



**Allen County  
Cooperative Extension Service  
200 East Main Street  
Scottsville, KY 42164  
Phone: (270) 237-3146  
Fax: (270) 237-5716  
Web: <https://allen.ca.uky.edu/>**

**Monday—Friday  
8:00 a.m.—4:30 p.m.  
(With the exception of Holidays)**

## Message from 4-H Agent Anna:

Welcome to the new 4-H YEAR!!! As 4-H Clubs begin in October, we want to wish everyone a wonderful year in 4-H. We hope you will take advantage of the many opportunities Allen County 4-H has to offer including but not limited to:  
4-H Clubs, Workshops, County Events, Contest, Overnight Camps & so much more!

During October, we also recognize our 4-Her's for their accomplishments during the past 4-H year from Sept. 2023 - Aug. 2024. We hope our 4-H families will come out on Oct. 29th to help us celebrate our 4-H Members & Volunteers for their achievements.

If you are a new family, we would recommend you take advantage utilize our multitude of 4-H programs throughout the year. As you do so, make sure to note these after each and every event so you can record and submit these for recognition at Banquet each year.

How will you & your family grow through Allen County 4-H this year???



*Anna Meador*

Anna Meador  
4-H Youth Development Agent



## This issue:

- 4-H Enrollment
- 4-H Bucks
- Cloverbud Policy
- 4-H Age Chart
- Club Flyers
- Pumpkin Decorating Workshop
- Leather Workshop
- Dream Catcher Workshop
- Cross-Stitched Cards Workshop
- Club Officer Training
- ISSUES Conference
- 2024 T-Shirt Orders
- 4-H Week Events
- 4-H Banquet
- Coloring Contest
- Oct./Nov. Calendars
- Recipe

Keep updated with Allen County 4-H announcements throughout the month. Text the number, 81010, entering the following message: @d982c This will allow you to stay current with all announcements and reminders about club meetings, activities, opportunities and more!



Follow us at:  
Allen County 4-H  
Youth Development

### 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.



4-H NEWSLETTER

PAGE 01

# September 1st marked the start of the 2024 - 2025 4-H Program Year!

**New Enrollment Forms are required each year. Complete and return your form AS SOON AS POSSIBLE to select new 4-H clubs & receive \$20 4-H Bucks.**

**Return before Oct. 31st, No Special 4-H Bucks for Enrollment after Oct. 31st**



## 4-H BUCKS



### What are 4-H Bucks???

4-H bucks are 4-H certificates that allow 4-Her's to pay for 4-H activities, registration fees, camps, conferences and more, without being out of pocket for the cash!

Youth may receive 4-H bucks by turning in 4-H enrollment forms, participating in fundraisers & attending various 4-H events.

### RETURN YOUR NEW 2024 - 2025



### ENROLLMENT FORMS ASAP!!!



**Members who return their 4-H Enrollment Forms by Oct. 31st will receive \$20 4-H Bucks.**

### Attention: Parents of Cloverbud



**4-H Participants  
(Youth Ages 5-8)**



# CLOVERBUDS

**Allen County 4-H loves our Cloverbuds!!!**

In order to create the best experience for our littles, 4-H ages 5-8, we would like to share some changes to our Cloverbud Policy with our 4-H Families:

Allen County 4-H Council would like to remind all 4-H Families that ALL Cloverbud youth, between 4-H Ages 5-8, must be chaperoned by their own parent/adult at ALL 4-H activities including, Club Meetings, Workshops, Events, etc.

In order for Allen County 4-H to provide the best individualized learning experiences for our Cloverbud and older 4-H youth, starting Sept. 2024 Cloverbuds are limited to age appropriate clubs and workshops. This includes:

- Cloverbud Club
- Helping Hands Community Club
- Livestock Club (if showing Livestock)
- Poultry Club (if showing Poultry)
- Special Cloverbud Workshops (*just for Cloverbuds!*)



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College of Agriculture,  
Food and Environment  
University of Kentucky.



