

Allen County 4-H Youth Development Newsletter

**Allen County
Cooperative Extension Service
200 East Main Street
Scottsville, KY 42164
Phone: (270) 237-3146
Fax: (270) 237-5716
Web: <https://allen.ca.uky.edu/>**

December 2024 / January 2025 Newsletter

**Monday—Friday
8:00 a.m.—4:30 p.m.
(With the exception of Holidays)**

Message from 4-H Agent Anna:

Well wishes to you and your family during the Holiday Season!!!

In the busy hustle and bustle of the holidays, we hope you will keep Allen County 4-H in mind. We still have lots of fun 4-H clubs, workshops and other activities coming up!

Friendly 4-H Reminders:

- The Extension Office may be closed on holidays, please see Newsletter Calendars.
- If school is closed due to inclement weather, 4-H programs will also be cancelled that day as well.
- Cloverbuds (Ages 5-8) must be accompanied by an adult 18+
- Take advantage of the School Bus to get your child to clubs & workshops that start at 3:30 PM or 4:00 PM
- 4-H Bucks count like real money! Use 4-H Bucks to pay for workshops, registrations, etc.
- To register for programs, please call the Extension Office AND make payment 1 week prior to event.
- Workshops have been a hot commodity! Many have limited spots. Call to RSVP.



Anna Meador

Anna Meador
4-H Youth Development Agent



This issue:

- Club Flyers
- Cross Stich + Card Workshop
- Bake & Gift Workshop
- Paper Quilling Workshop
- Crochet Workshop
- Teen Summit Conference
- Paper Clover Sales
- T-Shirt Sales Extended
- Save the Dates
- 4-H Camp Giftcards
- Country Ham Program
- Rada Sales
- Country Ham Contract
- 4-H Leadership Lock-In
- Lock-In Event Form
- Jekyll Island Flyer
- Jekyll Island Form
- Dec./Jan. Calendars
- Recipe

Keep updated with Allen County 4-H announcements throughout the month. Text the number, 81010, entering the following message: @d982c This will allow you to stay current with all announcements and reminders about club meetings, activities, opportunities and more!



Follow us at:
Allen County 4-H
Youth Development

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 NEWSLETTER

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ALLEN COUNTY 4-H CLUBS



ALLEN COUNTY COOPERATIVE EXTENSION

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.



OUTDOOR ADVENTURE CLUB

AGES 9-18

Monthly Meetings
3RD THURSDAYS
3:30 - 5:00 PM
EXTENSION
OFFICE/BASEMENT -
NOTICES BEFORE OFF-
SITE MEETINGS

COMING
2025!!!

- JAN. 16TH
- FEB. 20TH
- MAR. 20TH
- APRIL 17TH
- MAY 15TH



2024-2025

Youth are welcome to ride Bus #1
to Extension Office for after-
school meetings @ 3:30 or 4 PM:
200 East Main St. Scottsville, KY.
Guardian must send school note
to school to arrange.

CLUB LEADER: AMANDA PATRICK

Martin-Gatton
College of Agriculture,
Food and Environment

SHOOTING SPORTS CLUB



4-H Shooting
Sports Program
Archery, Rifle &
Shotgun Disciplines
Practice Dates

STARTING

2025

4-H S. SPORTS
SEASON

2025 DATES:
CLASSROOM MEETINGS

- **SESSION #1:**
FEBRUARY 11TH @ 5:30 - 7:30 PM
EXT. OFFICE - LARGE MEETING RM.
- **SESSION #2:**
FEBRUARY 13TH @ 5:30 - 7:30 PM
EXT. OFFICE - LARGE MEETING RM.
- **SESSION #3:**
FEBRUARY 18TH @ 5:30 - 7:30 PM
EXT. OFFICE - LARGE MEETING RM.

SAFETY EDUCATION REQUIRED
BEFORE IN-PERSON PRACTICES

Questions? Call the Extension
Office (270) 237-3146



4-H Teen Club

2024-2025

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University of Kentucky.



