

FEBRUARY 2023

CHRISTIAN COUNTY 4-H

Livestock Club Skillathon



Members of Livestock Skillathon recently held a practice at Tractor Supply to test their skills.



PACHEK



The youth of PACHEK have been able to test their skills and do experiments with food. They learned about germs on bread, yeast rising and iron in our food.



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

4-H SUMMIT
6TH-8TH GRADE LEADERSHIP CONFERENCE

MARCH 16-18

MEET 6TH - 8TH GRADERS FROM ACROSS THE STATE! CHOOSE WORKSHOPS OF INTEREST TO YOU, PARTICIPATE IN A COMMUNITY SERVICE PROJECT AND MUCH MORE!

Location: West KY 4-H Camp
Price: \$125
Deadline to sign up: February 10, 2023
Call the Christian County Extension Office at 270-886-6328 to sign up

Important 4-H Dates

February 1: PACHEK

February 7: Horse Club

February 13: Cooking Club

February 13: Sewing Club

February 15: Crofton

February 16: Drone Club

February 21: Livestock Club

CALLING ALL: 6TH, 7TH, & 8TH GRADERS

4-H Summit is a Leadership Conference hosted at the West KY 4-H Camp. At this overnight experience, youth will interact with individuals from across the state as they work on a community service project and participate in various workshops of their choosing.

3-Can Chili



Ingredients

- 1) 15.5 oz can beans, low-sodium undrained (pinto, kidney, red, or black)
- 1) can corn, drained (15 ounces, or 10-ounce package of frozen corn)
- 1) 15oz can crushed tomatoes, undrained
- chili powder (to taste)

Directions

1. Place the contents of all 3 cans into a pan.
2. Add chili powder to taste.
3. Stir to mix.
4. Continue to stir over medium heat until heated thoroughly.
5. Refrigerate leftovers.

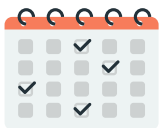
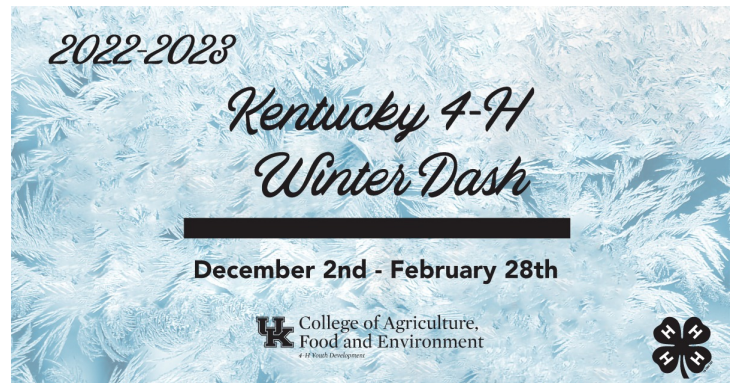
Recipe from: www.myplate.gov



KY 4-H WINTER DASH

The Kentucky 4-H Healthy Living Leadership Board wants to challenge you to stay active as the temperature drops! Join us in a Winter Dash. Now through February 28th. 4-Hers are going to walk, run, or roll 26 miles for a virtual at-your-own-pace marathon. Track your steps using the Qualtrics below and anyone who has over 26 miles between 12/2 and 2/28 will receive a medal. This is for folks of all ages so get out there and stay active!

https://uky.az1.qualtrics.com/jfe/form/SV_37Cv63xUiTB1FDU



Next Month

- March 1: PACHEK**
- March 6: Cooking Club**
- March 7: Horse Club**
- March 14: Sewing Club**
- March 15: Crofton Club**
- March 16: Drone Club**
- March 21: Livestock Club**

KENTUCKY VOLUNTEER FORUM

**FEBRUARY 22 – 24, 2024
LEXINGTON, KY**

Largest 4-H Conference in the World
For exhibit opportunities contact:
Brent Langman @ 773.251.3709



UK College of Agriculture, Food and Environment
4-H Youth Development



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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Jessica Johnson
Katie Mills
Mary Anne Lambert