## WHAT IS YOUR 4-H AGE?

**Sept. 2024- Aug. 2025 4-H Program Year**

Your 4-H Age is your age as of Jan. 1, 2025

**If the youth's birthdate is...**

- **Jan. 1, 2016 - Dec. 31, 2019, their 4-H Age is Cloverbud**
- **Jan. 1 - Dec. 31, 2015, their 4-H Age is 4-H Age 9**
- **Jan. 1 - Dec. 31, 2014, their 4-H Age is 4-H Age 10**
- **Jan. 1 - Dec. 31, 2013, their 4-H Age is 4-H Age 11**
- **Jan. 1 - Dec. 31, 2012, their 4-H Age is 4-H Age 12**
- **Jan. 1 - Dec. 31, 2011, their 4-H Age is 4-H Age 13**
- **Jan. 1 - Dec. 31, 2010, their 4-H Age is 4-H Age 14**
- **Jan. 1 - Dec. 31, 2009, their 4-H Age is 4-H Age 15**
- **Jan. 1 - Dec. 31, 2008, their 4-H Age is 4-H Age 16**
- **Jan. 1 - Dec. 31, 2007, their 4-H Age is 4-H Age 17**
- **Jan. 1 - Dec. 31, 2006, their 4-H Age is 4-H Age 18**
- **Jan. 1 - Dec. 31, 2005, their 4-H Age would be 19 individual has aged out and is now a 4-H Alumni**





# ALLEN COUNTY 4-H CLUBS



4-H

Allen County Extension



## CLOVERBUDS 2024 - 2025 CLUB DATES



### Monthly Meetings

1st Thursday @ 5:30-6:30 PM

Allen County Extension Office/Large Room

One Parent/Guardian per family required to attend with Cloverbud Members

### MEETING DATES:

- Oct. 3rd
- Nov. 7th
- Dec. 5th
- Jan. 2nd
- Feb. 6th
- March 6th
- April 3rd
- May 1st



ALLEN COUNTY COOPERATIVE EXTENSION



## WELLNESS WARRIORS



2024-2025



### Monthly Meetings

4TH WEDNESDAYS

3:30 - 5:00 PM

EXTENSION OFFICE/LARGE ROOM

- Oct. 23rd
- Nov. 27th
- Dec. 11th (2nd Wed.)
- Jan. 22nd
- Feb. 26th
- Mar. 26th
- April 23rd
- May 28th



Ages 9-18

Club Leader: Erica Hanner



Youth are welcome to ride Bus #1 to Extension Office for after-school meetings @ 3:30 or 4 PM: 200 East Main St. Scottsville, KY. Guardian must send school note to school to arrange.

Allen County Cooperative Extension

2024-2025



## Art Club



Spaces Limited... Pre-Registration REQUIRED at start of program year. Call (270) 237-3146

### MEETING DATES

Second Thursdays @ 3:30-5:00

at Extension Office in the Large Room!

- October 17th (3rd Thurs)
- November 14th
- December 12th
- January 9th
- February 13th
- March 13th
- April 17th (3rd Thurs)
- May 8th

Club Leader: Allison Denny & Melissa Biggs  
Ages: 9-18

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Allen County Cooperative Extension Services



## "HELPING HANDS" 4-H COMMUNITY CLUB

MONTHLY MEETINGS  
3:30 PM- 5:00 PM  
AT EXTENSION OFFICE  
IN THE BASEMENT

Ages: 9-18 (Cloverbuds welcome with adult)

- Oct. 3rd
- Nov. 7th
- Dec. 5th
- Jan. 2nd
- Feb. 6th
- Mar. 6th
- April 3rd
- May 1st



Youth are welcome to ride Bus #1 to Extension Office for after-school meetings @ 3:30 or 4 PM: 200 East Main St. Scottsville, KY. Guardian must send school note to school to arrange.



