

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/>**

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

Message from 4-H Agent Anna:

NEW 2024 - 2025 4-H YEAR STARTED SEPT. 1ST!!!

September 1st marked the start of our new 2024 - 2025 4-H Program Year. Which means it's time to complete new 4-H Enrollment Forms and select your new 2024 - 2025 Clubs. This applies to new & returning members.

Even though 4-H Clubs don't start until October, we encourage you to check out our NEW Workshop Wednesday Series hosted each 1st & 3rd Wednesday each month.

Join us on Sept. 27th at 6 PM for our Annual 4-H Kick-Off Night with a fun Picnic & Bonfire. This is open to EVERYONE!!! New, Returning or Considering Joining... We want you there!!!

Several other dates for October & November are included. Mark sure to mark your calendars with your upcoming Club, Workshop & Banquet dates!



Anna Meador

Anna Meador
4-H Youth Development Agent



This issue:

- 4-H Enrollment
- 4-H bucks
- 4-H Age Chart
- Cloverbud/Adult Policy
- 4-H Club Flyers
- CHOPPED Workshop
- Paracord Workshop
- Pumpkin Dec. Workshop
- Broadcasters Workshop
- Banquet Form Deadline
- Volunteer Training
- Club Officer Training
- Teen Retreat
- Mum Flyer
- 4-H Picnic
- 4-H Banquet
- September Calendar
- October Calendar
- Ramen Skillet 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.



September 1st marked the start of the 2024 - 2025 4-H Program Year!

New Enrollment Forms are required each year. Complete and return your form AS SOON AS POSSIBLE to select new 4-H clubs & receive \$20 4-H Bucks.

Return before Oct. 31st, No Special 4-H Bucks for Enrollment after Oct. 31st



4-H BUCKS



What are 4-H Bucks???

4-H bucks are 4-H certificates that allow 4-Her's to pay for 4-H activities, registration fees, camps, conferences and more, without being out of pocket for the cash!

Youth may receive 4-H bucks by turning in 4-H enrollment forms, participating in fundraisers & attending various 4-H events.

RETURN YOUR NEW 2024 - 2025



ENROLLMENT FORMS ASAP!!!



Members who return their 4-H Enrollment Forms by Oct. 31st will receive \$20 4-H Bucks.

Attention: Parents of Cloverbud



**4-H Participants
(Youth Ages 5-8)**



Allen County 4-H loves our Cloverbuds!!!

In order to create the best experience for our littles, 4-H ages 5-8, we would like to share some changes to our Cloverbud Policy with our 4-H Families:

Allen County 4-H Council would like to remind all 4-H Families that ALL Cloverbud youth, between 4-H Ages 5-8, must be chaperoned by their own parent/adult at ALL 4-H activities including, Club Meetings, Workshops, Events, etc.

In order for Allen County 4-H to provide the best individualized learning experiences for our Cloverbud and older 4-H youth, starting Sept. 2024 Cloverbuds are limited to age appropriate clubs and workshops. This includes:

- Cloverbud Club
- Helping Hands Community Club
- Livestock Club (if showing Livestock)
- Poultry Club (if showing Poultry)
- Special Cloverbud Workshops (*just for Cloverbuds!*)



WHAT IS YOUR 4-H AGE?

Sept. 2024- Aug. 2025 4-H Program Year

Your 4-H Age is your age as of Jan. 1, 2025

If the youth's birthdate is...

