

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY
COOPERATIVE EXTENSION
JUNE 2023



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Franklin County
101 Lakeview Court
Frankfort, KY 40601-8750
(502) 695-9035
Fax: (502) 695-9309
franklin.ca.uky.edu



Take a Hike!

Does your family enjoy the great outdoors? June is National Camping month, a time when many Americans will be venturing outside for adventures. Before heading out, think about your nutritional needs. There are a lot of choices besides just grabbing energy bars and water. Take time to map out a safe and wholesome food plan.

Your food and water intake needs may be higher during times of greater physical activity. How long is the trip? What food and drinks will you need? Do you need to carry a cooler?

Before heading out on a hike, you may want to drink water before you go. A good rule of thumb is to plan to drink 2 cups of water for each hour you hike. Choose foods that will not weigh your backpack down but will pack a nutritional punch like trail mix, nuts and seeds, fresh fruit, granola, or energy bars.

(Continued on pg. 2)

IN THIS ISSUE

TAKE A HIKE!	1-2
BASIC BUDGET BITES.	2
A MESSAGE FROM THE FCS AGENT & FC HOMEMAKER PRESIDENT	3
CHEERS TO 90 YEARS HIGHLIGHTS.	4
SEEKING THERAPY FOR OLDER ADULTS.	5-6
SAVE MONEY ON MEDICAL EXPENSES.	7-8
ENCOURAGE YOUR CHILDREN TO BE FIT AND ACTIVE.	9-10
WAYS TO KEEP KIDS ACTIVE DURING THE SUMMER	11
STRAWBERRY SMORES.	11
MEAL PREPPING SAVES TIME AND FRUSTRATION	12
FARM CITY FIELD DAY	13
UPCOMING EVENTS	14-15
OFFICE CLOSINGS.	16

(Continued from pg. 1, Take a Hike!)

If the trip involves many days, choosing food can be a challenge. You will be able to eat out of your cooler on the first day, but after that, you may need lots of shelf-stable choices. You might want to choose nut butters, cereal, squeeze pouches of fruit, tuna pouches, or whole-grain tortilla shells.

Being outside can put your food at a higher risk of germs if not kept cold. Do not forget that food should not be out of the cooler for more than one hour if the temperature is above 90 degrees. Pack food safety essentials such as hand sanitizer, throwaway wipes, bowls, plates, can opener, cooking pot and/or pan, knives and forks, ice packs, trash bags, thermometers for the cooler and cooked meat.

Follow food safety rules to keep from getting sick. Wash your hands often and always before and after eating. If you cannot wash your hands, use hand sanitizer with 60% alcohol to reduce germs. Keep raw meats and ready-to-eat foods apart. Cook food to proper temperatures. While on a hike, refrigerate foods to below 40°F within two hours, but without a refrigerator, pack foods that can spoil into a cooler with ice or ice packs and make sure the temperature stays below 40°F. Keeping the cooler in the shade will help. And if possible, keep the cooler closed as much as you can.

Now you are ready to take a hike!

Adapted from <https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/food-tips-for-camping-and-hiking>



Basic Budget Bites

Outdoor eating can be quite cheap. Keep things simple. Buy whole ingredients. You can avoid the cost and unhealthiness of processed foods. Sandwiches, peanut butter crackers, veggies and dip all make great outdoor foods that won't break your wallet. Use baked potatoes for an easy and filling meal on a campfire. Or make some wraps with your favorite cold cuts and veggies and wrap in aluminum foil to heat over the fire. Eggs can serve as a tasty and quick meal for breakfast or any meal while camping. If it's chilly in the evening, a warm mug of soup can hit the spot. Using either homemade soup or canned soup will be a low-cost meal for a family.



Be sure to follow our Facebook page for all the up-to-date information and articles.



@FranklinCountyKyCooperativeExtension



From the fingertips of your FCS Agent...

Spring time is here, but it is starting to feel more like summer. I am excited and can't wait to take part in the area county fairs judging at their events.

Carla A. Carter

I cannot express how appreciative of the Franklin County Homemakers Executive Board and annual meeting committee. The 90th Homemaker Meeting was phenomenal from the decorations, entertainment, food, gift baskets, guest speakers, history of homemakers, lifetime achievement winners, program, and touching slideshow (See pg. 4). I have to give a special shout out to Julie and Emma for all their hard work ensuring this event was a success!

Next month is all about the Franklin County Fair. I will have the entries for all the home categories and look forward to seeing what you are entering and what ribbons you will win!