Club Leader: Kristen Tabor



# ALLEN COUNTY 4-H CLUBS



Allen County Cooperative Extension

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

# S.E.T.

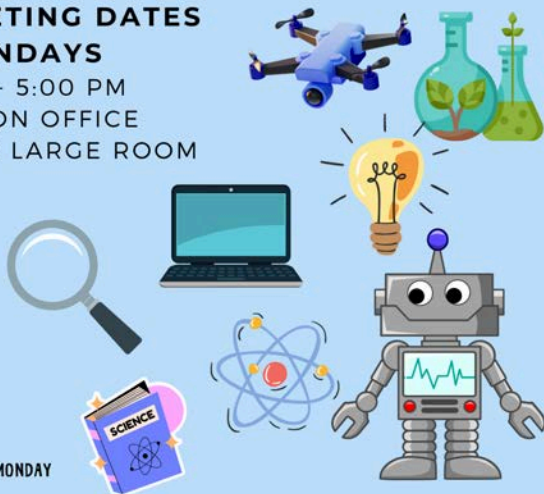
 (Science.Engineering.Technology)

## PROJECT CLUB 2024-2025

**MONTHLY MEETING DATES**  
**4TH MONDAYS**

TIMES: 3:30- 5:00 PM  
AT EXTENSION OFFICE  
LOCATED IN THE LARGE ROOM

- OCT. 28TH
- NOV. 25TH
- DEC. 23RD
- JAN. 27TH
- FEB. 24TH
- MAR. 24TH
- APR. 28TH
- MAY 19TH 3RD MONDAY



**CLUB LEADERS:**  
JENNIFER AND VANOUS BROWN  
AGES: 9-18



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Allen County Cooperative Extension

Martin-Gatton  
College of Agriculture,  
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University of Kentucky.

# LIVESTOCK CLUB

2024-2025

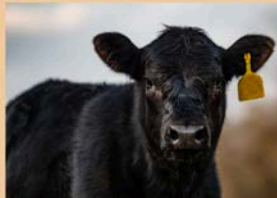
**MONTHLY MEETINGS**  
**4TH MONDAY'S**  
**6:00 - 7:30**

**LOCATION**  
EXT. OFFICE/LARGE ROOM

**OPEN TO AGES 9-18**  
CLOVERBUD LIVESTOCK EXHIBITORS  
WELCOME WITH ADULT

- OCT. 28TH
- NOV. 25TH
- DEC. 9TH (2ND MONDAY)
- JAN. 27TH
- FEB. 24TH
- MAR. 24TH
- APRIL 28TH

**CLUB LEADER: ROBIN DALTON**



# 2024-2025 Allen County Cooperative Extension Horsin' Around CLUB



**MONTHLY MEETINGS**  
**4TH MONDAY'S**  
**6:30 PM- 7:30 PM**  
AT EXTENSION OFFICE  
LOCATED IN BASEMENT

--- OPEN TO AGES 9-18 ---

- OCT. 28TH
- NOV. 25TH
- DEC. 16TH (3RD MON)
- JAN. 27TH
- FEB. 24TH
- MAR. 24TH
- APR. 28TH
- MAY 19TH (3RD MON)

**CLUB LEADERS :**  
TRACI TRASKY & MADISON WOODS



Western Riding



English Riding

Allen County Extension Services

Martin-Gatton  
College of Agriculture,  
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University of Kentucky.

# 4-H Poultry Club

2024-2025



**Meetings on 3rd Thursdays 5:30-6:30**  
**@Allen County Extension Office, Basement Room**  
**Ages: 9-18 (Cloverbuds welcome with adult)**

Enter this 81010 into a text message, text the message @4b9b4 to join the poultry remind group.

←←←←← Meeting Dates: →→→→→

↓ Oct. 17th	↑ Feb. 20th
↓ Nov. 21th	↑ Mar. 20th
↓ Dec.19th	↑ April 17th
↓ Jan. 16th	↑ May 15th

↓ →→→→→



**Club Leader: Elizabeth Bequeath**



# ALLEN COUNTY 4-H CLUBS



## 4-H Teen Club

2024-2025

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



Open to Youth Grades 7th - 12th

### Monthly Meetings

2nd Mondays - County & Area Teen Clubs

- Oct. 21st @ 4-6 PM (Allen Ext. Office)
- Nov. 11th @ 4-8 PM (Travel to Warren)
- Dec. 9th @ 4-6 PM (Allen Ext. Office)
- Jan. 13th @ 4-8 PM (Travel to Barren)
- Feb. 10th @ 4-6 PM (Allen Ext. Office)
- Mar. 10th @ 4-8 PM (Travel to Warren)
- April 14th @ 4-6 PM (Allen Ext. Office)
- May 12th @ 4-8 PM (Travel to Barren)

Note: Must RSVP w/ Agent Anna for Travel Meetings. Space limited.

