



February 2024

# Newsletter

## 4-H Camp 2024

SAVE THE DATE!  
July 1st - July 5th

Scan the QR Code to  
download the application  
today!



SAVE THE DATE!  
Ashland - Boyd County  
4-H SUMMER CAMP



Make plans to join us for the most wondrous spectacle!



4-H SUMMER CAMP  
JULY 1-5, 2024

Campers ages 9-13  
North Central 4-H Camp  
Carlisle, Kentucky

For more information contact Becky Stahlert  
at 606-739-5184 or email: rstahler@uky.edu



EARLY BIRD  
REGISTRATION  
BEGINS  
FEBRUARY 2024



## Spaghetti Dinner and Silent Auction

March 16, 2024 from 5 p.m. to 7 p.m. at the Franks Building. For ticket information, please call (606) 739-5184.

## Breakfast with the Bunny

March 2, 2024 at the Franks Building. See attached flyer for more information.

## Middle School Retreat

March 26 - 27, 2024  
Students must currently be enrolled in 6th - 8th grade. For more information, please call the Boyd County Extension Office



### 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.



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

# Newsletter



## Kentucky Volunteer Forum

February 22 - 24, 2024. For more information, please contact the Boyd County Extension Office.

## Speech and Demonstrations

Watch for information to be sent home from your child's school.

## Goodwill Meets 4-H

The Goodwill Meets 4-H Challenge is a partnership between 4-H and Goodwill of Kentucky that encourages young people to explore thrifting and upcycling, as well as prepare them to enter the State Fashion Revue and the State Fair.

The Challenge takes place on Goodwill of Kentucky's Facebook and Instagram pages, and we will be sharing the posts on Kentucky 4-H's social media platforms. The judging is 50% the number of likes the young person gets and 50% the judges' scores.

Anyone can participate in the event. There is no charge to participate.

For more information or to participate, please contact Rebecca Stahler at [Rebecca.Stahler@uky.edu](mailto:Rebecca.Stahler@uky.edu)



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Lexington, KY 40506



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Martin-Gatton  
College of Agriculture,  
Food and Environment

# 4-H Under the Big Top

**4-H Summer Camp**  
July 1 - 5, 2024

**Campers ages 9 - 13**  
**North Central 4 - H Camp**  
**Carlisle, KY**



**Registration is now open! For more information,  
please contact the Boyd County Extension Office.**

**(606) 739-5184**  
**boyd.ext@uky.edu**

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**Boyd County 4-H Dog Club  
PRESENTS**

# BREAKFAST

with the

# Easter Bunny

**VENDOR & CRAFT FAIR TO FOLLOW**

**SATURDAY, MARCH 2ND 8AM -10AM**

**BOYD COUNTY FAIRGROUNDS  
1760 ADDINGTON RD ASHLAND, KY**



**TAKE FREE PHOTOS WITH THE  
EASTER BUNNY!**

**Ticket Prices:  
Adults \$8 Children under 12 \$5**

**For additional information and  
donations please contact  
Amanda at 606-585-8995  
Paula at 606-922-0244**



*Rebecca W. Stadler*  
Rebecca Stadler  
County Extension Agent  
For 4-H Youth Development

**Cooperative  
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The 4-H Dog Club

Presents

# Spring Market

Saturday March 2nd -  
ENTRY FROM 10AM - 3PM

Featuring local community vendors

**VENDOR SPOTS \$20**

SUPPORT YOUR LOCAL COMMUNITY VENDORS BY SHOPPING WITH US FOR THEIR GREAT RANGE OF HANDMADE COLLECTOR, VINTAGE GOODS AND GIFTS.

JEWELRY, NATURAL SOAPS & OILS, KNITTED GARMENTS, CANDLES & FRAGRANCES, BATH, BODY & BEAUTY. DESIGN AND ART.

1760 Addington Rd Ashland, KY

ENTRY FEE: Canned Dog Food or Donation

FREE PARKING ONSITE  
CONCESSIONS STAND

For more information, please call  
the Boyd County Extension Office  
(606) 739-5184

*Rebecca W. Stahler*  
Rebecca Stahler  
County Extension Agent  
For 4-H Youth Development

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# SPAGHETTI

*Dinner*

March 16th

5pm - 7pm Franks Building

\$10 per adult

\$5 per child (8 and under)

For tickets or more information,  
please call (606) 739-5184.

*Rebecca W. Stahler*  
Rebecca Stahler  
County Extension Agent  
For 4-H Youth Development

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# You've got a friend in 4-H

**4-H Middle School Retreat**

**March 26-27, 2024**

**Boyd County Fairgrounds**

**\$40**

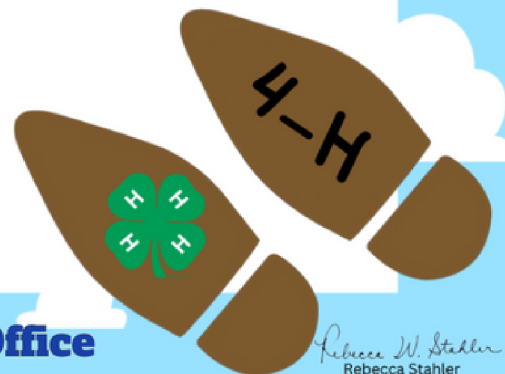
**Lock-In Style - Community Service - Games**

**Friendship - Cooking - Memories**

**Contact your Extension Office to  
register!**



**Deadline to register is March 7, 2024  
Bring your own cot or air mattress**



## COOKING WITH KIDS

# Pocket Fruit Pies

- 4, 8-inch flour tortillas
- 2 medium peaches, pears, or apples
- 1/4 teaspoon cinnamon
- 2 tablespoons packed brown sugar
- 1/8 teaspoon nutmeg
- 2 tablespoons fat-free milk
- Additional sugar for topping (optional)
- Nonstick cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 350 degrees F.
3. Warm tortillas in microwave or oven to make them easy to handle.
4. Peel and chop fruit into pieces.
5. Place 1/4 of the fruit on half of each tortilla.