Lastly, I want to wish my daddy, James T. Graham Jr. and my father, Billy Davis a Happy Father's Day! Without each of these gentlemen in my life, I couldn't be the person that I am today.



From your Franklin County Homemaker President, D. Boebinger

Wow! What a wonderful annual meeting! We had a delicious dinner, listened to great entertainment by Hither and Yon and met our scholarship winner McKenna Rummage. Congratulations to Mildred Polsgrove, Shirley Fitzpatrick, Pat Dampier and Marilyn Clark on their Lifetime Achievement awards. You are inspirations to all homemakers!

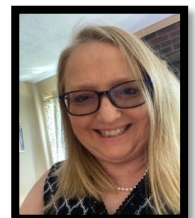
Congratulations also to Elizabeth Collins being sworn in as the new County President. I appreciate her stepping up into this role. I hope everyone gives her the support and help she requests during her term.

We still need someone to fill the role of Vice President. If you feel that you can fulfill this role, please contact me or Elizabeth.

I want to thank everyone for their support and kind words or encouragement during my role as president. We survived the years of Covid! I'm sure Franklin County Homemakers are going to continue to make our name known on the State level and are going to do great things here in our community! I'm not going anywhere since I seem to have a problem saying "No"! But I will take some time to enjoy my grandkids this summer and tend to my garden and bees!

Blessings!

Denise



Cheers to 90 Years!



FAMILY CAREGIVER HEALTH BULLETIN



JUNE 2023

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Franklin County Cooperative
Extension Office
101 Lakeview Ct.
Frankfort, KY 40601
(502)695-9035
franklin.ca.uky.edu

THIS MONTH'S TOPIC:

EMOTIONAL HEALTH: SEEKING THERAPY FOR OLDER ADULTS



Experiencing anxiety and depression related to life changes and transitions associated with aging can be heartbreaking for many older adults and their family members. If such issues have you or a loved one feeling down for an extended period, there may be something more serious going on. Taking care of emotional health is important. When ignored or left untreated, poor mental health can lead to confusion, decreased concentration, cognitive and physical decline, heart disease, issues with sleep and nutrition, noncompliance with medications, increased risk of infection, and increased risk of suicide.

Continued on the next page →



Depression and anxiety are not a normal part of aging. Mental health services can enhance life quality and independence.

→ Continued from the previous page

According to Matthia Kelley, a registered nurse and director of Senior Life Solutions at Bluegrass Community Hospital, risk factors for being emotionally frail include:

- Physical limitations
- Social isolation
- Fear of leaving home
- Traumatic events
- Loss of loved ones
- Family stress
- Chronic health issues
- Lacking self-worth and/or purpose
- Feeling hopeless
- Anxiety
- Feeling sad or blue for more than two weeks
- Changes in appetite
- Loss of energy
- Adjusting to a new environment
- Feeling fearful
- Loss of independence
- Difficulty sleeping
- Loss of interest in activities you normally enjoy

According to the American Psychological Association, acknowledging and addressing mental health issues can enhance overall health and well-being. Accessing mental health services can lower the number of doctor visits, medical procedures, and medication use.

Therapy services specific to older adults are provided in a variety of settings including health-care facilities, community-based organizations, long-term care facilities, hospice, private practice, and telehealth. Therapists may work independently or as part of a team to be sure the most comprehensive care is provided.

If encouraging a loved one to seek therapy, Kelley reminds family members to be patient, non-judgmental, and supportive. It is important to let a struggling family member know that you recognize their struggles and that you care. To discuss therapy with a loved one, Kelley has the following recommendations:



- Pick a private place.
- Choose a time that your family member might be more receptive to talking.
- Listen to your family member.
- Understand potential fear and/or resistance.
- Recognize that you cannot force someone to go to therapy.

Most older adults experience positive emotional well-being and mental health. But it is an important reminder that depression and anxiety are not a normal part of aging. Accessing mental health services can enhance life quality and independence.

REFERENCES:

- American Psychological Association. (2023). Psychology and Aging. Retrieved 4/14/23 from <https://www.apa.org/pi/aging/resources/guides/psychology-and-aging>
- Matthia, K. (2023, March). Emotional Health. Presentation for the Lexington, Kentucky Aging Consortium. Matthia Kelley, BSN, RN, Program Director Senior Life Solutions at Bluegrass Community Hospital.