Club Leader: Agent Anna

Community Service

Leadership

Travel

Life Skills

Fun

Experiences

Team Work



Youth are welcome to ride Bus #1 to Extension Office for after-school meetings @ 3:30 or 4 PM: 200 East Main St. Scottsville, KY. Guardian must send school note to school to arrange.

2024-2025

Allen County Extension Services

Martin-Gatton  
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## 4-H Cooking Club

2024-2025

limited to 20 youth  
ages 9-18



**ALLEN COUNTY  
EXTENSION OFFICE  
3:30 PM-5:30 PM  
MONTHLY MEETING  
1ST TUESDAY OF THE  
MONTH**

**IN THE LARGE ROOM**

- OCT. 1ST
- NOV. NO MEETING
- DEC. 3RD
- JAN. 7TH
- FEB. 4TH
- MAR. 4TH
- APRIL 1ST
- MAY 6TH

Pre-Register  
Monthly, call  
(270) 237-3146

Club Leader: Nancy Owens



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2024-2025

ALLEN COUNTY COOPERATIVE EXTENSION

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## OUTDOOR ADVENTURE CLUB

AGES 9-18

### Monthly Meetings

3RD THURSDAYS  
3:30 - 5:00 PM  
EXTENSION  
OFFICE/BASEMENT -  
NOTICES BEFORE OFF-  
SITE MEETINGS

COMING  
2025!!!

- JAN. 16TH
- FEB. 20TH
- MAR. 20TH
- APRIL 17TH
- MAY 15TH



Youth are welcome to ride Bus #1 to Extension Office for after-school meetings @ 3:30 or 4 PM: 200 East Main St. Scottsville, KY. Guardian must send school note to school to arrange.

2024-2025

CLUB LEADER: AMANDA PATRICK

Allen County Extension Services

University of Kentu  
College of Agricultu  
Food and Environm  
Cooperative Extension S

## SHOOTING SPORTS CLUB



4-H Shooting  
Sports Program  
Archery, Rifle &  
Shotgun Disciplines

OPEN TO AGES: 9-18

# COMING SOON!!!

# MEETINGS BEGIN

# FEB. 2025



Questions? Call the Extension  
Office (270) 237-3146

CLUB LEADERS  
TIM SEIFRIG, MATT POWELL,  
LUCAS SULLIVAN & JONATHAN PARDUE



# 4-H WORKSHOPS



ALLEN COUNTY EXTENSION SERVICES

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

## PUMPKIN DECORATING WORKSHOP

OCT. 16, 2024 • 3:30PM TO 5PM

LOCATED IN THE LARGE ROOM

@ ALLEN COUNTY EXT. OFFICE

AGES: 9-18 (CLOVERBUDS WELCOME W/ ADULT)

- COST: FREE
- REGISTER: CALL 270-237-3146
- RSVP BY: 10/9
- WORKSHOP LEADER: RACHEL SEIFRIG

SUBMIT

Submit to  
Extension  
Pumpkin Contest



Youth are welcome to ride Bus #1 to Extension Office for after-school meetings @ 3:30 or 4 PM: 200 East Main St. Scottsville, KY. Guardian must send school note to school to arrange.

FREE THANKS TO A GRANT FROM THE LAURA TURNER DUGAS FOUNDATION



## STAMPED LEATHER WORKSHOP

- COUNTY/STATE FAIR PROJECT ELIGIBLE -

JOIN US FOR AN IN-PERSON WORKSHOP ON

### NOVEMBER 6TH

@ 3:30 PM - 5:30 PM,  
LARGE MTG RM



SPACES LIMITED. PARTICIPANTS MUST BE AGES 9-18. MUST REGISTER IN ADVANCE BY 10/30. CALL 270-237-3146



WORKSHOP COST: \$5  
4-H BUCKS ACCEPTED

LEARN HOW TO MAKE TWO STAMPED LEATHER PROJECTS

- LEATHER BULL FIGURINE
- LEATHER BELT



Create-Your-Own

## Dream-Catcher



4-H Workshop

- DATE: Wed. 11/20
- TIME: 3:30 - 5:00 PM
- LOCATION: Large Mtg Rm
- COST: Free
- AGES: 5-18
- RSVP: By 11/13, Spots limited!
- REGISTER: Call 270-237-3146

## CROSS STITCH + CHRISTMAS CARD

\*\*\*\*\* 4-H WORKSHOP \*\*\*\*\*

MAKE ME!

