

Family & Consumer Sciences Winter 2024 Newsletter

"One kind word can warm three
winter months."
- A Japanese Proverb

We are so excited for the upcoming winter months and all of the activities and classes we have planned for you. Please make sure to call us at (606) 546-3447 to sign up for programs so that we can ensure supplies and space! Thank you.



Uphell Dewell
Agent for Family & Consumer Sciences
Melli McDevine
Program Assistant

Join us for

Biscuits and Jam.

Come learn how to make
make biscuits from scratch
and enjoy some homemade
jam and jellies.

Call us at (606) 546-3447 to sign up.

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

Pancakes With Santa

CALLING ALL BELIEVERS: SANTA IS COMING TO TOWN!

Join us at the Knox County Extension office for a pancake breakfast and to get your picture taken with Santa Claus.

DECEMBER 14TH @ 10:00 A.M.



No fee but
registration is
required.

Please call the office
at 606-546-3447 to
sign up.

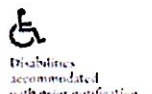
Register by: December 12th.

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 disabilities 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 40546





Cooperative
Extension Service



please join us for a

HOLIDAY TAKE IT TUESDAY

Tuesday
December 3rd

At 10 am

We will be making wreaths!

\$10 fee for supplies

Knox Extension Office

RSVP 606-546-3447

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.

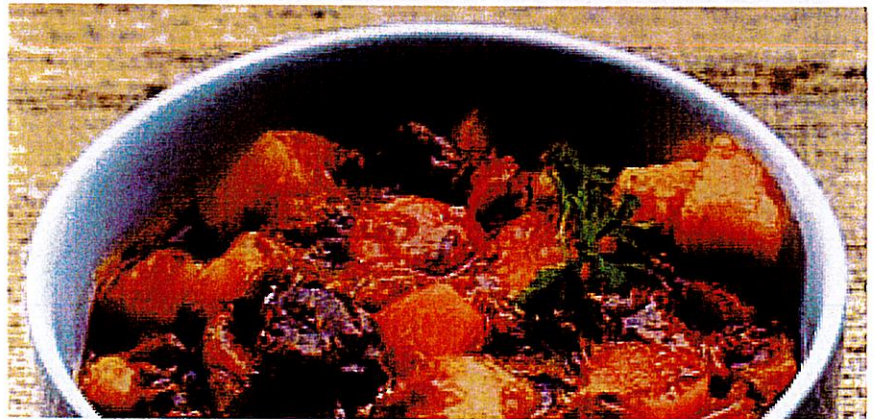
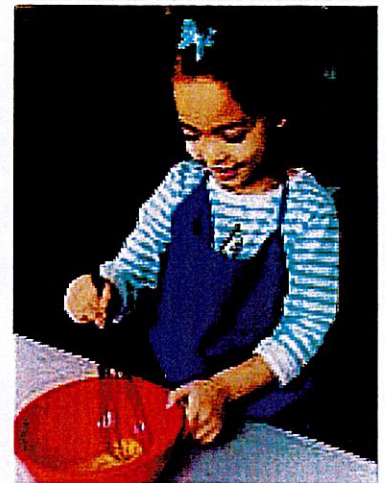


A Cooking Social!

COOK TOGETHER EAT TOGETHER

At this fun cooking event you will:

- Cook with your kids (ages 4-18)
- Get tips that make cooking fast, fun and delicious
- Learn how to make healthy and affordable recipes
- Receive recipes to make vegetables "taste as good as a French fry"
- Get special tips on family meals, leftovers and "less mess" cooking
- Share shopping tips for buying healthy food on a budget
- Get the scoop on shopping at farmers markets



DATE: February 4, 2025

LOCATION: Knox County Cooperative Extension Office

TIME: 5:30 P.M.

CONTACT: Kelsee Dewees and Renata Farmer



Laugh and Learn



Come laugh and learn with your 3- to 5-year-old child(ren) at the Knox County Extension Office located at 215 Treuhaft Boulevard, Suite 7 Barbourville KY, 40906

We will be offering a FREE one-hour Laugh and Learn Playdate every month for you and your child(ren) to engage in playful activities that are designed to prepare them for kindergarten. Adults and children will hear stories, sing songs, make crafts, play games, and enjoy a healthy snack during every playdate. Be sure to sign up and mark your calendars with the following dates so you and your child(ren) can together build the skills they will need to best prepare them for school.

When: January 28th, 2025 @ 6:00 p.m.

Theme: Winter

And

When: February 25th, 2025 @ 6:00 p.m.

Theme: Family

Please sign up by calling the Knox County Extension Office @ 606-546-3447.

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.

*All programs will be cancelled if Knox County Schools close due to weather!

December

Events and activities calendar

PLEASE CALL
(606) 546-3447
TO SIGN UP FOR
ALL PROGRAMS!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Cooking through the calendar @ 10:00 a.m.	3 Take it Tuesday @ 10:00 a.m.	4	5	6	7
8	9	10 Quilt Guild @ 10:00 a.m.	11	12 Homemakers @ 12:00 p.m.	13 Hiking for health @ 9:00 a.m. (Weather Permitting)	14 Pancakes with Santa @ 10:00 a.m.
15	16 Wits Wellness @ 1:00 p.m. Knox Threads @ 10:00 a.m.	17	18	19	20	21
22	23	24	25 SORRY! WE'RE CLOSED	26 SORRY! WE'RE CLOSED	27 SORRY! WE'RE CLOSED	28
29	30 SORRY! WE'RE CLOSED	31 SORRY! WE'RE CLOSED				




*All programs will be cancelled if Knox County Schools close due to weather!

January

Events and activities calendar

PLEASE CALL
(606) 546-3447
TO SIGN UP FOR
ALL PROGRAMS!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>Happy New Year</i>	2	3	4
5	6 Cooking through the calendar @ 1:00 p.m.	7 Take it Tuesday @ 10:00 a.m.	8	9	10	11
12	13	14	15	16 Homemakers @ 12:00 p.m.	17	18
19	20 <i>Closed</i> 	21 Quilt Guild @ 10:00 a.m.	22	23 Biscuits and Jam @ 10:00 a.m.	24	25
26	27 Knox Threads @ 10:00 a.m. Wits Wellness @ 1:00 p.m.	28 Laugh and Learn @ 6:00 p.m.	29	30 Hiking for health @ 9:00 a.m. (Weather Permitting)	31	

*All programs will be cancelled if Knox County Schools close due to weather!

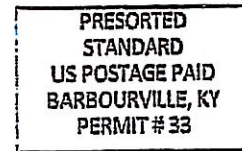
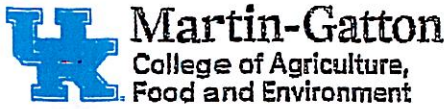
February

Events and activities calendar

PLEASE CALL
(606) 546-3447
TO SIGN UP FOR
ALL PROGRAMS!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Cooking through the calendar @ 1:00 p.m.	4 Take it Tuesday @ 10:00 a.m. Cook together eat together @ 5:30 p.m.	5	6	7	8
9	10	11	12	13	14 <i>Happy Valentine's Day</i>	15
16	17	18 Quilt Guild @ 10:00 a.m.	19	20 Homemakers @ 12:00 p.m.	21	22
23	24 Knox Threads @ 10:00 a.m. Wits Wellness @ 1:00 p.m.	25 Laugh and Learn @ 6:00 p.m.	26	27	28	





Knox County Cooperative Extension Service
215 Treuhart Blvd., Suite 7
Barbourville, KY 40906

RETURN SERVICE REQUESTED

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.