**FAMILY CAREGIVER
HEALTH BULLETIN**

Written by: Amy F. Kostelic,
Associate Extension Professor,
Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
123RF.com





University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 14 • ISSUE 6

Franklin County Extension Office | 101 Lakeview Ct. | Frankfort, KY | 40601 | (502) 695-9035

THIS MONTH'S TOPIC: SAVING MONEY ON MEDICAL EXPENSES

When you need to see a doctor or refill a medication, worries about money can cause people to put off getting the care they need. Whether an expensive medication or a doctor's appointment, it can be hard to budget for health-care costs. Learning ways to lower medical expenses can help you stay healthy physically and financially.

LOWERING PRESCRIPTION COSTS

One way to lower medication costs is by shopping around at different pharmacies for the best price. While it can be convenient to go to the same pharmacy every time you need to fill a prescription, try using multiple pharmacies if it can lower your costs. You also can ask your pharmacist about any savings plans your pharmacy offers and if your medications qualify for discounts. You may save money by ordering through the mail or buying in bulk. For example, a 90-day supply of your medicine may have a cheaper price than the standard 30-day supply.

Another way to save money on prescriptions is to ask your doctor about using generic brands. Some doctors might only tell you about the name brand, but there may be cheaper versions that are just as good. The Food and Drug Administration regulates



both generic and name-brand prescriptions, ensuring they have the same active ingredients that treat the same conditions. If there is not a generic form of your prescription, ask your doctor if there are more affordable alternatives that can treat the condition.

STAYING IN-NETWORK

To save money at the doctor's office, review your health insurance policy to identify which doctors are in your network. Going to an out-of-network doctor can greatly increase your copayments. Your insurance company negotiates prices with approved providers, which basically allows you to pay a discounted rate on their services. Being aware of the physicians in your network will save money over out-of-network providers.

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

A KEY TO KEEPING MEDICAL EXPENSES DOWN IS TO SCHEDULE ANNUAL CHECKUPS WITH YOUR DOCTOR



CONSIDER AN HSA

Check to see if you can set up a Health Savings Account (HSA) with your health-care plan. You can add to an HSA with pre-tax dollars through your employer or through a high deductible health plan that meets Internal Revenue Service requirements. The money you put in an HSA can earn interest, and when you take money out for medical expenses, insurance premiums, or deductibles, it is tax-exempt.

HEALTH IS AN ASSET

Finally, a key to keeping medical expenses down is to schedule annual checkups with your doctor. Having regular physical examinations, or well-visits, allows your doctor to watch a condition at its earliest stages. Keeping an eye on things like blood pressure and blood glucose levels can help you take steps to lower your risk of developing conditions in the future like heart disease or diabetes.

View your health as an asset. Forming healthy habits with diet and exercise can help in lowering the

likelihood of developing certain medical conditions that may be costly to you physically and financially. Additionally, if you have a medical condition, it is important to follow the guidelines that your doctor gives you about managing your lifestyle and medication. Preventing a bigger issue will be much cheaper than paying for it afterward.

Don't let the costs of health care keep you from getting the medical services you need. Be proactive in finding ways to save money on medical expenses.

REFERENCES:

NH Health Cost. *What kind of accounts can I use to set aside money for medical cost?* <https://nhhealthcost.nh.gov/guide/question/what-kind-accounts-can-i-use-set-aside-money-medical-cost>

National Library of Medicine. *Eight ways to cut your health care costs.* <https://medlineplus.gov/ency/patientinstructions/000870.htm>

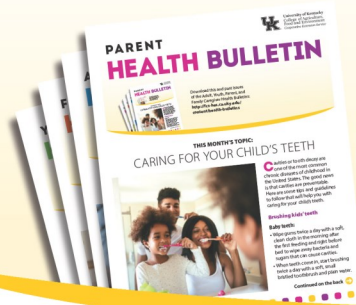
Written by: Nichole Huff and David McIver | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123rf.com

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)

PARENT HEALTH BULLETIN



JUNE 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Franklin County Cooperative Extension Office
101 Lakeview Ct.
Frankfort, KY 40601
(502)695-9035
franklin.ca.uky.edu

THIS MONTH'S TOPIC:

ENCOURAGE YOUR CHILDREN TO BE FIT AND ACTIVE



Everyone needs to be active to keep their bodies healthy. Children need to be active to help their brains and bodies grow and develop in all of the right ways. As a parent, you have an important role in encouraging and helping your child in their attitude toward physical activity and fitness. You also need to help them access resources to be active in ways that they enjoy. Children and teens need to be physically active for 60 minutes or more each day, with activities ranging from informal, active play to organized sports.

