30 p.m. - Downstairs Meeting Room

Happy Chippers - April 18th @ 12:30 p.m. - Downstairs Meeting Room

Mudslingers - April 22nd - Assigned Appointments Only-Contact Seth Hart

Mudslingers - April 23rd @ 12:30 p.m. - Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!



**Roll Call and
Thought of the Day
for KEHA Monthly
Club Meetings
April 2024**



Thought for the Day: "Alone we can do so little; together we can do so much." ~ Helen Keller

Roll Call: April is National Volunteer Month. What is your favorite way to volunteer?

Blood Drive!

Tuesday, April 23, 2024

Aspire Center

Country Charmers ~ 12:30-3:00 p.m.

Pots & Pans ~ 3:00-5:30 p.m.



UPCOMING EVENTS

Wayne County Extension Homemakers! Dates to Book in Your Calendar

APRIL 2024

April 2nd - Homebased Microprocessor Class

April 4th - Homemaker Nominating Committee Mtg. @ 2 p.m. - Small Upstairs Room

April 4th-Homemaker Christmas Village Planning Mtg. @ 5 p.m. - Small Upstairs Room

April 8th - Homemaker Officers' Movie Night @ 5:30 p.m. - Downstairs Meeting Room

April 9th - CEC & District Board Meeting @ 6:00 p.m. - Upstairs Meeting Room

April 11th - Homemaker County Council Meeting @ 6 p.m. - Upstairs Meeting Room

April 12th - Set up for Spring Bake Sale Fundraiser

April 13th - Spring Bake Sale - Downstairs Meeting Room

April 17th - In-Stitches Quilt Class @ 10:00 a.m. - Downstairs Meeting Room

April 23rd - Homemaker Leader Training @ 5:30 p.m. - Downstairs Meeting Room

April 25th-27th - MCV Retreat

April 30th - In-Stitches Class Shop Hop Event

MAY 2024

May 7th-9th - KEHA State Meeting - Bowling Green

May 15th - In-Stitches Quilt Class @ 10:00 a.m. - Downstairs Meeting Room

May 16th - LCA Homemaker Annual Meeting - Adair County

May 27th - Memorial Holiday - Extension Office Closed

May 28th - Homemaker Leader Lesson @ 5:30 p.m. - Downstairs Meeting Room

May 30th - Cast Iron Cooking Event @ 9:30 a.m.

HOMEMAKER LEADER LESSONS @ 5:30 p.m. - Downstairs Meeting Room

April 23rd - Entertaining Little Ones

May 28th - Healthy Food Choices

Active Homemaker Club Members & Mailbox Members:

You can bring the finished 12" square to the Extension Office by 4:30 p.m. on May 3rd.

2024 KEHA Quilt Square Showcase and Auction

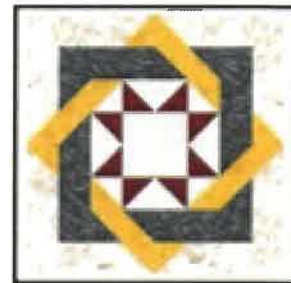
The KEHA Quilt Square Showcase and Auction is back for the ninth year at the KEHA State Meeting. Anyone wishing to participate should make a 12-inch finished quilt square. (Finished means piece the square, put in the batting, put on backing and finish the edges just like you would a complete quilt. Finished applique squares are also eligible.) This special showcase is an opportunity to highlight quality work from KEHA members across the state.



As you prepare your quilt square(s), consider designs that you would want to purchase. Bring the 12-inch finished square(s) to the KEHA State Meeting in Bowling Green.

Please write your name and county on a small slip of paper

and attach to the back of the square.



If you are unable to attend the KEHA State Meeting, please feel free to send your square(s) with another KEHA member. If you have any questions, please contact Ann Porter,

KEHA 1st Vice President,
606-584-2510

annsporter42@gmail.com

Congratulations!

2023-2024 Area Cultural Arts Winners

Congratulations to our Extension Homemakers that were first place winners in the Area Cultural Arts Competition that was held in Cumberland County on March 6th. They will advance to the State Cultural Arts Competition in Bowling Green in May.



