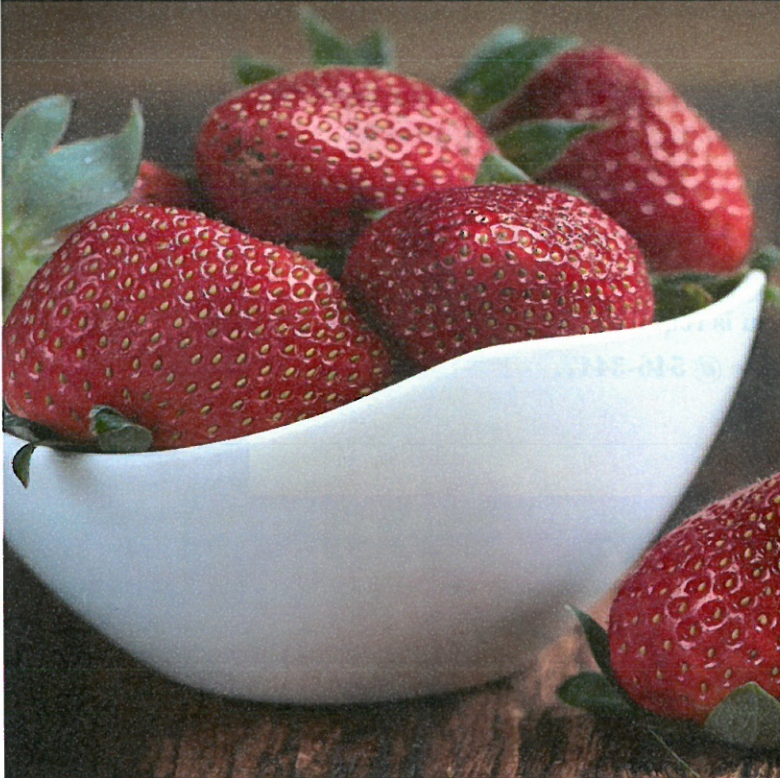


Hi! Welcome to 4-H! Join us, as we start a new 4-H year! We have in school enrichment programs, afterschool clubs and community clubs. All clubs meet at the Knox County Extension Office, unless otherwise noted. To register for programs, call the Knox County Extension Office at 546-3447. Join 4-H! *Renata N. Farmer* Renata N. Farmer, 4-H Agent



4-H COOKING CLUB (For ages 9-17)

February 6 & March 12 @ 6pm

Learn kitchen safety, knife safety & how to cook some of your favorite foods like fettucine, cookies and more.

***In February, we will be doing chocolate-dipped strawberries.**

To register, call the Extension Office @ 516-3117.



4-H Teen Club

March 18 @ 4:00

Leadership. Teamwork. Interview Skills
Games & New Friends.

Call to register or just show up!

215 Treuhaft Boulevard Suite 7 | Barbourville, KY 40906 | P: 606-546-3447 | knox.ca.uky.edu

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 CLOVERBUD CLUB

**February 19 & March 18 @ 6pm
@ the Knox County Extension Office**

Just for our youngest 4-Hers to explore 4-H through science, nature, arts and crafts, games, and special guests!

****In February, we will be working with clay!**

**For youth ages 6-8. Registration is required. To register, call the
Extension Office @ 546-3447.**



Knox County 4-H RABBIT CLUB

Tuesday, March 5 @ 5:30

Join today!

- **Learn the basic principles of raising & caring for rabbits.**
- **Demonstrate responsible rabbit ownership.**
- **Learn how to handle and show rabbits at the Kentucky State Fair**
- **Bring your bunny to club meetings**
- **Ages 9-17**