Continued on the next page 



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Children and teens need to be physically active for 60 minutes or more each day.

➔ Continued from the previous page

How you can help your child be fit and active:

- **Start early.** Young children love to play and be active. Give lots of time and opportunities to play in unstructured ways: running, climbing, throwing, catching, jumping, etc.
- **Make physical activity part of your family's daily routine.** Walk or bike instead of driving if possible or take the stairs.
- **Give your children equipment** that encourages physical activity.
- **Go places as a family where they can be active,** such as public parks, community baseball fields, or basketball courts.
- **Be positive about the physical activities** in which your child participates and encourage them to try new activities.
- **Be safe!** Always provide protective equipment such as helmets, knee pads, or gloves for activities such as riding bicycles, or scooters, skateboarding, roller skating, rock-wall climbing, and other activities where there could be a high risk of injuries. Make sure activities are right for the your child's age.

Physical activity has many health benefits for children and teens. Some of these benefits include:

- **Academic performance:** Activity improves attention and memory.
- **Brain health:** Movement reduces the risk of depression and anxiety.
- **Muscular fitness:** Build strong muscles and endurance through exercise.
- **Heart and lung health:** Activity improves blood pressure and aerobic fitness.
- **Cardio-metabolic health:** Staying active helps maintain normal blood sugar levels.
- **Long-term health:** Moving throughout your life reduces the risk of several chronic diseases, including type 2 diabetes and obesity.
- **Bone strength:** Strengthen your bones through activity.



As always, the best way to encourage your child is to lead by example. Find activities that you can do with your child, to spend time with them and share in the benefits of being active!

REFERENCE:

- <https://www.cdc.gov/physicalactivity/basics/adding-pa/activities-children.html>
- <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-children.html>

ADULT
HEALTH BULLETIN

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
123RF.com



Ways to Keep Kids Active During the Summer

Don't let your child spend their summer sitting on the couch. Help your child stay moving this summer.

Check out these ideas:

- Sign your child up for local sports camp or swimming lessons.
- Make going for a walk, run, or bike ride together a scheduled event.
- Go hiking and have the kids tell you 10 points of natural interest to enjoy.
- Start a new hobby together, such as inline skating, tennis, or hiking.
- Run through the sprinkler when it's hot outside.
- When it's raining, stay inside, turn on some music and have a dance party.
- Set up neighborhood contests such as jump rope, hula hoop, or hopscotch.
- Start community kickball, soccer, or softball games or relay races.
- Host a bicycle wash on your street.

Being active also helps lower the risk of life-long health problems later in life. Support your kids and take part in at least 60 minutes of physical activity daily. Teaching the value of staying active while your kids are young will help them keep up the habit when they're older. Don't forget to lead by example by also staying active.



Adapted from <https://www.eatright.org/fitness/exercise/family-activities/family-exercise-ideas-for-every-season>

Strawberry S'mores

No campfire needed for these fruity graham cracker snacks

2 strawberries, 1 graham cracker (broken in half), 1/8 cup yogurt, low-fat vanilla

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse the strawberries in water.
3. Slice the strawberries.
4. Add the yogurt and strawberries to half of the graham cracker.
5. Top with the other half of the graham cracker.
6. Enjoy at once.

Notes: Substitute any desired low-fat yogurt flavor. Try other fruits like blueberries, bananas, etc.



Nutritional facts per serving: 100 calories; 2g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 80mg sodium; 19g carbohydrate; 1g fiber; 10g total sugar; 6g added sugar; 3g protein; 0% daily value of vitamin D; 6% daily value of calcium; 6% daily value of iron; 2% daily value of potassium.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/strawberry-s'mores>

Meal Prepping Saves Time and Frustration

Source: Heather Norman-Burgdolf, assistant extension professor



Deciding what to have for dinner each night can be a daily conundrum for many of us. Barriers often include deciding what to prepare and needing more time to prepare a full meal. By preparing at least portions of our meals in advance, we can regularly have home-cooked, nutritious meals.

Research shows that people who regularly do advanced meal preparation tend to consume more fruits and vegetables and eat a more balanced diet. Meal prepping allows us to live our hectic lives while still providing our families and ourselves with nutritious foods. Pre-completing certain cooking steps saves time. The process may include simply prepping ingredients you will use later and completely preparing dishes to store for later use. Meal prepping also takes some of the stress and frustration out of deciding what to eat each night.