Bethe Bryant ~
Embroidery-Miscellaneous Category &
Miscellaneous Category-Umbrella



Karen Abner ~ Art-Acrylic Painting Category



Polly Sartin ~ Crochet, Thread Category ~ Doily





**Crafter's Anonymous
Homemaker Club Meeting
April 10, 2024 @ 1:30 p.m.
Downstairs Meeting Room
The club will be making
"Dragonfly Garden Stakes."
Class Fee: \$2.00
Limit: 20 People**



**In-Stitches Quilt Class
Stars & Four Patches Quilt (Part II)
Wednesday, April 17, 2024 @ 10:00 a.m.
Downstairs Meeting Room**

We will create and assemble the Seminole Border.
The "Still Stripping" book is available at the
Extension Office at the discounted price of \$15.00.
Call the Extension Office for class prep information.



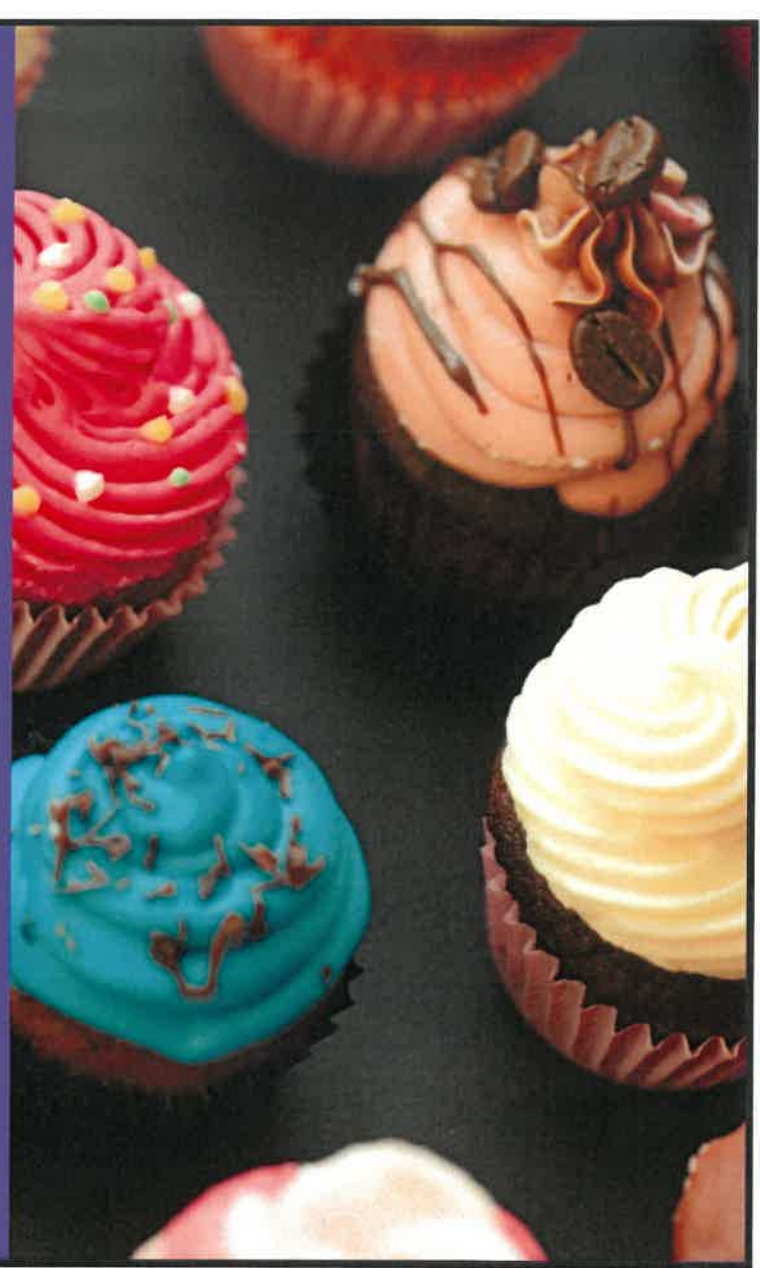
**County & Club Officers' Event
Movie Night ~ Fried Green Tomatoes
Monday, April 8, 2024 @ 5:30 p.m.
Downstairs Meeting Room
Snacks, Movie, Fun, & Fellowship
Please register so we can be
prepared for you.**



*Extension
Homemakers'
Bake Sale*

**APRIL 13, 2024
8 AM ~ 2 PM**

WAYNE COUNTY
EXTENSION OFFICE
255 ROLLING HILLS BLVD.
MONTICELLO, KY 42633



2024 KEHA State Meeting

This year's KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. Make your reservations by April 6, 2024 if you plan to attend. Details are on the State Meeting webpage: <https://keha.ca.uky.edu/content/state-meeting-information>

