

GREENUP COUNTY FAMILY AND CONSUMER SCIENCES NEWSLETTER

Cooperative Extension Service
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Lora Pullin, Greenup County Family & Consumer Sciences Agent

NORTHEAST AREA HOMEMAKERS MEETING IS A GREAT SUCCESS

Five Greenup County Homemaker members and traveled to the Carl Perkins Community Center in Salyersville, KY, on Saturday, October 1, 2022, to attend the Northeast Area Annual Homemakers Meeting. An afternoon of fun and fellowship was enjoyed with great food and wonderful entertainment and speakers who celebrated our rich history in Eastern Kentucky. We thank Nancy Snouse for her excellent leadership while President of the Northeast Area Homemakers.

Congrats on a job well done Magoffin County Homemakers!

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Greenup County Homemaker & outgoing Northeast Area President, Nancy Snouse, presided the Northeast Area Annual Homemakers Meeting at the Community Center in Salyersville, KY.



December 2022

SCHEDULE OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- Dec 1: Club Dues are due
- Dec 1-3: Live Wreath Class— Call to register
- Dec 6 & 7: Charcuterie Board Workshops— Registration Closed
- Dec 3 & 4: Greenbo Open House
- Dec 24—Jan 2: EXTENSION OFFICE CLOSED FOR HOLIDAYS

ROLL CALL

December is the holiday season. What is your favorite holiday tradition?



Sounds of the Season



THOUGHT FOR THE MONTH

“Remember this December, that love weighs more than gold!”

- Josephine Dodge
Daskam Bacon

January 2023

SCHEDULE OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- Jan 3: EXTENSION OFFICE RE-OPENS FROM BREAK
- Jan 3: Remove decorations at Greenbo
- Jan 11: Quilt Guild Sit N Sew—9:00am @ Extension Office
- Jan 16: EXTENSION OFFICE CLOSED—MLK DAY
- Jan 18: HM Executive Council Meeting—9:00am @ Extension Office
- Jan 19: HM Council Meeting—10:00am @ Extension Office
- Jan 25: Quilt Guild Meeting—10:00am @ Extension Office

ROLL CALL

January rings in the new year. Share one goal you have for the new year.

Looking ahead:

- May 9-11: KEHA State Meeting at Crowne Plaza in Louisville—The block of rooms is currently open for Homemaker pricing—Please call to make your reservations as soon as you know you'll be attending.

THOUGHT FOR THE MONTH

“I like the dreams of the future better than the history of the past.”

-Thomas Jefferson



LIVE WREATH CLASSES SET FOR DECEMBER 1-3, 2022

There will be Live Wreath Making Classes offered again this year using fresh holiday greenery. The classes will be at the Extension Office on Thursday & Friday evenings, December 1 & 2 and again on Saturday, December 3. There will be three classes on Saturday beginning at 10:00a.m., Noon.

Please note the Thursday & Friday classes are currently full

The cost is \$25 per wreath if paid by registration due date of November 28. After the due date, the cost is \$30. Light refreshments are also included in the total cost.

Make your check payable to Greenup County Master Gardeners, and bring or mail to the office at 35 Wurtland Avenue, Wurtland KY 41144. Call the office at 836-0201 to reserve your spot. **RESERVATIONS ARE REQUIRED.**

See Page 5 for more details.

HOMEMAKER DUES

Remember, Homemaker dues and enrollment cards are due at the Extension Office no later than December 1, 2022. (Please write one check for all members of your club)

2022 GREENBO OPEN HOUSE

Dates of the Greenbo Open House are:

- December 3—Open House
 - 10am- 5pm
 - Music 10:30am-5pm
 - Greenbo staff providing activities for children 11am-2pm
- January 3—Removal of decorating items

GREENBO DECORATING NOVEMBER 29, 2022

We are excited to be decorating the Jesse Stuart Lodge at Greenbo Lake State Resort Park!

Make plans to arrive anytime after 9am to begin decorating your club's tree. Greenbo Lake State Park has graciously offered to provide lunch to us on decorating day. Please make sure your club has RSVP'd to the office for lunch. We need to give Greenbo a count for the kitchen staff to be prepared.