LEARN HOW TO CROSS-STITCH, PICK A DESIGN & COMPLETE A CHRISTMAS CARD

COMBINE CROSS STITCH & CARD MAKING

- DATE: DEC. 4TH
- TIME: 3:30 - 5:30
- LOCATION: LARGE MTG RM
- COST: FREE
- AGES: 9-18
- RSVP: BY 11/27
- REGISTER: CALL 270-237-3146



**CLUB OFFICERS  
SAVE THE DATE**

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

# 4-H Club Officer Training



**Tues. Nov. 26th  
@ 3:30 - 5:00 PM**

## TRAINING TO COVER LEADERSHIP ROLES FOR:

### • Club Officer Positions:

President, Vice-President, Secretary, Treasurer, Reporter,  
Recreation Leader (selected in Oct./Nov. Club meetings)

- **Highly Recommended for all youth selected to serve in Club Officer Leadership Role.**
- **Pizza Meal Provided (FREE)**
- **Please RSVP by Calling 270-237-3146 by 11/22**

# CHANGE YOUR WORLD

at the 2024 4-H Issues Conference

Youth will learn to identify and address local issues while developing leadership and citizenship skills.

### Delegates will gain insights into:

- civic engagement
- public presentation skills
- leadership skills

### Interested in further development?

Return next year for the:

Advanced Issues Action Group

**JOIN US!**

NOVEMBER 14-16 | Dale Hollow State Park

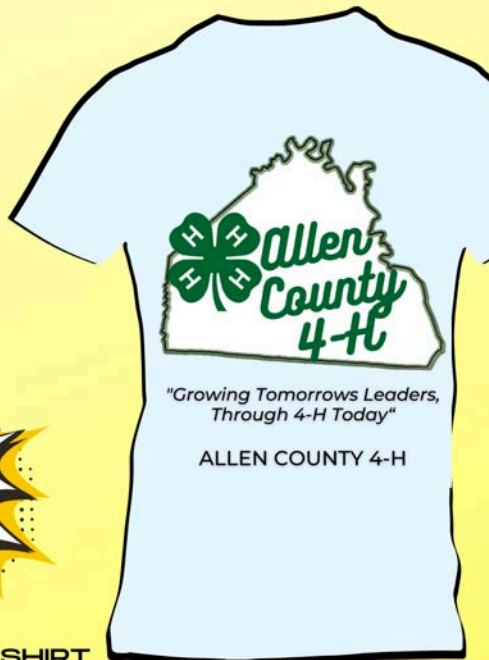
Contact Agent to register before 10/31.

# 2024

ALLEN COUNTY 4-H



# T-SHIRT ORDER



**T-SHIRT ORDER  
OPEN TO THE  
ENTIRE  
COMMUNITY!!!**

- **COST: \$15.00 PER SHIRT**
- **ORDER & PAYMENT DUE BY: NOV. 15TH**
- **CALL OR COME IN TO ORDER: (270) 237-3146**
- **AVAILABLE SIZES: YOUTH SIZES AND ADULT SIZES**
- **PROCEEDS TO SUPPORT ALLEN CO. 4-H PROGRAM**

# SAVE-THE-DATES

- 12/10: Country Ham Contracts Due
- 12/16: Area Banquet
- 1/31: Leadership Lock-In
- 2/25-2/26: Capitol Experience
- 3/20-3/22: Teen Summit
- 4/8-4/12: Jekyll Island Trip
- 4/25-4/27: Horse Camp
- 6/9-6/13: Teen Conference
- 6/20-6/22: Cloverbud Camp
- 6/30-7/4: 4-H Camp



# ALLEN COUNTY 4-H WEEK

OCT. 28 - NOV. 1, 2024

# CELEBRATE ALL WEEK LONG



## MON | OCT. 28TH *Window Painting*

Meet @ Ext. Office  
at 3:30 - 4:30 PM to  
Window Paint. All  
members welcome!



