



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

February 2025

CARTER COUNTY 4-H

4-H Monthly Newsletter to keep you informed



 @CarterCountyKY4H

 @cartercountyky4h

Club and Projects

Important Dates

County News

CLUB AND PROJECTS

Email rebecca.hayes@uky.edu

All meetings are held at the Carter County Extension Office unless otherwise stated.

Homeschool Club:

The next meeting will be February 18th at 10:00am.

Cloverbuds:

The next meeting will be February 10th at 4:30pm.

Teen Leadership Academy:

The next meeting will be February 12th at 4:30pm! This will be for middle and high school students.

Livestock Club:

Livestock club will be meeting at 6:00pm-8:00pm on February 4, 11, and 13. If you are showing cattle, you need your 6 hours completed by February 13th. More information to come.

4-H Projects:

Projects will be due to the Extension Office on **April 28th** by 4:00 pm.

Communications Contest:

The speech and demonstration contests will be on May 1st.

IMPORTANT DATES

School Clubs:

ECMS: February
WCMS: February
Prichard Cooking: February 11
Prichard STEAM: February 6
Olive Hill Cooking: February 17
Olive Hill STEAM: February 18
Carter City Cooking: February 13

School Enrichment:

Tygart Creek 4th & 5th: February 10
Star 4th & 5th: February 12
Heritage 4th: February 19
Carter City 4th: February 24

Teen Summit:

This is a state wide leadership event for middle school aged youth. It is March 20-22 at Lake Cumberland 4-H Camp. More information coming soon.

Teen Conference:

High Schoolers can explore what the University has to offer at this awesome Leadership Conference June 10-13. More information to come!

4-H Summer Camp:

Save the Date for summer camp, June 30-July 3. Registration will start March 3rd and the cost is \$325 with limited scholarships available. Registration paperwork will be shared closer to March.

When schools are closed due to weather or sickness, all 4-H programs are cancelled

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

Rebecca Hayes



February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Livestock	5	6 Prichard STEAM Club	7	8
9	10 Tygart Creek Cloverbuds	11 Livestock Prichard Cooking Club	12 Star Teen Leadership Academy	13 Livestock Carter City Cooking Club	14	15
16	17 OHES Cooking Club	18 Homeschool Club OHES STEAM Club	19 Heritage	20	21	22
23	24 Carter City	25	26	27	28	

**Cooperative
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Save the date!

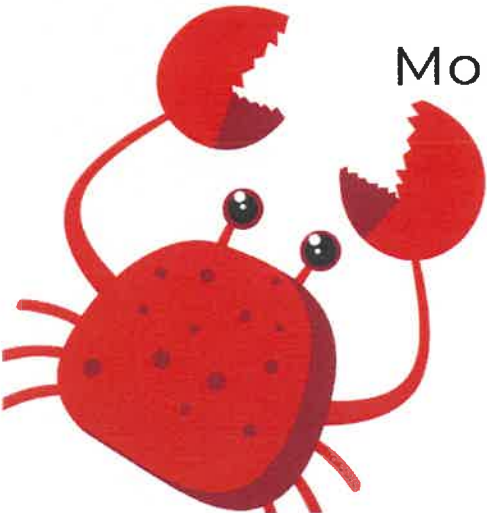
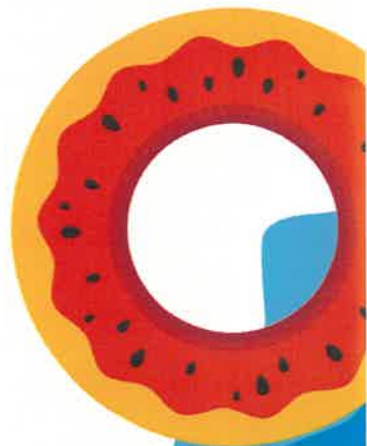
4-H SUMMER CAMP



**JUNE 30 -
JULY 3, 2025**



At North Central 4-H Camp
Ages 9 and up
More information to come!



An equal opportunity organization

HOW YOUR \$10 AG TAG BUILDS BOUNDLESS FUTURES



KENTUCKY FFA

Provides travel scholarships for students and chapters competing at the **National FFA Convention**.

Offers grant opportunities for local chapters to enhance **classrooms and communities**.

KENTUCKY 4-H

Creates hands-on learning experiences, builds friendships, and fosters growth through **4-H Camp**.

Supports **skill development** through judging activities, 3-D design, and community projects.

100% TO AG

100% of Ag Tag funds are evenly split between Kentucky 4-H, Kentucky FFA, and Kentucky Proud.

Half of the funds for 4-H and FFA are returned to the originating counties.

KENTUCKY PROUD

Funds **scholarships** for programs like Athletes in Agriculture.

Makes events like the **Kentucky State Fair and North American International Livestock Exposition** possible.



8 SIMPLE WAYS TO EAT HEALTHY ON A BUDGET

1 BUY WHOLE FOODS

Processed foods are more expensive and less nutritious than unprocessed foods.



Whole foods give you more control over the ingredients and you can also buy them in larger quantities.

2 BUY CHEAPER CUTS OF MEAT



Try less expensive cuts of meat and use different cooking methods to make tougher cuts tender and juicy. Buy large, inexpensive cuts to use in several different meals during the week.



3 PREPARE YOUR OWN FOOD

Preparing your own food allows for total control over the ingredients and is much cheaper than buying food out.



- Eat before leaving for work or going out.
- Take food with you to school or to work.

4 STICK TO YOUR GROCERY LIST

Avoid impulse buying by making a grocery list and sticking to it. Don't shop when you're hungry and go to the grocery store alone. This will help you stick to your list as well.



5 PLAN YOUR MEALS AHEAD



Plan out meals for the week and list all the foods you need to buy. Check your fridge and cabinets to see what you already have and buy only what you're sure you'll use.

6 BUY FROZEN FRUITS & VEGGIES



These are often half the price of fresh produce, you can buy them in bulk to save more, are available all year 'round and are sold in large bags. Frozen fruits and veggies are just as or even more nutritious than their fresh counterparts, if frozen right away when they're picked.

7 BUY GENERIC FOODS

Generic foods taste just the same and are of the same quality as brand name foods. The difference is that they are much cheaper.



8 BUY IN BULK

Foods like grains, millet, barley, rice, beans, some nuts and oats are available in bulk and are easy to stockpile. Find them on sale and buy as much as you can afford, making sure you're actually going to use them.