Please note the Open House will be on Saturday, December 3, from 10am-5pm and Sunday, December 4, from 1pm-5pm. The Ashland Area Music Educators have a full line-up of music from 10:30am-5pm. Greenbo staff has also organized, Santa's Workshop, during the open house. They will have crafts for children and the opportunity to have lunch with Santa from 11am-2pm on Saturday, December 3, 2022.

We look forward to seeing all the beautiful decorations and delicious food covering the groaning board!

HOMEMAKERS COUNCIL TO MEET JANUARY 18

The Homemakers Executive Council will meet at 9:00am at the Extension Office on Wednesday, January 18. The Homemakers Council will meet at 10:00am following the Executive Council meeting.





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Live Wreath Making Classes Sponsored by the Greenup County Master Gardeners

Thursday, December 1 Class time is 6:00 pm
Friday, December 2 Class time is 6:00 pm
Saturday, December 3 Class times are 10:00AM and 12:00PM

Registration required. Fee is \$25 if paid by November 28th—\$30 at the door. Fees are non-refundable.

Make checks payable to

Greenup County Master Gardeners

If paying with cash, please bring exact change.

Light refreshments will be available.

Deadline for sign-up is **Wednesday, November 28th.**

Space is limited to 20 people per class, so call
Greenup County Extension Office at (606) 836-0201 to register for classes as soon as possible.

**If you cannot make it to a class but would like a wreath, call the Extension Office
to order a \$30 pre-made wreath.**

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Disabilities
accommodated
with prior notification.

Down Memory Lane

Greenbo Christmas Open House



Greenbo Lake State Resort Park welcomes the **Greenup County Homemakers** as they decorate the lodge and provide refreshments to celebrate the holiday season!

The public is invited to enjoy the décor and entertainment.

Anglers Cove Restaurant will be open all weekend. Saturday will feature a special “Lunch with Santa” and “Santa’s Workshop” with crafts for the kids 11AM—2PM.



Greenup County Homemakers

Saturday, Dec 3, 2022

Ashland Area
Music Teachers Association
Student Piano Recitals



10:30–11:00 The Studio of Melissa Greene

11:00–12:00 The Studio of Sylvia Johnson

12:00–1:00 The Studio of Renee Miller

1:00–5:00 The Studio of Lori Hughes

Sunday, Dec 4, 2022

1:00 Anne & Tom Stephens

2:00 Advance Methodist Church
Hand Bell Choir

3:00 Rail City Dulcimer Society

4:00 Lori Hughes, Piano
Amy Moore, Viola
Laura Beth Stanfield, Violin



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Contact Greenup Extension Office
606-836-0201 for more information

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NOVEMBER / DECEMBER 2022

HEALTHY CHOICES FOR HEALTHY FAMILIES



University of Kentucky
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This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Healthy choices for special events

Special events can be filled with special foods. Use these tips to make healthy choices as you celebrate.

- **Serve up variety:**
Create a colorful buffet table. Include veggies, fruits, and whole grains.
- **Cheers to good health:**
Serve water or unsweetened iced tea with fresh mint leaves. Offer seltzer water with a splash of 100% fruit juice. Or try a wedge of lemon or lime.
- **Make activity part of the fun:**
Laugh, mingle, dance, and play games. Have fun walking and talking with family and friends after a special meal.
- **Rethink dessert:**
Offer fresh and dried fruit. Let guests make their own trail mix. Have peanuts, dark chocolate chips, and dried fruits on hand.
- **Reduce food waste:**
Pack leftovers for guests to take home or keep them yourself. They would be great to add to soups or



salads the next day. Or use them in omelets, sandwiches, or stews.

- **Try a twist on a dish:**
Use unsweetened applesauce for butter when baking. Use

low-fat milk when a recipe calls for cream. Try low-salt herbs and spices in a few recipes.

Source: Adapted from <https://www.myplate.gov/tip-sheet/celebrations-and-gatherings>

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PARENT CORNER

Prevent family illness this winter

During the fall and winter, we tend to gather with family and friends. The holidays are a great time to be together. But it can also be a time when germs are spread. Clean hands are the best way to keep you and your family from getting sick. Hand-washing should take place:

- when you are making food,
- before you eat,
- after touching a pet or feeding a pet,
- after coughing or sneezing,
- after going to the restroom,
- after cleaning, and
- after touching garbage.