## WED | OCT. 30TH *Spirit Day + Photo Challenge*

Wear 4-H and/or  
Green to School &  
Post a Photo to  
Media



2024

# ANNUAL 4-H RECOGNITION BANQUET

TUES. OCTOBER 29, 2024

*Allen County  
Extension Facility*

REGISTRATION @ 5:30 PM;  
MEAL @ 6:00 PM



## THURS | OCT. 31ST *Halloween Party*

Come, Go or Stay...  
Join us from 3:30 -  
6 PM for a Sweet  
Treat & Halloween  
Movie.



## FRI | NOV. 1ST *Coloring Contest*

Submit your Drawing  
by 3 PM. Winners  
announced 11/1 @ 4  
PM. Coloring Page in  
Newsletter







# 4-H MEMBER & VOLUNTEER *RECOGNITION BANQUET*

*--- Join us for a Night Under the Stars ---  
Shoot for the moon, land in the stars...*

## TUES. OCTOBER 29, 2024



*Allen County Extension Facility*

**REGISTRATION @ 5:30 PM;**

**MEAL @ 6:00 PM**

- OPEN TO ALL MEMBERS & VOLUNTEERS - Consider completing Annual Member Report Form for Recognition
- REGISTRATION: Call (270) 237-3146
- RSVP & PAY: Due 10/17
- COST: Members - FREE, Adults - \$10.00, Ages 8 & Below - \$7.00