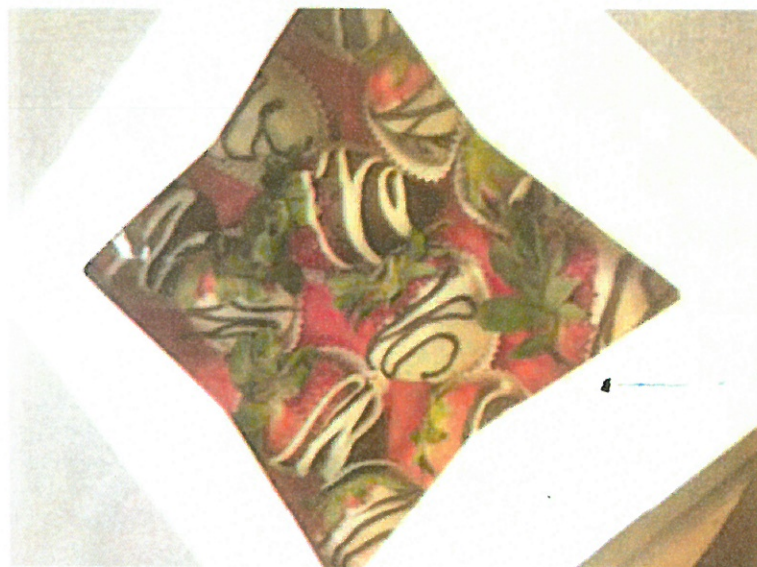
4-H FUNDRAISER

COOPERATIVE EXTENSION

University of
Kentucky
College of Agriculture,
Food and Environment



Make this Valentine's Day "Berry Special"



**\$12 PER
DOZEN**

**Support your local 4-H Clubs and 4-H Camp!
To place an order, call the Extension Office at
606-546-3447.**

**Pick up or free delivery (to local businesses only) is available
on Tuesday, February 13 or Wednesday, February 14 from
10am-3pm.**

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LEXINGTON, KY 40546



Disability
Access Point
with prior notification

FREE EVENT!



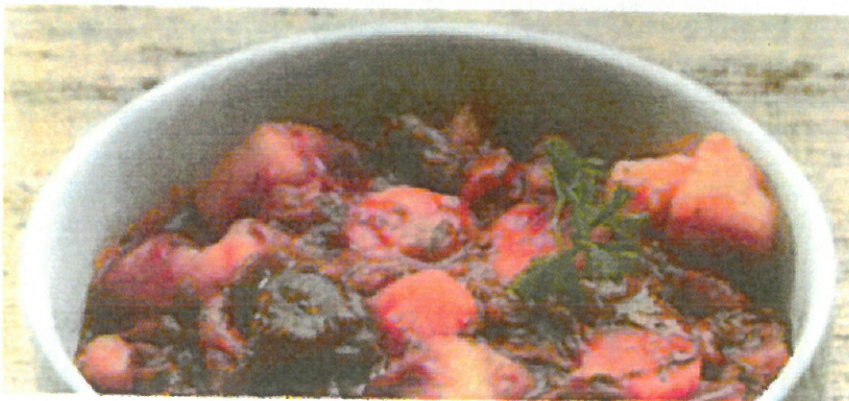
University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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: March 19th, April 16th, and May 14th.

LOCATION: Knox County Cooperative Extension Service

TIME: 5:30 p.m.