Remind your family when and how best to wash their hands. Make

routine hand-washing a rule for all. Teach hand-washing to your child by washing your hands together. Hand-washing best practices are:

1. Use clean, running water to wet hands.
2. Use soap and lather for 10 to 20 seconds. Focus on both sides (front and back) of hands, nails, and between fingers.
3. Rinse hands fully and dry with a clean towel.

If you cannot use soap and water, choose hand sanitizers or waterless soap. Just like soap, rub the sanitizer on the back of hands, in between fingers and nails.

FOOD FACTS

Protein

Some foods in the protein group are meat, poultry, eggs, and seafood. This group also takes in nuts, seeds, and soy products. Proteins work as building blocks for bones, tissues, cartilage, skin, and blood. Most people get enough protein from meat, poultry, and eggs. But many do not get enough from seafood, nuts, seeds, and soy products. Getting the right amount of protein is of great value. Healthful eating of protein provides unsaturated fats, dietary fiber, and vitamin D. Eating 8 ounces per week of seafood can lower the risk for heart disease. Changing your protein choices can keep your body working well.

Source: <https://www.myplate.gov/eat-healthy/protein-foods>

BASIC BUDGET BITES

Save money by cooking smarter

You and your family can cook healthy meals, even on a tight budget. Here are some tips that can help.

Before you shop, plan ahead:

- Think about what foods you already have in the house.
- Make a list of meals that you can make with those items.
- Make a list of other foods you still need to buy.
- Make your cooking plan for the week.

When you are cooking, make the most of your time and ingredients.

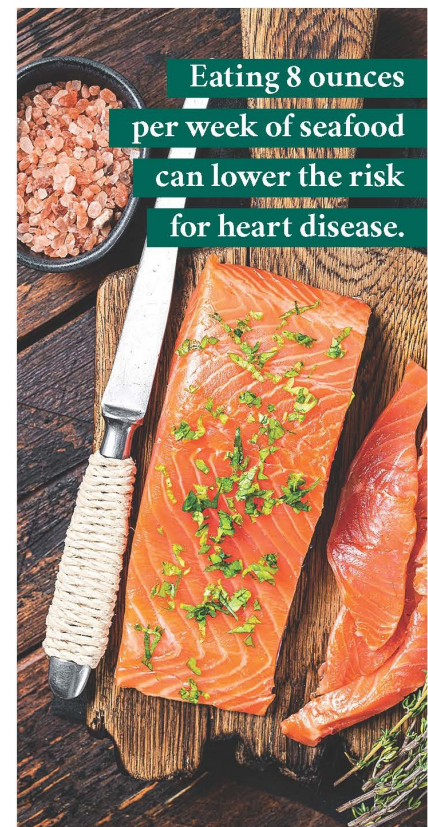
Cook once, eat twice!

- Skip seconds. Save leftovers for other meals.
- Freeze the leftovers to eat later or take them for lunch the next day.
- Keep your servings the right size. It can save calories and money.

Do “batch cooking”:

- When you can, cook large amounts of foods that freeze well, like spaghetti sauce.
- Split meals into family-sized portions and freeze right away after cooking. Use them later in the month.

Source: Adapted from NIH, WeCan https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip_saving.pdf



COOKING WITH KIDS

Fruit and Yogurt Parfait

- 1/2 cup low-fat yogurt, fruit-flavored
- 1/2 medium banana, peeled and sliced
- 1/2 cup grapes
- 1/4 cup dry crunchy cereal or granola

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spoon the grapes into a tall plastic cup.

3. Put 3 spoonfuls of yogurt on top of the grapes.
4. Spoon sliced bananas on top of the yogurt.
5. Add the rest of the yogurt.
6. Sprinkle the cereal on top and enjoy.
7. Refrigerate leftovers within 2 hours.

Serving size: 1 parfait
Makes 1 serving

Nutrition facts per serving: 240 calories; 2g total fat; 1g saturated fat; 0g trans fat; 5mg cholesterol; 140mg sodium; 52g total carbohydrate; 2g dietary fiber; 37g sugars; 8g added sugars; 8g protein; 6% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

Source: Pennsylvania Nutrition Education Network
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-yogurt-parfait>



RECIPE

Eve's Tasty Turkey Tetrazzini

If your family loves the savory flavors of a turkey dinner but is tired of turkey after a few rounds of leftovers, then try this easy, one-dish meal. This version of classic turkey tetrazzini has half the sodium and more vegetables than the original version without sacrificing flavor or texture.