ALLEN COUNTY  
**4-H WEEK**

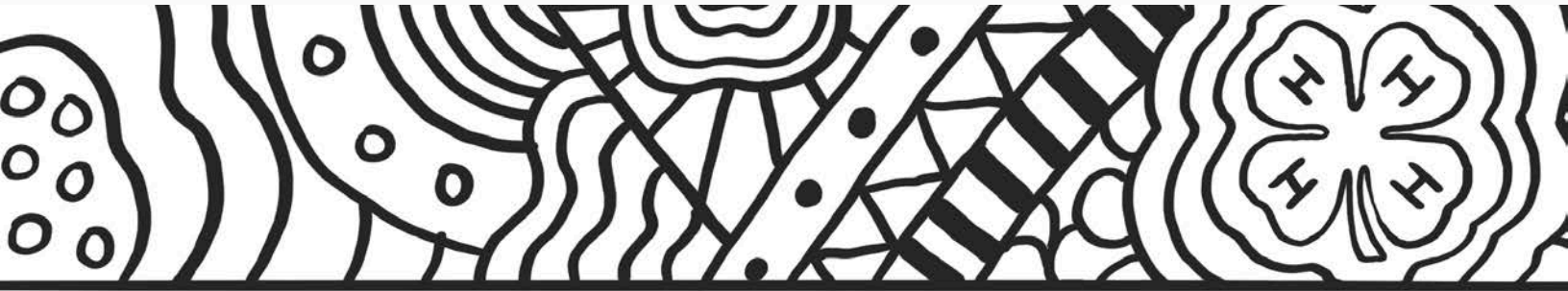
OCT. 28 - NOV. 1, 2024

# 4-H WEEK COLORING CONTEST



Due to Ext.  
Office by 10/30

Image Courtesy of Kansas State Cooperative Extension



TO MAKE   
 THE BEST  
BETTER



# OCTOBER

2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Teen Retreat Reg. Due by 10/1  Cooking Club @ 3:30-5:30 PM	2 4-H Workshop Wednesday 4-H Broadcasters Workshop @ 3:30-5:00 PM	Helping Hands 3:30-5:00 PM - Large room  Cloverbuds @ 5:30-6:30 PM Large Room	4	5
6	7	8	9	10	11	12
- - - - - ALLEN COUNTY SCHOOLS FALL BREAK - - - - -						
13	14	15	16 4-H Workshop Wednesday Pumpkin Decorating @ 3:30-5:00 PM	17 Art Club 3:30 PM Large Room  Poultry Club - 5:30 Basement	18	19
20	21 4-H Teen Club @ 4-6 PM in Large room	22	23 Wellness Warriors 3:30-5:00 PM/Large Room	24	25 - - - TEEN RETREAT CONFERENCE - - -	26
27 - TEEN RETREAT -	28 Livestock Club 6-7:30 PM Large Room S.E.T. Club 3:30-4:30 PM Large Room Horsin' Around Club 6:30-7:30 PM/Basement  WINDOW PAINTING @ 3:30 - 5:00 PM	29  4-H Banquet, Registration @ 5:30, Meal @ 6 PM  	30  4-H SPIRIT DAY & PHOTO CHALLENGE	31 Enrollment Forms are due today to get \$20 in 4-H Bucks   HALLOWEEN PARTY @ 3:30 - 6:00 PM	 COLORING PAGE CHALLENGE DUE	
- - - - - ALLEN COUNTY 4-H WEEK: 10/28 - 11/1 - - - - -						

# NOVEMBER

2024

SUN	MON	TUE	WED	THU	FRI	SAT
No Cooking Club for the month of November					1  COLORING PAGE CHALLENGE DUE	2
3	4	5 - - - OFFICE CLOSED - - - ELECTION DAY	6 4-H Workshop Wednesday Leather Stamping @ 3:30-5:30 PM	Helping Hands 3:30-5:00 PM - Large room  Cloverbuds 5:30-6:30 PM	8	9
10	11 4-H Teen Club @ 4-6 PM - TRAVEL TO BUTLER CO.	12 4-H Council Mtg @ 5:00 PM	13	Art Club 3:30 PM Large Room  - - - - - 4-H ISSUES CONFERENCE - - - - -	15 T-SHIRT ORDERS DUE	16
17	18	19	20 4-H Workshop Wednesday Dream Catchers @ 3:30-5:30 PM	21 Poultry Club - 5:30 Basement	22	23
24	25 Livestock Club 6-7:30 PM Large Room S.E.T. Club 3:30-5 PM Large Room Horsin' Around Club 6:30-7:30 PM/Basement	26	27 Wellness Warriors 3:30-5:00 PM/Large Room	28  - - - OFFICE CLOSED - THANKSGIVING BREAK - - -	29	30





Recipes from the 2024 Food and Nutrition  
**Recipe Calendar**

 Cooperative  
Extension Service

# Sweet Potato Hash



- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 teaspoon salt
- 1 1/2 teaspoons dried oregano
- 3/4 teaspoon black pepper
- 4 cloves garlic, minced, or 1/2 teaspoon garlic powder
- 2 pounds sweet potatoes, peeled and diced (1-inch cubes)
- 2 pounds boneless, skinless chicken breasts, fat trimmed and diced (1-inch cubes)
- 4 ounces baby spinach (about 4 cups)
- 2 tablespoons apple cider vinegar

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.

3. Heat olive oil in a large sauté pan or pot (3 quarts or larger) over medium heat.
4. Add onion, salt, oregano, black pepper, and garlic. Sauté until onion and garlic begin to lose color, about 5 minutes.
5. Add sweet potatoes and chicken and cook, uncovered. Stir occasionally to prevent sticking and assure all ingredients are well mixed. Wash hands after handling raw poultry.
6. Cook until chicken reaches 165 degrees F using a meat thermometer, about 15 minutes.
7. Add spinach and vinegar and mix until spinach is thoroughly wilted and mixed with other ingredients. Serve.
8. Refrigerate leftovers within 2 hours.

**Makes 8 servings**  
**Serving size: 1/8th of recipe**  
**Cost per recipe: \$14.17**  
**Cost per serving: \$1.77**



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

**Nutrition facts**

**per serving:** 270 calories; 6g total fat; 1g saturated fat; 0g trans fat; 85mg cholesterol; 420mg sodium; 25g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

**Source:**  
Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior, University of Kentucky Cooperative Extension Service

**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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating  
Lexington, KY 40506



Disabilities accommodated with prior notification