Open to Youth Grades 7th - 12th

Community
Service

Leadership

Travel

Life
Skills

Fun



Experiences

Team
Work

Monthly Meetings

2nd Mondays - County & Area Teen Clubs

- Oct. 21st @ 4-6 PM (Allen Ext. Office)
- Nov. 11th @ 4-8 PM (Travel to Warren)
- Dec. 9th @ 4-6 PM (Allen Ext. Office)
- Jan. 13th @ 4-8 PM (Travel to Barren)
- Feb. 10th @ 4-6 PM (Allen Ext. Office)
- Mar. 10th @ 4-8 PM (Travel to Warren)
- April 14th @ 4-6 PM (Allen Ext. Office)
- May 12th @ 4-8 PM (Travel to Barren)

Note: Must RSVP w/ Agent Anna for
Travel Meetings. Space limited.

Club Leader: Agent Anna



2024-2025

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to Extension Office for after-
school meetings @ 3:30 or 4 PM:
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Allen County Extension Services

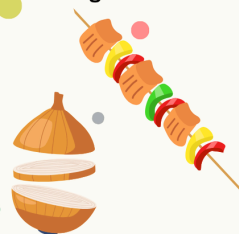
Martin-Gatton
College of Agriculture,
Food and Environment



Cooking Club

2024-2025

limited to 20 youth
ages 9-18



**ALLEN COUNTY
EXTENSION OFFICE
3:30 PM-5:30 PM
MONTHLY MEETING
1ST TUESDAY OF THE
MONTH**

IN THE LARGE ROOM

- OCT. 1ST
- NOV. NO MEETING
- DEC. 3RD
- JAN. 7TH
- FEB. 4TH
- MAR. 4TH
- APRIL 1ST
- MAY 6TH

Pre-Register
Monthly, call
(270) 237-3146

Club Leader: Nancy Owens

Youth are welcome to ride Bus #1
to Extension Office for after-
school meetings @ 3:30 or 4 PM:
200 East Main St. Scottsville, KY.
Guardian must send school note
to school to arrange.



2024-2025



ALLEN COUNTY 4-H CLUBS



4-H

Allen County Extension

Martin-Gatton
College of Agriculture,
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4-H CLOVERBUDS

2024 - 2025 CLUB DATES



Monthly Meetings

1st Thursday @ 5:30-6:30 PM

Allen County Extension Office/Large Room

One Parent/Guardian per family required to attend with Cloverbud Members

MEETING DATES:

- Oct. 3rd
- Nov. 7th
- Dec. 5th
- Jan. 2nd
- Feb. 6th
- March 6th
- April 3rd
- May 1st



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2024-2025

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Art Club

Spaces Limited...
Pre-Registration
REQUIRED at start
of program year.
Call (270) 237-3146

MEETING DATES

Second Thursdays
@ 3:30-5:00

at Extension Office in the
Large Room!

- October 17th (3rd Thurs)
- November 14th
- December 12th
- January 9th
- February 13th
- March 13th
- April 17th (3rd Thurs)
- May 8th

Club Leader: Allison Denny
& Melissa Biggs
Ages: 9-18

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to Extension Office for after-
school meetings @ 3:30 or 4 PM:
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to school to arrange.



ALLEN COUNTY COOPERATIVE EXTENSION

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WELLNESS WARRIORS



2024-2025



Monthly Meetings

4TH WEDNESDAYS

3:30 - 5:00 PM

EXTENSION OFFICE/LARGE ROOM

- Oct. 23rd
- ~~Nov. 27th~~
- Dec. 11th (2nd Wed.)
- Jan. 22nd
- Feb. 26th
- Mar. 26th
- April 23rd
- May 28th



Ages 9-18

Club Leader: Erica Hanner



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to Extension Office for after-
school meetings @ 3:30 or 4 PM:
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Allen County Cooperative Extension

2024-2025

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"HELPING HANDS" 4-H COMMUNITY CLUB

MONTHLY MEETINGS
3:30 PM- 5:00 PM
AT EXTENSION OFFICE
IN THE BASEMENT

Ages: 9-18 (Cloverbuds welcome with adult)

- Oct. 3rd
- Nov. 7th
- Dec. 5th
- Jan. 2nd
- Feb. 6th
- Mar. 6th
- April 3rd
- May 1st



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to Extension Office for after-
school meetings @ 3:30 or 4 PM:
200 East Main St. Scottsville, KY.
Guardian must send school note
to school to arrange.



