

# Greenup County 4-H News

September/October  
2023

**Cooperative Extension Service**

Greenup County  
35 Wurtland Avenue  
Wurtland, KY 41144  
(606) 836-0201  
Fax: (606) 836-0235  
extension.ca.uky.edu



## Reminder

- September is the start of a new 4-H Program Year. Time to fill out enrollment forms for the new year!



**For More  
Information**

Call- (606)836-0201

Email- [presley.grubb@uky.edu](mailto:presley.grubb@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**

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.



## 4-H Camp 2023

We had a great week camping with Boyd, Carter and Bath Counties! Youth got to select classes of their interest such as Archery, Trapshooting, Sweets Decorating, Cooking, Fishing and many more! We were able to meet new friends and improve our skills. We hope to have many more youth join us for camp next year.



# KENTUCKY COOPERATIVE EXTENSION



## HOW CAN WE serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit [go.uky.edu/serveKY](http://go.uky.edu/serveKY)

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Lexington, KY 40506



Disabilities accommodated with prior notification.

Contact your local Extension Office for a paper copy of the survey.

# County Fair Results

## Grand Champion Winners

- Market Goat- Kendall Harris
- Market Beef- Grayson Howard
- Feeder Calf- Ava Roar
- Feeder Pig- Brooklyn Miller
- Market Hog- Ella Stone
- Market Rabbit- Amelia Steele
- Market Poultry- Olivia Crider
- Market Lamb- Sydney Brown

## Reserve Champion Winners

- Market Goat- Eva Wireman
- Market Beef- Aydin Kozee
- Feeder Calf- Cole Stephens
- Feeder Pig- Paizley Marshall
- Market Hog- Raylee Nelson
- Market Rabbit- Olivia Crider
- Market Poultry- Aden Spencer
- Market Lamb- Sawyer Brown

# County Fair 2023

## Skill-a-thon Winners:

### **Senior**

1st- Angelrae Bates

2nd- Allison Wireman

3rd- Laynee Loan and Audrey Hall

### **Intermediate**

1st- Ella Stone

2nd- Phoenix Stacy

### **Junior**

1st- Waylon Hall

2nd- Eva Wireman

3rd- Anola Wireman

### **Cloverbud Participants**

Jaxson Howard

Jase Howard

Amelia Wireman

# County Fair 2023

## Livestock Judging Winners:

### **Senior**

- 1st- Sierra Miller
- 2nd- Angelrae Bates
- 3rd- Kierstin Clark

### **Intermediate**

- 1st- Ella Stone
- 2nd- Quentin Miller
- 3rd- Remington Bartee

### **Junior**

- 1st- Waylon Hall
- 2nd- Paycen Arthur
- 3rd- Jase Keyes

### **Cloverbud Participants**

Jase Howard, Jaxson Howard, Khloe Pope, Soloman Haislop, Wyatt Stephens, Chevy Riley, River Evans, Charlie Woods, Cash Hall, Zylar Imler, Mikenzie Picklesimer, Anna Spencer, Jenson Cox

# County Fair 2023

## Livestock Judging and Skill-a-thon

### Overall Winners:

#### **Senior**

1st- Angelrae Bates

2nd- Sierra Miller

3rd- Shelby McCormick

#### **Intermediate**

1st- Ella Stone

#### **Junior**

1st- Waylon Hall

2nd- Abbigail Howard

3rd- Charlee McGinnis

#### **Cloverbud Participants**

Jaxson Howard

Jase Howard

# County Fair 2023

## Round Robin Participants-

Hadley Webb, Brooklyn Greene,  
Eva Wireman, Angelrae Bates,  
Ella Stone, Allison Wireman,  
Paizley Marshall, Laynee Loan

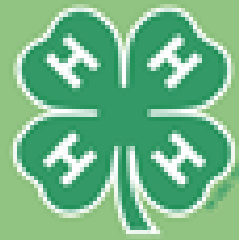
## Round Robin Winner

**\*\* Ella Stone \*\***


Livestock Sale Total:  
109 Animals for a total of  
over \$172,000!



# 4-H Ukulele Club



WHERE Greenup Extension Office  
35 Wurtland Avenue, Wurtland

WHEN The first Monday of each month  
Beginning February 6th, 2023  
 Arrival 5-5:30, Meeting 5:30-6:30PM

Contact the office for more info!  
606-836-0201



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

If you are interested, you can still  
enroll in the Ukulele Club!