- **Jan. 1, 2016 - Dec. 31, 2019, their 4-H Age is Cloverbud**
- **Jan. 1 - Dec. 31, 2015, their 4-H Age is 4-H Age 9**
- **Jan. 1 - Dec. 31, 2014, their 4-H Age is 4-H Age 10**
- **Jan. 1 - Dec. 31, 2013, their 4-H Age is 4-H Age 11**
- **Jan. 1 - Dec. 31, 2012, their 4-H Age is 4-H Age 12**
- **Jan. 1 - Dec. 31, 2011, their 4-H Age is 4-H Age 13**
- **Jan. 1 - Dec. 31, 2010, their 4-H Age is 4-H Age 14**
- **Jan. 1 - Dec. 31, 2009, their 4-H Age is 4-H Age 15**
- **Jan. 1 - Dec. 31, 2008, their 4-H Age is 4-H Age 16**
- **Jan. 1 - Dec. 31, 2007, their 4-H Age is 4-H Age 17**
- **Jan. 1 - Dec. 31, 2006, their 4-H Age is 4-H Age 18**
- **Jan. 1 - Dec. 31, 2005, their 4-H Age would be 19 individual has aged out and is now a 4-H Alumni**





ALLEN COUNTY 4-H CLUBS



4-H

Allen County Extension

Martin-Gatton
College of Agriculture,
Food and Environment

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



Allen County Cooperative Extension

2024-2025

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

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

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.



ALLEN COUNTY COOPERATIVE EXTENSION

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

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



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.

Allen County Cooperative Extension

2024-2025

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

Allen County
Cooperative Extension Services

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

"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



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: Kristen Tabor



ALLEN COUNTY 4-H CLUBS



Allen County Cooperative Extension

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

S.E.T.

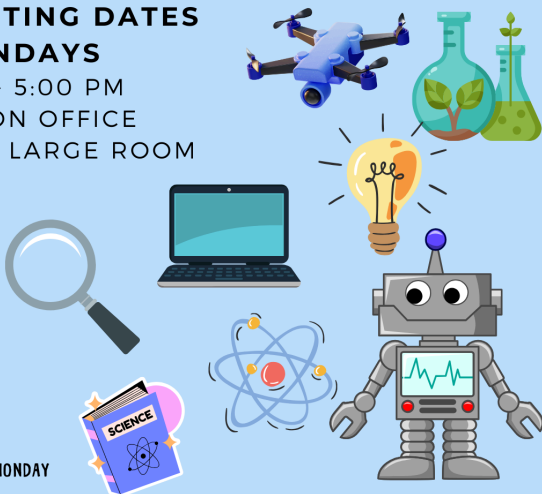
 (Science.Engineering.Technology)

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.

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



Western Riding



English Riding

--- 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)

CLUB LEADERS :
TRACI TRASKY & MADISON WOODS

Allen County Cooperative Extension



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

LIVESTOCK CLUB

2024-2025

CLUB



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

Allen County Extension Services

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

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



ALLEN COUNTY 4-H CLUBS



4-H Teen Club

2024-2025

Martin-Gatton College of Agriculture, Food and Environment 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. 7th @ 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

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.

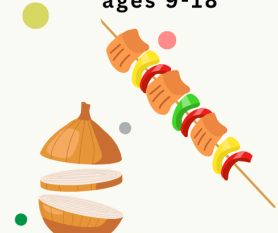
Allen County Extension Services

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



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.

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

Allen County Extension Services

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

SHOOTING SPORTS CLUB

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

OPEN TO AGES: 9-18

COMING SOON!!!

MEETINGS BEGIN

FEB. 2025



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

CLUB LEADERS
TIM SEIFRIG, MATT POWELL,
LUCAS SULLIVAN & JONATHAN PARDUE



4-H WORKSHOPS



CHOPPED CHALLENGE

WITH  COOKING
WORKSHOP

WEDNESDAY, SEPTEMBER 4TH
@ 3:30 - 5:30 PM -
EXT. OFFICE LARGE MEETING RM

YOUTH WILL PRACTICE SAFE KITCHEN SKILLS WHILE WORKING IN TEAMS TO CREATE AN ENTREE AND DESSERT FROM SCRATCH WITH LIMITED ITEMS IN THE "PANTRY." WINNING TEAM TO RECEIVE A PRIZE.

COST: FREE (SPONSORED BY LAURA TURNER DUGAS GRANT)
AGES: 9-18
REGISTRATION: CALL (270) 237-3146
RSVP BY SEPTEMBER 3RD!