Back to the Basics: Cooking with Cast Iron

Thursday, May 30th
Registration: 9:30 a.m. EST
Program: 10 a.m. EST

Wayne County Extension Office
255 Rolling Hills Blvd., Monticello
606-348-8453

Learn all about:

- The History & Basics of Cast Iron
- Restoration of Cast Iron
- Caring for Cast Iron
- Multiple Cast Iron Cooking Demos



*Registration and \$15 fee due to the
Wayne County Extension Office by May 10th.*

KENTUCKY  
COOPERATIVE EXTENSION

BY MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KCU COLLEGE OF AGRICULTURE, COMMUNITY AND THE 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 receipt or restoration for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Programs in formats 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



Facilities
accessible
with prior notification.

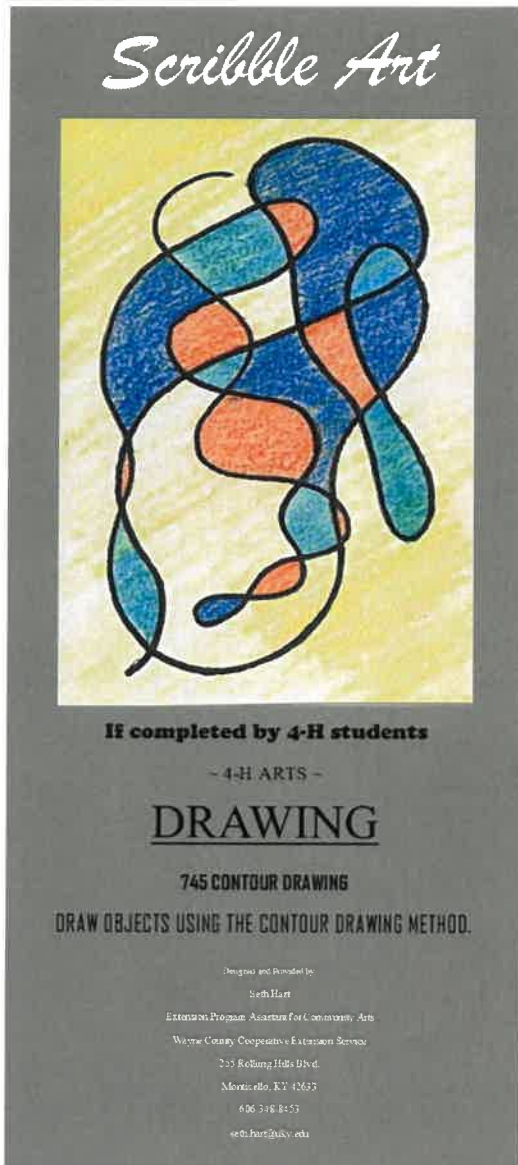


Seth Hart

Program Assistant
for Community Arts



April is Stress Awareness Month, and stress can be easily managed by simply keeping your immune system strong with healthy habits, such as eating right and exercise. Art is another helpful way to do so, and for this month, consider exercises like contour line drawing. Contour line drawing is achieved as the artist's eyes are focused on the subject only while drawing, as opposed to looking at the hand at work while also looking at the subject. It's intended to loosen tension for the hand and mind, which helps to improve the artist's motor skills. Organic, or nonrepresentational subjects-sometimes referred to as "scribbling"-are also effective ways to exercise this methods.



MATERIALS & RESOURCES

SUPPLIER: WALMART

ACRYLIC CANVAS PAPER

COLOR PENCILS

THREE OF YOUR CHOICE

YELLOW RUBBING FOR BACKGROUND
(OPTIONAL)