Club Leader: Kristen Tabor



ALLEN COUNTY 4-H CLUBS



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S.E.T. (Science.Engineering.Technology)

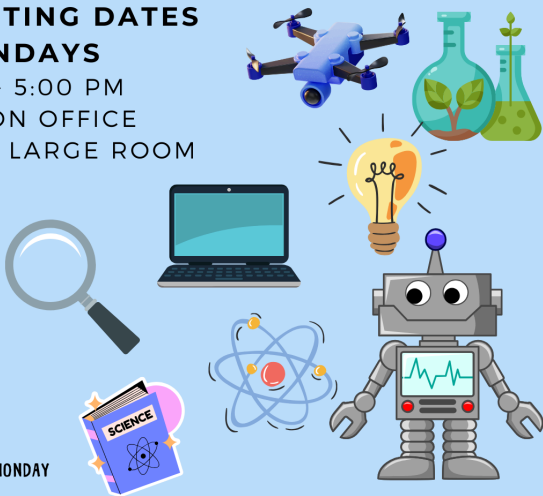


PROJECT CLUB 2024-2025

MONTHLY MEETING DATES 4TH MONDAYS

TIMES: 3:30- 5:00 PM
AT EXTENSION OFFICE
LOCATED IN THE LARGE ROOM

- OCT. 28TH
- NOV. 25TH
- DEC. 23RD
- JAN. 27TH
- FEB. 24TH
- MAR. 24TH
- APR. 28TH
- MAY 19TH 3RD MONDAY



CLUB LEADERS:
JENNIFER AND VANOUS BROWN
AGES: 9-18



Youth are welcome to ride Bus #1 to Extension Office for after-school meetings @ 3:30 or 4 PM: 200 East Main St. Scottsville, KY. Guardian must send school note to school to arrange.

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University of Kentucky.

LIVESTOCK CLUB 2024-2025



MONTHLY MEETINGS 4TH MONDAY'S 6:00 - 7:30

LOCATION
EXT. OFFICE/LARGE ROOM

OPEN TO AGES 9-18
CLOVERBUD LIVESTOCK EXHIBITORS
WELCOME WITH ADULT

- OCT. 28TH
- NOV. 25TH
- DEC. 9TH (2ND MONDAY)
- JAN. 27TH
- FEB. 24TH
- MAR. 24TH
- APRIL 28TH

CLUB LEADER: ROBIN DALTON

2024-2025

Allen County Cooperative Extension



Horsin' Around CLUB

MONTHLY MEETINGS
4TH MONDAY'S
6:30 PM- 7:30 PM
AT EXTENSION OFFICE
LOCATED IN BASEMENT

--- OPEN TO AGES 9-18 ---

- OCT. 28TH
- NOV. 25TH
- DEC. 16TH (3RD MON)
- JAN. 27TH
- FEB. 24TH
- MAR. 24TH
- APR. 28TH
- MAY 19TH (3RD MON)



Western Riding



English Riding

CLUB LEADERS :
TRACI TRASKY & MADISON WOODS

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4-H Poultry Club 2024-2025



Meetings on 3rd Thursdays 5:30-6:30
@Allen County Extension Office, Basement Room

Ages: 9-18 (Cloverbuds welcome with adult)

Enter this 81010 into a text message, text the message @4b9b4 to join the poultry remind group.

←←←←← Meeting Dates: →→→→→

↓ Oct. 17th	↑ Feb. 20th
↓ Nov. 21th	↑ Mar. 20th
↓ Dec.19th	↑ April 17th
↓ Jan. 16th	↑ May 15th

→→→→→



Club Leader: Elizabeth Bequeath



4-H WORKSHOPS



CROSS STITCH + CHRISTMAS CARD

XXXXX 4-H WORKSHOP XXXXX

LEARN HOW TO CROSS-STITCH, PICK A DESIGN & COMPLETE A CHRISTMAS CARD

MAKE ME!
COMBINE CROSS STITCH & CARD MAKING

- DATE: DEC. 4TH
- TIME: 3:30 - 5:30
- LOCATION: LARGE MTG RM
- COST: FREE
- AGES: 9-18
- RSVP: BY 11/27
- REGISTER: CALL 270-237-3146