If you have never tried meal prepping, start small and don't invest much money. First, aim to prepare two to three meals per week

in advance. Find nutritious recipes your family will enjoy and make a grocery list of the needed ingredients. Allow your family to chime in on the process or ask them if there is a new food or recipe they would like to try.

It is easier to set aside one day for grocery shopping and meal prepping as it cuts down on the number of times you must handle the food and gives you a set time to work meal prepping into your busy schedule. Include your family in the food preparation. Not only will it help spread the cooking responsibilities, but it will also teach your family basic cooking skills and balanced eating habits.

Remember food safety when preparing food. For example, when using a cutting board, slice vegetables before cutting meat. Store produce and meat separately to avoid contamination. While most people associate meal prepping with dinnertime, you can prepare quick breakfasts or use leftovers for lunches. When cooking dinner, make the most of your time in the kitchen. Clean the kitchen as you prepare food, chop veggies for a salad the next day, or slice some fruit for a quick grab-and-go snack for the family.

After preparing the food, store it in an airtight container and place it in the refrigerator or freezer, depending on how soon you plan to eat it. Consume refrigerated meals within five days. Freezing will allow you to store meals for a longer time.

As you become a meal-prepping pro, you can watch for sales to stock up on food staples and increase the number of meals you prepare at home.

Farm City Field Day

The 63rd Franklin County Farm City Field Day is July 13th in the Bridgeport community off Evergreen Road. This year we have two host farms, Firmly Rooted Flowers and the Harrod Family Farm.

Firmly Rooted Flowers is a seasonal, specialty-cut flower farm operated by a 5th generation farm family. The Harrod Family Farm is a beef cattle operation of multiple families and generations as well.

Tours will start at 9:00 a.m. and run until lunch. Stops include cut flower production, heavy-use feed pad, tire waterers and the embryo-transfer process of artificial insemination. After our meal and short program, we will be offering an in-depth tour of the flower operation for those interested.

Please join us for an informative, educational day of fellowship. Tickets (required for the meal) are free and will be available soon.

SAVE THE DATE: JULY 13, 2023
9AM- 1PM

FARM CITY FIELD DAY

FARM HOSTS:

HARROD FARM - 645 EVERGREEN RD.

FIRMLY ROOTED FLOWERS - 650 EVERGREEN RD.

Cooperative Extension Service
 Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development

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, or physical or mental disability. University of Kentucky, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities
 accommodated
 with prior
 notification.

UPCOMING

SOUTH FRANKFORT FOOD SHARE

— DATES —

EVERY OTHER TUESDAY
5:00 PM – 7:00 PM



JOIN US TO ENJOY

a box of local produce, cooking demonstrations, free samples & recipes, fun activities, and more!



Look for our FCS agent on June 13th for a food demonstration.

- MAY 30
- JUNE 13 · 27
- JULY 11 · 25
- AUG. 8 · 22
- SEPT. 5 · 19
- OCT. 3 · 17

Dolly Graham Park
225 River Street
Frankfort, KY 40601
(502) 382-1254

LEARN MORE & ORDER AHEAD
fcmarket.org

SLIDING SCALE PRICING	\$6 – SNAP/EBT	\$30 – Market Value
	\$12 – Limited Income	\$40 – Food Justice

COME AND JOIN US FOR

UNITY in the COMMUNITY

GIVEAWAYS
GAMES
FOOD
VENDORS

VENDORS
MUSIC

SATURDAY
JUN 10
10AM-2PM

**Cake Walk
Health Fair
Rock Painting
Face Painting**





SUSAN ARVIN-HANVEY

Saturday Yoga

MAY 27

JUNE 24

JULY 15

AUGUST 26

10-11AM

Suitable for adult beginners.
Suggested donation: \$5 per class.

FRANKLIN COUNTY COOPERATIVE EXTENSION SERVICES
101 LAKEVIEW COURT, FRANKFORT, KY

PLEASE CALL 502-695-9035 TO RESERVE YOUR SPOT

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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, or physical or mental disability. University of Kentucky, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities accommodated with prior notification.



University of Kentucky
 College of Agriculture,
 Food and Environment
 Cooperative Extension Service

**Our office will be closed
 in observance of**

JUNETEENTH
 FREEDOM DAY 19 JUNE



Carla A. Carter

**Carla A. Carter
 County Extension Agent for Family
 and Consumer Sciences Education**

Cooperative Extension Service
 Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
 accommodated
 with prior notification.