BLACK BALL POINT INK PEN

SHARPIE

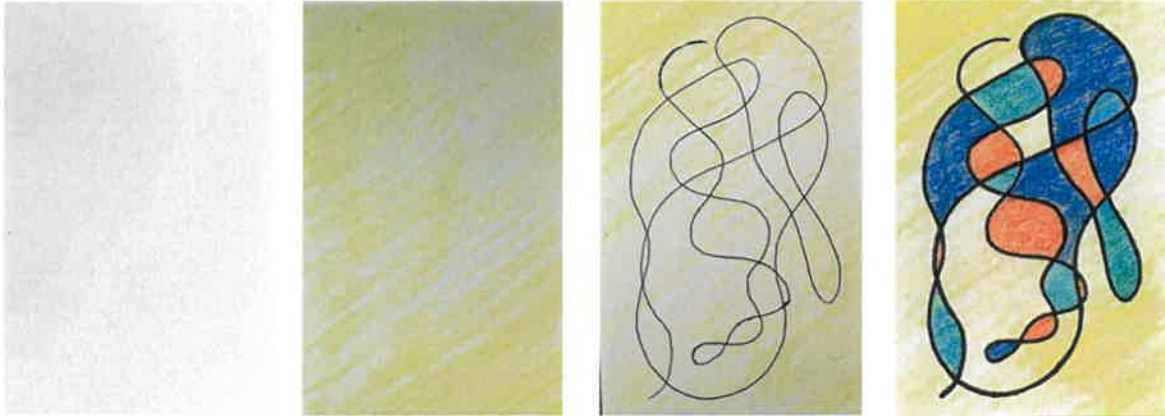
INSTRUCTIONS ON BACK





Seth Hart

Program Assistant
for Community Arts



1. MAKE A SCRIBBLE ON ENTIRE PAGE. A LIGHT COLOR PENCIL RUBBING ON THE BACKGROUND IS OPTIONAL.
2. INTERSECT THE LINES (MAKE THEM CROSS EACH OTHER)
3. USING AT LEAST THREE COLORS, PLACE THEM AGAINST EACH OTHER (NOT SIDE BY SIDE).

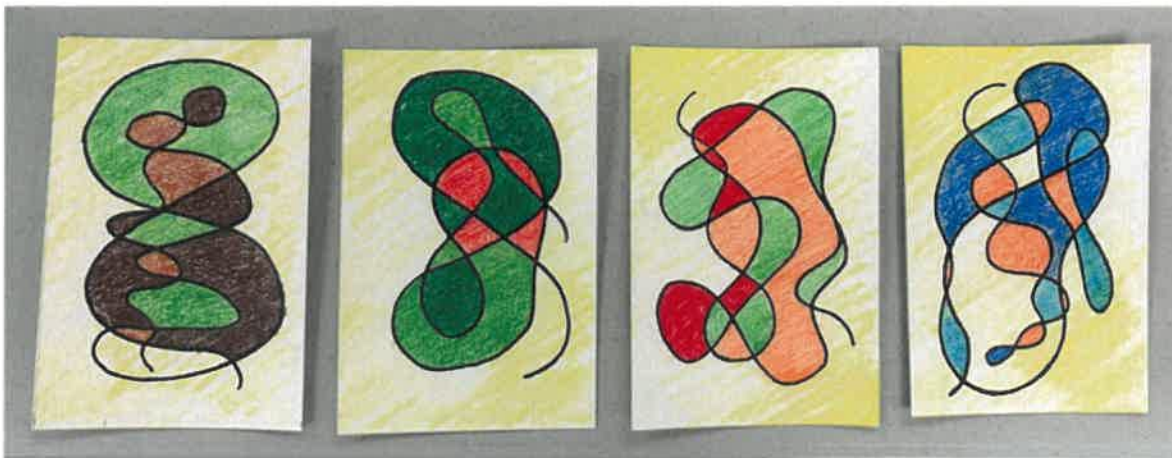
ADDITIONAL NOTES

- NO TWO SECTIONS THAT TOUCH CAN HAVE THE SAME COLOR IN IT
- EACH SECTION WILL BE ONE OF THOSE THREE COLORS.
- AT TIMES, SOME SHAPES WILL NEED TO STAY WHITE WHEN ALL COLORS ARE SIDE BY SIDE



Tutorial also featured on our YouTube Channel, Wayne County Cooperative Extension Service

“CONTOUR LINE DRAWING/SCRIBBLE ART”





Joy McGinnis

FCS Program Assistant



How Stress Affects Your Health

If you are often feeling stressed, your health may be affected. If you have had a hard time concentrating at work or are just not feeling your best, stress may be the reason. Stress can affect your body, your moods and even your behaviors.

When a person is stressed, the body acts differently. Your body may be telling you that it is feeling stressed through headaches, being tired, stomach problems and sleeping issues, such as not sleeping or waking up after a few hours of sleep.

Your mood can also change when you are stressed. A person who is feeling stressed may have more worries, feel restless, have trouble focusing or feel anger, without knowing why. A person who is feeling stress may also feel sadness or depression.

Your behaviors may change when you are feeling stressed. A person who is stressed may eat more or less than they would normally eat. They may start drinking more alcohol or feel the need to use drugs. For some people, when they are stressed, they will not see their friends as often as they previously had.