Bake & Gift Workshop

4-H WORKSHOP WEDNESDAY SERIES



- **What:** Bake Cookies & Make Cookie Recipe Jars to Gift Others
- **Date:** Wed. 12/18
- **Time:** 3:30 - 5:00 PM
- **Ages:** 5-18
- **Cost:** \$5.00
- **RSVP & Pay by:** 12/11
- **Spots limited to 1st 15**
- **Location:** Ext. Office - Large Rm

PAPER QUILLING

DATE: WED. JANUARY 8TH
 TIME: 3:30 - 5:00 PM
 COST: FREE
 RSVP BY: 1/2
 AGES: 9-18
 LOCATION: EXT. OFFICE - LARGE RM



MAKE ME



CROCHET Workshop

- **WHAT:** Learn to crochet with a beginner project
- **DATE:** Mon. January 20, 2025 (MLK Day)
- **TIME:** 10:00 AM - 2:00 PM
- **Included:** Washrag Project + Lunch
- **Ages:** 9-18 (Requires good eye/hand coordination)
- **Location:** Large Mtg Rm
- **COST:** \$10.00
- **REGISTRER:** Call 270-237-3146 & Pay by 1/10





Kentucky 4-H Summit

Middle School Leadership Conference – for 6th – 8th Graders

March 20th – 22nd, 2025 | Price: \$135 (4-H Council to Sponsor \$65 of \$200.00 State Fee)

Location: Lake Cumberland 4-H Camp

Make friendships with 4-H'ers from across the state
Service Project | Fun Workshops | Find your spark
Opportunities to learn and grow

Spots Extremely Limited!!! 2 Male spots, 2 Female Spots, Waitlist Accepted.
Submit Registration Form & Fee by 01/24/2025 to Agent Anna.



Paper Clover

Nov. 29 – Dec. 15

Funds support 4-H camp, scholarships & leadership activities.



2024

ALLEN COUNTY 4-H



T-SHIRT ORDER



T-SHIRT ORDER
OPEN TO THE
ENTIRE
COMMUNITY!!!

**SALE EXTENDED
TILL 12/15**

- **COST:** \$15.00 PER SHIRT
- **ORDER & PAYMENT DUE BY:** EXTENDED TO: 12/15
- **CALL OR COME IN TO ORDER:** (270) 237-3146
- **AVAILABLE SIZES:** YOUTH SIZES AND ADULT SIZES
- **PROCEEDS TO SUPPORT ALLEN CO. 4-H PROGRAM**

SAVE-THE-DATES

- 12/10: Country Ham Contracts Due
- 12/16: Area Banquet
- 1/31: Leadership Lock-In
- 2/25-2/26: Capitol Experience
- 3/20-3/22: Teen Summit
- 4/8-4/12: Jekyll Island Trip
- 4/25-4/27: Horse Camp
- 6/9-6/13: Teen Conference
- 6/20-6/22: Cloverbud Camp
- 6/30-7/4: 4-H Camp