6. In a small bowl, stir together cinnamon, brown sugar, and nutmeg. Sprinkle over fruit.
7. Roll up the tortillas, starting at the end with the fruit.
8. Spray baking sheet with nonstick cooking spray
9. Place tortillas on baking sheet. Make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
10. Bake in oven for 8 to 12 minutes or until lightly brown.
11. Serve warm or cool. Refrigerate leftovers within 2 hours.

**Notes:** This easy snack gets more fruit into a daily diet. Tortillas, with a variety of toppings, make great snack builders.

**Safety tip:** Allow pie to cool slightly before tasting - the steam and sugar can burn.

**Makes 4 fruit pies**

**Serving size:**

1 prepared fruit pie, 1/4 of recipe

Nutrition facts per serving: 190 calories; 2.5 g total fat; 1 g saturated fat; 0 g trans fat; 0 mg cholesterol; 360 mg sodium; 36 g total carbohydrate; 1 g dietary fiber; 14 g total sugars; 7 g added sugars; 5 g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium

Source: Adapted from Kansas State University Cooperative Extension



## RECIPE

# Shepherd's Pie

- 2 large potatoes with skin, diced
- 1/3 cup skim milk
- 1/2 pound (85% lean) ground turkey
- 2 tablespoons flour
- 1 package (10 ounces) frozen mixed vegetables
- 1 can (14.5 ounces) low-sodium vegetable broth
- Shredded cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 375 degrees F.
3. Place potatoes in medium saucepan. Cover with water and bring to a boil. Reduce heat and simmer until tender (about 15 minutes).

4. Drain potatoes and mash. Stir in milk and set aside.
5. Brown turkey in a large skillet. Stir in flour and cook for 1 minute, stirring constantly.
6. Add vegetables and broth. Bring to a slow boil.
7. Spoon vegetable and meat mixture into an 8-inch square baking dish. Spread potatoes over mixture.
8. Bake 25 minutes.
9. Serve hot. Garnish with shredded cheese (optional).
10. Refrigerate leftovers within 2 hours.

**Makes 6 servings**

**Serving size:** 1/6 of recipe

Nutrition facts per serving: 190 calories; 6 g total fat; 1.5 g saturated fat; 0 g trans fat; 25 mg cholesterol; 90 mg sodium; 24 g total carbohydrate; 2 g dietary fiber; 4 g total sugars; 0 g added sugars; 10 g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

\*Note: Nutrition analysis does not include cheese.

Source: Adapted from ONIE Project - Oklahoma Nutrition Information and Education



## SMART TIPS

# Muscle strengthening activities and health

**A**dults should work the major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms) at least two times each week. This can involve lifting weights, using resistance bands, and doing pushups, pullups, situps, and some types of yoga. Movements such as carrying groceries, playing with your kids, and gardening can help build up muscles.

A great way to support strength building is with good nutrition. Eat foods that give you protein, carbohydrates, and fat. Be sure to get enough calories throughout the day.

Source: Adapted from <https://www.eatright.org/fitness/physical-activity/benefits-of-exercise/4-keys-to-strength-building-and-muscle-mass>

## FOOD FACTS

# Proteins

**P**rotein foods are all foods made from seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds, and soy products.

Eat a range of protein foods to keep your body healthy. Meat and poultry choices should be lean or low-fat. Choose items like 93% lean ground beef, pork loin, and skinless chicken breasts. Make seafood choices that are higher in healthy fatty acids (called omega-3s) and lower in methylmercury, such as salmon, anchovies, and trout.

Vegetarian protein choices are beans, peas, and lentils, nuts, seeds, and soy products.

### How many protein foods should I eat a day?

The amount of protein foods you need depends on your age, sex, height, weight, and how active you are. The amount can also depend on whether you are pregnant or nursing.

Most Americans eat enough from the protein foods group but need to select



leaner kinds of meat and poultry. Choose meats less often and increase other choices of protein foods.

### What counts as an ounce-equivalent of protein?

These amounts are one serving of protein:

- 1 ounce of meat, poultry, or fish
- 1/4 cup cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- 1/2 ounce of nuts or seeds

Source: Adapted from USDA Choose MyPlate

## PARENT CORNER

# Raise healthy eaters in the new year

**R**ing in a new year by teaching kids the value of food and nutrition.

As with any part of raising children, no one does a perfect job with nutrition. As a parent, grandparent, or adult caregiver, you can raise healthy eaters during these growing years by doing your best to:

- Serve routine, balanced meals and snacks with nutrient-rich foods.

- Plan calm, pleasant mealtimes when adults and children can talk together.
- Remove TV, phones, and tablets so your thoughts are on each other.
- Allow children to use their inner signals to decide how much and what to eat.
- Explore foods from other cultures and cuisines.
- Make food safety, such as washing hands, part of each meal.

- Teach basic skills for making good food choices away from home.

This may seem like a long to-do list. Two family habits that go a long way to making all this happen are routine family meals and linking kids and nutrition from the ground up.

Source: Adapted from <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>



## Meet the Team



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(606) 739-5184

Interested in becoming a 4-H Volunteer?  
Scan the QR code below for more  
information!



2420 Center Street | Catlettsburg, KY | 41129 | (606) 739-5184 | [boyd.ext@uky.edu](mailto:boyd.ext@uky.edu)