- 8 ounces whole-wheat fettuccine, spaghetti, macaroni, or other noodles
- 4 tablespoons unsalted butter
- 2 cups fresh or canned mushrooms, sliced
- 1 teaspoon dried thyme
- 1/2 cup all-purpose flour
- 2 cups reduced-sodium chicken broth
- 1 1/2 cups skim milk
- 4 cups chopped cooked turkey
- 1 cup frozen or canned peas
- 2 tablespoons grated Parmesan cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 400 degrees F. Lightly grease a 9-by-9 baking dish.
3. Cook pasta in a large pot of boiling water until tender. (Check cooking

time for pasta; remove pasta approximately 2 minutes early.)

4. While pasta is cooking, melt butter in a saucepan over medium heat. Add the mushrooms and thyme. Stir and cook until mushrooms are softened, about 5 minutes.
5. Stir in flour until well blended. (Note: Start with 1/3 cup flour and add more, if needed.)
6. While whisking, slowly add chicken broth and milk. Bring to a boil, reduce heat, and simmer until sauce is thickened and smooth, about 5 minutes.
7. Add turkey, toasted almonds, frozen peas, and cooked pasta. Gently mix together. Pour into the baking dish and sprinkle with Parmesan cheese.

8. Bake until the sauce is bubbling and the cheese is golden brown, about 25 to 35 minutes. Let cool 15 minutes before serving.
9. Refrigerate leftovers within 2 hours.

Serving size: 1/8 of recipe
Makes 8 servings

Nutrition facts per serving: 290 calories; 8g total fat; 4.5g saturated fat; 0g trans fat; 65mg cholesterol; 140mg sodium; 27g total carbohydrate; 4g dietary fiber; 4g sugars; 0g added sugars; 26g protein; 6% Daily Value of vitamin D; 6% Daily Value of calcium; 30% Daily Value of iron; 8% Daily Value of potassium

Source:
Center for Nutrition Policy and Promotion
<https://www.myplate.gov/recipes/myplate-cnpp/eves-tasty-turkey-tetrazzini>

SMART TIPS

Follow these tips to safely defrost and cook frozen poultry

There are three safe ways to defrost poultry:

- **In the refrigerator:** This is the safest method. The turkey will defrost at a steady, safe temperature. It will take 24 hours for each 5 pounds of turkey.
- **In cold water:** Cover the bird fully in its original wrapper in cold tap water. The water must be changed every 30 minutes.
- **In the microwave oven:** Follow steps in your microwave owner's handbook.

If your bird did not fully defrost in the refrigerator, there is still hope. Cold water and microwave thawing can be used to finish the process.

Be sure to cook to a temperature of 165 degrees F. Use a food thermometer to check the wing, breast, and thigh at the thickest part.

If you have questions, call the USDA Meat and Poultry Hotline. The phone number is 1-888-MPHotli(ne) or 1-888-674-6854. A food safety expert can help you. Call from 10 a.m. to 6 p.m. ET, Monday through Friday. Information is available in English and Spanish. You can even get help on Thanksgiving Day. The Hotline is open from 8 a.m. to 2 p.m. ET that day.

Source: Adapted from <https://www.myplate.gov/eat-healthy/protein-foods>

LOCAL EVENTS

If you are interested in nutrition classes, contact your Extension office.

Greenup County Cooperative Extension Office
35 Wurtland Ave, Wurtland, KY 41144
(606) 836-0201
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Extension Agent for Family and Consumer Sciences

VISIT US ONLINE AT
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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2022

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

THIS MONTH'S TOPIC: HOSTING HOLIDAY MEALS ON A BUDGET

If you've ever hosted a holiday gathering, you know there is a lot to consider: Who will be invited? When will they arrive? What will be cooked? and How much will it cost? With inflation driving up the costs of goods and services, the rising prices of groceries might be on the minds of many Kentuckians who plan to host an event this holiday season. Holiday meals can get pricey, especially when serving a large crowd. As you prepare for this year's festivities, there are several strategies you can use to lower costs while maintaining holiday cheer.



Plan ahead. First, gather your recipes and make a list of the ingredients you will need. Then shop your pantry and freezer, noting what you already have. Identify only the items you need to buy. When you shop, buy store-brand items when possible. These usually come with a lower price tag. Planning early also allows you to take advantage of sales and comparison shop.