GIVE THE GIFT OF

this 4-H CAMP CHRISTMAS



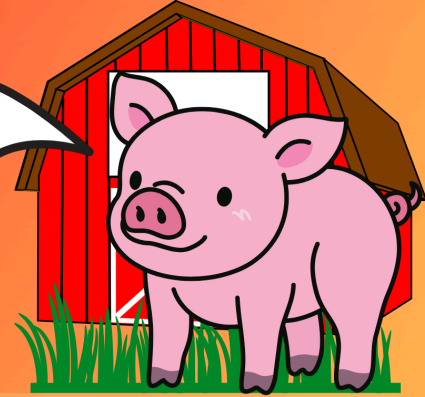
JUNE 30 - JULY 4TH 2025

GIFT CERTIFICATES AVAILABLE

INCREMENTS OF: \$25, \$50, \$100 OR \$200



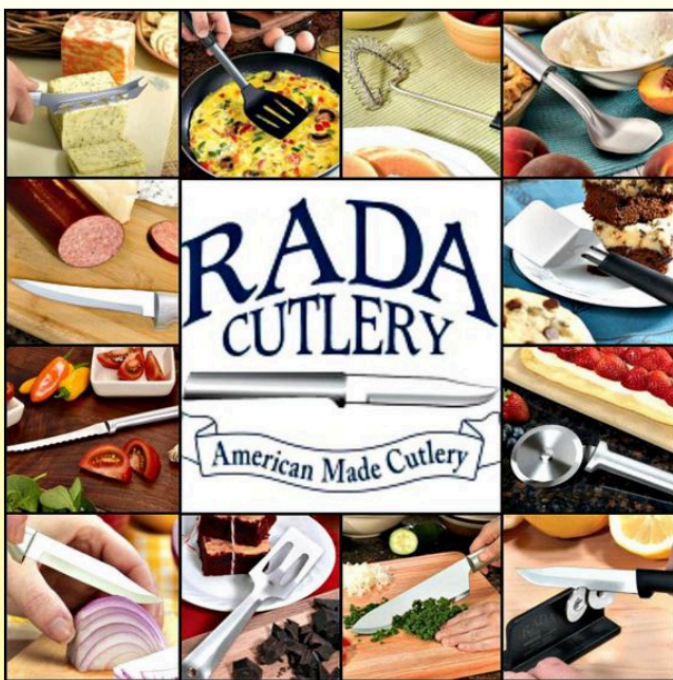
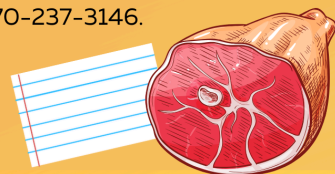
Learn more about Kentucky's history in Country Ham production & cure your OWN ham at Clifty Farms



- **Tell me more:** Country Ham Project members will meet 3 times (March, May & July) at Scottsville's Clifty Farms to select, salt, wash, sock, cure and oil their two country hams.
- **Project Availability:** Members ages 9-18 & Adults
- **Cost:** \$45 for TWO Hams (4-H Council sponsored project). Cloverbuds: \$30 for ONE ham; Adults: \$50 for ONE ham.
- **Requirements:** Youth must attend 2 of 3 sessions & present a Country Ham Speech at State Fair to keep their hams.
- **Paperwork:** Complete and return the Country Ham contract & money by Dec. 10th.
- For more info or questions, contact agent Anna at anna.meador1@uky.edu or 270-237-3146.



Compete with your finished Ham & Speech at State Fair



Still looking for Christmas gifts???



Support our 4-H Senior Scholarships by purchasing from our



Check out a Rada Cutlery Magazine and/or online and place an order with the Allen County Extension Office at 200 East Main Street for proceeds to support Allen County 4-H Senior Scholarships.





2025 Kentucky 4-H Country Ham Project

NAME _____

ADDRESS _____

TELEPHONE _____ COUNTY _____

BIRTHDATE _____ GRADE _____

Please read each and initial you understand the requirements of the project:

By taking part in the country ham project, I am responsible for the following:	4-H Member initial	Parent /Guardian Initial
Must complete 6 hours of training under the supervision of a certified livestock volunteer.		
Giving a 3-5-minute presentation at KY State Fair on the required topic: <u>Junior (Born 2015-2011) Steps to curing a country ham.</u> - Outline, discuss, and describe the steps you took to cure your ham for this year's country ham project. <u>Senior (Born 2006 - 2010) Design a country ham curing facility for your counties ham project.</u> - More and more counties are building their own country ham houses. You have an unlimited budget, design your counties dream country ham house and curing facility. (visual aids are optional, no digital/electronic, limited to one poster board, you can use both sides) Please note – ALL SENIOR'S PRESENTATIONS MUST BE AT LEAST 2 MINUTES LONG OR THEY WILL BE DIS-QUALIFIED AND HAMS FORFIETED.		
Pay \$70.00 fee – you will receive 2 hams – Hams are to remain at County Designated facility until state fair– Will NOT be allowed to be individuals homes/facilities. (failure to complete the project, fee will NOT be refunded, and you will forfeit both hams, Upon forfeit, if the two hams are not returned an additional \$70.00 fee will be charged and if the additional fee is not paid the 4-H member will not be able to participate in next years' country ham project).		

All winning hams will be placed on display at the Kentucky State Fair and will be returned its conclusion.

Parents Signature Date

4-H'er Signature Date

Agent Signature Date

Completion of the 4-H Country Ham project makes 4-Her eligible to apply for Country Ham Scholarship, applications are due July 2025.

AGENTS NOTICE:
If your county misses the July 1 deadline to certify your county registration and your volunteer worker for state fair, you will NOT be allowed to participate in the Country Ham Project in 2026.