CONTACT: Kelsee Dewees and Renata Farmer

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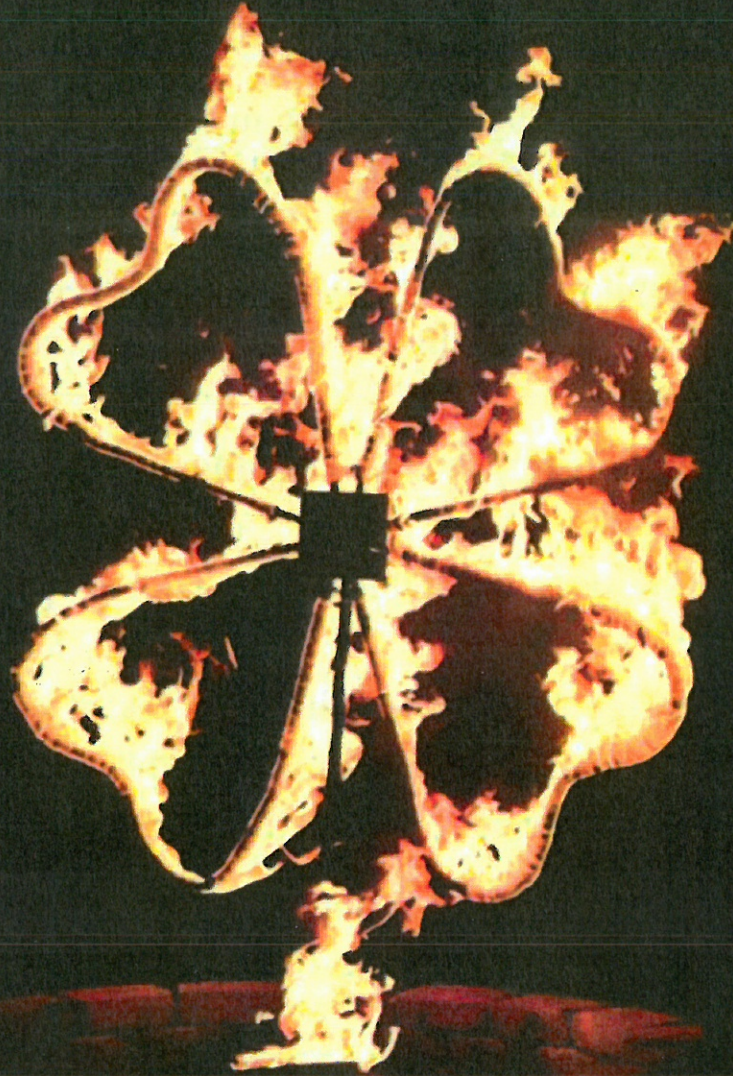
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

KNOX COUNTY 4-H CAMP

**June 11-14
2024**



Ages 9-13

Camp sign ups will begin March 11th.

**Please contact the Knox County Extension Office for more
information @ 516-3117**

**Cooperative
Extension Service**

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



Disabilities
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with prior notification

2024 4-H Camp Registration

March 14th from 5:30-7:00pm

Knox County 4-H will camp at JM Feltner 4-H Camp on June 11-14.

We will hold 2024 camp sign ups on March 14th from 5:30pm-7:00pm (or until camp spots are full) at the Knox County Extension Office.

ALL camp paperwork is due to put your child on the 2024 camp list. A deposit of \$25 is due by April 5th to keep your child on the 2024 camp list.

To sign up for camp, you will need to bring the child's health insurance card.

Limited spots are available. Last year, our spots were filled within an hour.

Can I still sign up after March 14th? Yes, of course! However, all paperwork must be turned in and camp is available on a first come-first served basis.

When is the money due? A deposit of \$25 is due by April 5th. All other money is due by June 3, 2024.

We look forward to having your child camp with us! If you have any questions, please call the Knox County Extension Office at 546-3447.



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Disabilities
accommodated
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NEW! 4-H Homeschool Club

February 8 & March 14 @ 10am

Our February meeting will be a "Taste of the Week". We will learn kitchen basics & make a try fruit wraps.

Registration is required and we must have at least 10 participants to hold this club meeting.

Registration required. To register, call the Knox County Office @ 546-3447

PARENTS & VOLUNTEERS

You can get involved by enjoying a project, leading a group, becoming a volunteer... The opportunities are endless! We are looking for a leader specifically for our Cooking Club! *If you want to become a 4-H leader, please contact Renata @ 546-3447.*

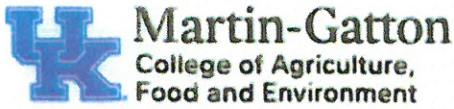
4-H ARTS & CRAFTS CLUB

February 26 & March 25 @ 6pm @ Knox County Extension Office

***In February, we will do String Art!**

To register, call the Knox County Extension Office @ 546-3447.

*For ages 9-14



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STANDARD
US POSTAGE PAID
BARBOURVILLE, KY
PERMIT # 33

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

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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.