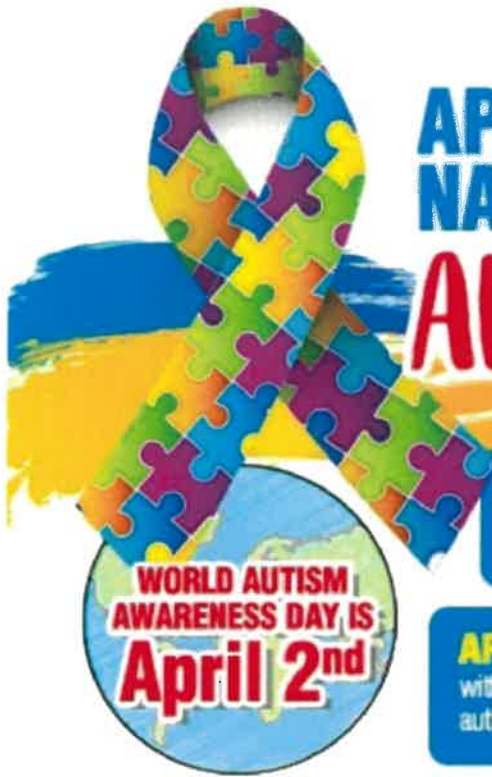
If you think that you may be stressed there are many things you can do to help yourself. Even if you do not think that you are stressed, these are still good activities to try: Physical activity – there are many benefits to being physically active, including lowering stress. Meditation – take a minute to quiet yourself and listen to your breathing. Taking deep breaths can help you stay focused on your breath as you relax.

It is also important to make sure that you are eating healthy foods and getting as much rest as possible. If you are feeling stressed you should try to avoid tobacco, alcohol, and caffeine.

If you have tried to control stress and feel that you cannot or it that is not making a difference, you should talk to your healthcare provider. He or she may know if there are other causes for the stress or offer other suggestions.

Reference: Stress symptoms: Effects on your body and behavior
http://www.mayoclinic.com/health/stress-symptoms/SR00008_D

Source: Nicole Peritore, Extension Physical Activity Program Coordinator, University of Kentucky; College of Agriculture, Food and Environment



APRIL IS NATIONAL AUTISM AWARENESS MONTH

AUTISM SPECTRUM DISORDER

is a range of conditions affecting social skills, repetitive behaviors, speech, and nonverbal communication.

APRIL IS NATIONAL AUTISM AWARENESS MONTH,

with celebrations to understand this disorder. Here are some facts to learn what autism is and how you can help those who have it.

AWARENESS

- Most obvious signs of autism appear between two and three years old.
- Children may fail to respond to their name or have a reduced interest in people.
- Around one third of people with autism stay nonverbal their whole life.
- Seizures, ADHD, and anxiety frequently accompany autism.



ACTION

- Developmental delay screenings should occur at nine months.
- Autism Spectrum Disorder screenings should be at 18 months.
- Child psychologists and neurologists can help detect autism in your child.

INCLUSION & ACCEPTANCE

- Children with Autism don't get the same sense of inclusion in schools as other children, making them feel excluded and alienated.
- Adults with autism often have trouble getting a job.
- Social inclusion is having access to education, health care, and services.
- The Convention on the Rights of Persons with Disabilities states those with autism have the right to be included in their community.



Become A Smoothie-Making Pro with These Simple, Nutritional Steps

Smoothies are a convenient way to add nutrients to your diet, adding variety to what and how you eat. Smoothies are simple because you combine all the ingredients into one spot, then blend and enjoy. With a little practice and these tips listed, you can become a smoothie-making pro.

- Add over-ripened fruits and vegetables. Over time, this can reduce food waste and save food dollars in your home.
- Consider buying single-serving blenders. These are typically less expensive than a true blender. You can also buy blenders secondhand or refurbished, generally discounted around the holiday season. If you do not have a blender, make smoothies in a food processor or with an immersion blender instead.
- Enjoy smoothies right after you prepare them. When you have leftovers, you can drink smoothies within 24 hours if you store them in an airtight container in the refrigerator. You can also pour leftovers into an ice tray with a toothpick or a popsicle tray to freeze and enjoy later.
- Smoothies are a healthy way to supplement meals. They are an easier way to take in calories when eating a meal may be difficult. This is an important consideration during sickness, if someone is managing a chronic condition, or needs to gain weight.
- Smoothies offer variety. You can easily change smoothies to your liking. The next time you make one, try adding a new ingredient or removing one you may not have liked.
- Store-bought smoothie options can be more convenient, but not typically healthier. These options are generally more expensive, high in added sugar and less nutritious than homemade. At home, you can add what you want and simultaneously save food dollars.
- You may have heard of “juicing.” When you juice a fruit or vegetable, you remove fiber and most micronutrients. This is what makes a smoothie a more nutritious option. Smoothies include fiber, vitamins, minerals, antioxidants, and phytochemicals you only get when you eat the entire fruit or vegetable.
- With the right ingredients, smoothies can be a balanced meal. Add multiple food groups to your smoothie to meet nutrient needs. For example, a smoothie made with yogurt, strawberries, a banana, spinach, and oats provide nutrients from the dairy, fruit, vegetable, and grain food groups.