Mammoth Cave Area 4-H

2025 LEADERSHIP LOCK-IN



Party till Midnight!!!

WHEN:

REGISTRATION STARTS @ 7:00 PM
FRI. JAN. 31ST @ 7:30 PM -
MIDNIGHT ON SAT. FEB 1ST

WHERE:

THE CORE OF SCOTTSVILLE
309 W CHERRY ST, SCOTTSVILLE, KY

WHO:

OPEN TO 4-H YOUTH AGES 12-18
MUST HAVE COUNTY PIE FORM

COST:

\$20.00 INCLUDES: 4.5 HRS. OF FUN +
PIZZA DINNER & SNACKS

WHAT:

**WHAT TO WEAR, BRING &
SCHEDULE - PAGE 2**

RSVP:

SPOTS LIMITED TO 15 PER COUNTY
ADULT VOLUNTEERS NEEDED!!!!

REGISTER:

**RETURN REGISTRATION FORM &
FEE TO YOUR COUNTY AGENT BY: JAN. 17TH**



LEADERSHIP LOCK-IN

PARTICIPANT REGISTRATION FORM

FIRST NAME: _____ **LAST NAME:** _____

AGE: _____ **COUNTY:** _____

PIZZA PREFERENCE:

___ **CHEESE** ___ **PEPPERONI** ___ **MEAT-LOVERS** ___ **VEGETARIAN**

FOOD ALLERGIES: _____

OTHER ALLERGIES: _____

REGISTRATION CHECK-LIST:

_____ **REGISTRATION FORM (THIS FORM)**

_____ **COUNTY ENROLLMENT FORM (P.I.E. FORM)**

_____ **LOCK-IN REGISTRATION FEE: \$20.00**

_____ **ARRANGE YOUR OWN TRANSPORTATION TO/FROM EVENT**

*****NOTE: COUNTIES MUST SUPPLY 1 ADULT VOLUNTEER PER 5 YOUTH*****

Join Mammoth Cave Area as we explore

Camp Jekyll



April 8-12, 2025

Cost: \$435

(includes charter bus, lodging , camp stay, meals, classes & t-shirt)

**will have to pay for 3 meals, souvenirs & stop at Buc-ee's*



**REGISTRATION OPENS
MONDAY DEC. 9TH @ 3 PM**

*** No Registration accepted before this date/time

- \$50 Deposit due w/ Registration Form to Hold Spot
- \$95 due January 6th (\$95 + \$50 Deposit = \$145)
- \$145 due February 6th
- \$145 due March 6th

Classes Will Include:

- Beach Ecology
- Maritime Forest Ecology
- Salt Marsh Ecology
- Herpetology
- Slough Study
- Shark Dissection
- Salt Water Fishing
- Night Walk on Beach
- Campfire
- Sand Sculpting



FOR GRADES
6th-12th

**SPACE IS
LIMITED:
10 YOUTH &
1 ADULT**

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Disabilities
accommodated
with prior notification.



Mammoth Cave Area 4-H Camp Jekyll Pre-Registration Form April 8-12, 2025 Total Cost: \$435



\$50 Deposit due by Day of Registration	
1/6/2025	\$145 (\$95 + Original \$50 Deposit)
2/6/2025	\$145
3/6/2025	\$145 (Final Payment Due)

Please complete the pre-registration form and return to your county extension office along with the \$145 deposit by Monday, January 6th. Space is limited and spots will be given on first come, first serve basis.

Name _____ Birthdate ____/____/____

Mailing Address _____

City _____ State _____ Zip Code _____ County _____

Race: (circle one) White Black American Indian Asian Native Hawaiian Other

Ethnicity: Hispanic Non-Hispanic Gender: (circle one) Male/Female Age as of 1/1/2025: ____

School Attending _____ Grade (2024-25 school year) _____

Custodial Parent(s)/Guardians(s) Name _____

Home Phone _____ Cell Phone _____ Work Phone _____

Email _____

T-shirt Size: (circle one) Adult: Extra Small Small Medium Large X-Large 2X Large

Will the participant need special accommodations while at camp due to any allergies, disabilities, or other medical conditions? If so, please explain.