# YOUTH HEALTH BULLETIN



**SEPTEMBER 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>

Greenup County Extension Office  
35 Wurtland Ave  
Wurtland, KY 41144  
(606) 836-0201

## THIS MONTH'S TOPIC: BE A SAFE FOOD FAN!

**A**s you are getting older, you are learning more skills that help you do things for yourself. Learning to cook food is a good skill to learn. It is important to make safe choices in the kitchen, to keep yourself safe and healthy.

You need to prepare and store foods in certain ways. You need to keep them fresh and free from germs that could make you or your family sick. When too many germs are allowed to grow on food, it makes us sick. And that is no fun for anyone.

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## You can be a Safe Food Fan by following four rules in the kitchen:

- 1. Clean:** Wash hands, utensils, and surfaces before starting to prepare food, and after cooking. Germs can spread and survive in many places.
- 2. Separate:** Raw meat, poultry, seafood, and eggs can spread germs to other food, so keep them apart in your grocery cart, in the fridge, and while cooking. Always store cooked and uncooked meat, poultry, seafood, and eggs apart as well.
- 3. Cook:** Food is safely cooked only when the inside temperature is high enough to kill germs that can make you sick. See the safe cooking temperatures list below for what temperature to cook meat, seafood, chicken, and other foods. Ask a grown-up to help you use a food-safe thermometer to check the temperature on cooked meats and reheated foods to make sure they are hot enough to kill germs before serving.
  - 145 degrees F for whole cuts of beef, pork, veal, and lamb (then allow the meat to rest for 3 minutes before carving or eating)
  - 160 degrees F for ground meats, such as beef and pork



- 165 degrees F for all poultry, including ground chicken and turkey
- 165 degrees F for leftovers and casseroles
- 145 degrees F for fresh ham (raw)
- 145 degrees F for fin fish, or cook until flesh is opaque

- 4. Chill:** Quickly refrigerate food that will spoil. Germs that cause food poisoning spread quickest between 40 degrees F and 140 degrees F. That zone includes the temperature outside of your fridge and when food is not being cooked. Do not let foods sit out on the counter or table for a long time. If food is not being cooked or served and eaten, you need to put it away.

You can learn new cooking skills in the kitchen and whip up delicious food for yourself and your family to eat by following food safe rules. Help your family members to do the same!

#### REFERENCE:

<https://www.planeatmove.com/eat-well/food-safety-basics>

## ADULT HEALTH BULLETIN

#### Written by:

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Cartoon illustrations by:**

Chris Ware (© University of Kentucky School of Human Environmental Sciences)





# Banana Split Oatmeal

## Nutrition Facts

1 servings per container  
Serving size 1 1/2 cup (250g)

Amount per serving  
**Calories 170**

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 36g	13%
Dietary Fiber 2g	7%
Total Sugars 17g	
Includes 0g Added Sugars	0%
<b>Protein 6g</b>	
Vitamin D 1mcg	6%
Calcium 143mg	10%
Iron 1mg	6%
Potassium 439mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



*\$0.61 per recipe*

## Ingredients:



1/3 cup quick-cooking oatmeal



1/8 teaspoon salt



3/4 cup very hot water



1/2 banana, sliced



1/2 cup light strawberry yogurt

## Meal Idea

### Banana Split Oatmeal



### Fruit infused water



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## Tools Needed:



microwave  
safe bowl



spoon



measuring  
spoons



dry  
measuring  
cups



liquid  
measuring  
cup



chef's knife



cutting  
board



microwave



oven mitts

## Directions:

**1**

Wash hands with warm water and soap, scrubbing for at least 20 seconds.



**2**

In a microwave safe bowl, mix  $\frac{1}{3}$  cup oatmeal and  $\frac{1}{8}$  teaspoon salt.



# 3

Add  $\frac{3}{4}$  cup hot water, and stir to combine.



# 4

Microwave on high power for 1 minute.



# 5

Remove the bowl with oven mitts, and stir.



# 6

Microwave on high power for another 1 minute. Remove the bowl with oven mitts, stir, then allow it to cool slightly to thicken.



# 7

Using a cutting board and knife, slice half of a peeled banana. Wrap, and eat the remaining banana half as a morning snack later that day.



# 8

Top the oatmeal with banana slices and ½ cup yogurt.



*\*recipe makes 1 serving*

# 9

Serve immediately.



**Source:** Brooke Jenkins, Extension Specialist, University of Kentucky Nutrition Education Program

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Greenup County Extension Service  
35 Wurtland Avenue  
Wurtland, KY 41144

Sincerely,

A handwritten signature in cursive script that reads 'Presley Grubb'.

Presley Grubb,  
Greenup County  
Extension Agent for  
4-H Youth  
Development

**PUBLIC NOTIFICATION OF PROCEDURE FOR FILING A COMPLAINT**

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