Shop intentionally. Store mailers, websites, mobile apps, and social media pages can help you shop wisely. Use these tools to compare deals and prices between brands and stores. If the stores you choose provide online ordering, consider buying groceries through pickup. Ordering online can help you avoid impulse buys. It also helps you easily compare prices

and nutritional information and keep an eye on your overall total. Whether you shop online or in-store, use coupons and customer loyalty programs to maximize deals. If you're shopping in the store, keep a running tally of your total as you add items to the cart. Prioritizing purchases helps us stick to a budget.

Delegate dishes. If you're hosting a holiday gathering, suggest an organized "potluck" instead of trying to do everything yourself. Ask everyone to sign up to bring something. Assigning side dishes, desserts, and drinks, for example, is one way to split the costs and stress of hosting a holiday meal. It gives others a chance to purchase or share special recipes while distributing the responsibility.



THINK ABOUT CREATIVE ALTERNATIVES THAT COULD BECOME NEW TRADITIONS



Simplify sides. Vegetable-based dishes, such as sweet potato or green bean casseroles, are common around the holidays. While these dishes are tasty, they require several ingredients that can increase meal prices. Consider simplifying side dishes by serving vegetables “on their own” rather than in a fancy recipe. This cuts both costs and calories.

Traditional twists. There is no rule that you must serve turkey on Thanksgiving, for example. Instead, think about creative alternatives that could become new traditions. Choose meals that best fit your budget and the needs of your guests. For instance, pasta dishes can feed a crowd. You can prepare them ahead of time, they require few side dishes (just a big healthy salad), and you can change them to fit dietary needs. Ask your guests for creative suggestions (such as baked potato bars, themed dinners, etc.) and recruit their help when it's time to cook.

Gather early. Suggest hosting your holiday meal earlier in the day. Breakfast, brunch, and lunch options often come with fewer expectations for side dishes, drinks, and desserts. In addition to lowering costs, an earlier meal may free up time later in the day to attend multiple gatherings or add in a fun, low-cost activity like a friendly game of football, a board game, movie, or craft.

As you consider budgeting for your holiday festivities, remember that changes don't have to be permanent. Budgets, needs, and wants change from year to year — your holiday plans can too. To explore healthy, budget-friendly recipe ideas, visit the University of Kentucky Family and Consumer Sciences Extension **Plate it up! Kentucky Proud** series at <https://fcs-hes.ca.uky.edu/piukp-recipes>

Nichole Huff and Miranda Bejda | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

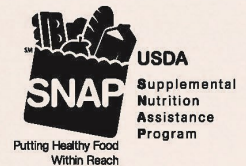
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CHEESE AND CORN CHOWDER



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:

260 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 380mg sodium; 45g total carbohydrate; 4g dietary fiber; 8g total sugars; 0g added sugars; 11g protein; 6% Daily Value of vitamin D; 15% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source: Brad Stone, former Lewis County SNAP-Ed Program Assistant

- 2 medium potatoes, diced
- 1 small onion, diced
- 1 medium celery stalk, diced
- 1 (15.25-ounce) can no-salt-added whole kernel corn, drained
- 1 teaspoon garlic powder
- 1/4 teaspoon ground thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 cups low-sodium chicken broth
- 1 cup skim milk
- 2 tablespoons all-purpose flour
- 1/2 cup shredded cheddar cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently scrub potatoes and celery using a clean vegetable brush under cool running water before preparing. Gently rub onion under cool running water before preparing.

3. Put all ingredients except milk, flour, and cheese into a 2-quart slow cooker.
4. Stir to combine.
5. Cover and cook on high for three hours or until vegetables are tender.
6. Whisk milk and flour together. Make sure no lumps remain and the flour has fully dissolved. Add to slow cooker. Mix well.
7. Cover and cook on high 30 minutes longer.
8. Stir. Ladle into bowls, and sprinkle cheese evenly on each bowl.
9. Store leftovers in the refrigerator within 2 hours.

Makes 5 servings

Serving size: 1 cup

Cost per recipe: \$3.88

Cost per serving: \$0.78





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

Greenup County Extension Services
35 Wurtland Avenue
Wurtland, KY 41144

RETURN SERVICE REQUESTED

Sincerely,

Lora B. Pullin

Lora Pullin,
Greenup County
Extension Agent for
Family and Consumer
Sciences

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