I understand:

- The \$145 deposit accompanying this form is due no later than January 6, 2025.
- My child's registration/health packet must be returned to your county extension office by 1/30/25.
No refunds will be given after 1/30/2025.
- The final payment is due 3/6/25, if the balance is not paid by the deadline (3/6/25) they will forfeit their spot and it will be given to the next person on the waiting list.
- My child and a parent/guardian must attend a Camp Jekyll Orientation Meeting.
- There are a limited number of beds available on a first come, first serve basis.

Parent/Guardian Signature _____ Date _____

**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Disabilities accommodated with prior notification.

DECEMBER



2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 PAPER CLOVER SALES @ TSC 11/29 - 12/15	3 Cooking Club @ 3:30-5:30 PM	4 Cross Stitch Christmas Card 3:30-5:30 PM 	5 Helping Hands 3:30-5:00 PM - Large room Cloverbuds @ 5:30-6:30 PM Large Room	6	7
8	9 Teen Club - Shopping 4-6 PM Allen County Livestock Club 6-7:30 PM Large Room	10 Country Ham Contracts Due 	11 Wellness Warriors 3:30-5:00 PM/Large Room	12 Art Club 3:30 PM Large Room	13	14
15	16 Horsin' Around Club 6:30-7:30 PM/Basement Area Banquet @ Corvette Museum @ 6 PM 	17	18 Cookies & Gift Workshop @ 3:30 - 5:00 PM 	19 Poultry Club 5:30-6:30 PM Basement	20	21
22	23 S.E.T. Club 3:30-4:30 PM Large Room	24	25 Merry Christmas Allen County Extension Office is Closed - Have a wonderful holiday!	26	27	28
29	30 Allen County Extension Office is Closed - Have a wonderful holiday!	31	1			

JANUARY



2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1  NEW YEARS DAY OFFICE CLOSED	2 Helping Hands 3:30-5:00 pm Large Room Cloverbuds @ 5:30-6:30 PM Large Room	3	4
5	6	7 Cooking Club @ 3:30-5:30 PM	8  Paper Quilling Workshop @ 3:30-5:00 PM	9 Art Club @ 3:30 PM Large Room	10	11
12	13 4-H Teen Club @ 4-8 PM - Travel Month	14 4-H Council Meeting @ 5:00 PM	15	16 Poultry Club - @ 5:30 Basement	17	18
19	20 MLK DAY - No-Regular Office Operations Crochet Workshop @ 10 AM - 2 PM (includes lunch) 	21	22 Wellness Warriors 3:30-5:00 PM/Large Room	23	24 Teen Summit Conference Deadline	25
26	27 Livestock Club 6-7:30 PM Large Room S.E.T. Club 3:30-4:30 PM Large Room Horsin' Around Club 6:30-7:30 PM/Basement	28	29	30	31 Leadership Lock-In Event @ The CORE, Reg. @ 7 PM	





Peanut Butter Oatmeal Bites



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

- 1 cup creamy peanut butter
- 2/3 cup unsweetened applesauce or 2 large very ripe bananas (or half of each)
- 1/3 cup brown sugar
- 2 teaspoons vanilla
- 2 teaspoons cinnamon
- 2 cups quick oats
- 3/4 cup dried fruit (cranberries, raisins, apples, dates, etc., or a mixture)
- 1/2 cup chopped nuts, pepitas (pumpkin seeds), or sunflower seeds (or a mixture)

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Preheat the oven to 350 degrees F.
3. Line two large baking sheets with parchment paper and set aside.
4. In a large bowl, mix the peanut butter, applesauce or bananas, brown sugar, vanilla, and cinnamon until smooth. Add the oats, dried fruit, and nuts, stirring until combined.

5. Drop the dough into equal sizes onto the baking sheets, about 2 tablespoons per cookie. Flatten the top with the back of a spoon.
6. Bake 12 to 16 minutes or until the edges are slightly brown and the dough is set, but soft.
7. Remove from oven and cool on the baking sheet for 10 minutes. Transfer to a cooling rack to finish cooling.
8. Store in an airtight container. Use within four days or freeze.

Makes 30 bites
Serving size: 1 bite
Cost per recipe: \$4.44
Cost per serving: \$0.15

Nutrition facts

per serving:
110 calories; 6g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 13g total carbohydrate; 2g dietary fiber; 7g total sugars; 2g added sugars; 3g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:
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