Smoothies are an easy clean up. To make clean up a breeze, fill the blender or food processor halfway up with water, add a dash of dish soap, and blend. It's that simple.



**April is Smoothie Your Way into Spring Month
Try some of these delicious recipes!**

Apple Pie Smoothie



Servings:2 Serving Size:2 cups
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.

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:

1. Put everything in the blender and blend until smooth.
2. Enjoy!

Backpack Smoothie

Servings:2 Serving Size:1 cup
Nutrition facts per serving: 140 calories; 1g total fat; 0.5g total saturated fat; 0g trans-fat; 5mg cholesterol; 40mg sodium; 30g carbohydrate; 1g fiber; 25g total sugar; 0g added sugar; 3g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 0% Daily Value of iron; 8% Daily Value of potassium.

Ingredients:

- 1 individual container fruit, frozen
- 1 individual container 100% fruit juice, chilled
- 1/2 cup vanilla low-fat yogurt

Directions:

1. Place all ingredients in a blender.
2. Blend until smooth.
3. Enjoy!





Banana Strawberry Smoothie

Servings:2 Serving Size:1 1/4 cup

NUTRITION FACTS PER SERVING: 130 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 30mg sodium; 32g carbohydrate; 4g fiber; 20g sugar; 0g added sugars; 4g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium.

Ingredients:

- 1 cup frozen strawberries
- 1 cup 100% orange juice
- 1 banana
- ½ cup milk or a milk alternative, such as soy milk, almond milk, coconut milk

Directions:

1. Combine all ingredients in a blender.
2. Blend until smooth.

Carrot Cake Smoothie

Servings:2 Serving Size:1.5 cups

Nutrition Facts: 160 calories, 1g total fat, 0g saturated fat, 5mg cholesterol, 90mg sodium, 36g total carbohydrate, 4g fiber, 26g total sugars, 2g added sugars, 5g protein; 6% DV vitamin D; 10% DV calcium; 6% DV iron, 15% DV potassium



Ingredients:

- 1 medium frozen ripe banana
- 2 medium carrots, chopped
- 1/2 cup canned-in-juice pineapple tidbits, drained
- 1/4 cup low-fat vanilla yogurt
- 1/2 cup nonfat milk
- 4-5 ice cubes
- Dash cinnamon (optional)
- 1/2 teaspoon vanilla extract (optional)

Directions:

1. Wash hands with soap and warm water, scrubbing for at least 20 seconds.
2. Rinse carrots under cool running water and scrub with a clean vegetable brush to remove any dirt before chopping.
3. Add banana, carrot, pineapple, yogurt, milk, ice, and cinnamon and vanilla (if using) to a blender, and blend until smooth. If needed, add more milk to encourage blending.
4. Refrigerate leftovers.

Adair County Homemakers
invite you to attend the...

**LAKE CUMBERLAND
AREA ANNUAL MEETING**

SAVE THE DATE
MAY 16 2024
Adair County Extension Office
409 Fairground Street
Columbia, KY 42728



The Wayne County Extension Office
will be ordering strawberry plants and
blueberry bushes.
Please contact the Extension Office at
606-348-8453 for more information
and to pre-order.



It is not too early to start
planning for the
Wayne County Fair EXPO!
Updated EXPO catalogs will be
available May 1, 2024.

"Our spring has come at last with the soft laughter of April suns and shadow of April showers." –
Byron Caldwell Smith

Debbie Shepherd

Debbie Shepherd, CEA FCS
Wayne County Extension Agent
for Family & Consumer Sciences
debbie.shepherd@uky.edu
DS/vm



We Grow Families.
www.ca.uky.edu



Website:
wayne.ca.uky.edu



**Wayne County Cooperative
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