Paracord Bracelet Workshop

SEPTEMBER 18TH

@ 3:30-5 PM

ALLEN COUNTY EXTENSION
OFFICE/LARGE ROOM

- COST: FREE
- AGES: 9-18
- REGISTER: CALL 270-237-3146
- RSVP BY: 9/16
- SPACES LIMITED!



Free thanks to Laura Turner Dugas Foundation Grant



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.

Workshop Leader: Zoey Bequeath

ALLEN COUNTY EXTENSION SERVICES

PUMPKIN DECORATING WORKSHOP

OCT. 16, 2024 • 3:30PM TO 5PM
LOCATED IN THE LARGE ROOM
@ ALLEN COUNTY EXT. OFFICE

AGES: 9-18 (CLOVERBUDS WELCOME W/ ADULT)

- COST: FREE
- REGISTER: CALL 270-237-3146
- RSVP BY: 10/9
- WORKSHOP LEADER: RACHEL SEIFRIG

SUBMIT
Submit to
Extension
Pumpkin Contest



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.

FREE THANKS TO A GRANT FROM THE LAURA TURNER DUGAS FOUNDATION

4-H Advocates: Broadcaster Workshop

WEDNESDAY
October 2nd
@ 3:30 - 5:00 PM



Become a Celebrity for 4-H!!! Give TV and Radio a try & share about your 4-H experience!!!

Radio & TV
Spots with 4-H

- **What:** Learn how to create a script and record a special 4-H radio and TV spot to be aired live locally for 4-H week.
- **Cost:** None
- **Location:** Extension Office Large Rm / Walk in group to Radio Station
- **Clothing:** Preferably 4-H Shirt OR Dress Shirt
- **Prepare:** Consider preparing a response for the following questions:

Hi, my name is _____, I participate in the _____ club(s) and _____ project(s).

1. Why you enjoy participating in 4-H?
2. What have you learned or gained from your experience in 4-H?
3. How will you use the information you gain through 4-H in the future?
4. How do you make a difference in the community through your 4-H community service projects?
5. How does 4-H help you to lead or communicate better in your everyday life?





CALL FOR



4-H VOLUNTEERS & CLUB LEADERS

SEPT. 2024 - AUG. 2025



- **Member Recognition Form**
- **State Achievement Application**
- **Club Secretary Book**
- **Club Scrapbook**
- **Club Treasurer Reports**

4-H RECOGNITION BANQUET PAPERWORK - DUE SEPTEMBER 30TH!!!!

Don't delay, get started today!!!!

- - - OPEN TO ALL - - -
INTENDED FOR NEW VOLUNTEERS AND FOR ALL NEW/RETURNING CLUB LEADERS

INTERESTED IN VOLUNTEERING???

SHORT-TERM COMMITMENTS

- ASSIST/LEAD PROJECT WORKSHOPS
- TRANSPORT YOUTH TO EVENTS
- ASSIST WITH DAY SCHOOL PROGRAMS

LONG TERM COMMITMENTS

- OVERNIGHT TRIP CHAPERONES

MONDAY
SEPTEMBER 30TH

- MEAL FOR ATTENDEES AT 5:00 PM
- 5:30 PM FOR ALL 4-H VOLUNTEERS/LEADERS (HIGHLY RECOMMENDED FOR ALL NEW AND RETURNING CLUB LEADERS)
- 7:00 PM FOR ANNOUNCEMENTS FOR NEW CLUB LEADERS

PLEASE RSVP BY 9/25, CALL 270-237-3146

CLUB OFFICERS SAVE THE DATE

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

4-H Club Officer Training



Thurs. Nov. 26th @ 3:30 - 5:00 PM

TRAINING TO COVER LEADERSHIP ROLES FOR:

- **Club Officer Positions:** President, Vice-President, Secretary, Treasurer, Reporter, Recreation Leader (selected in Oct./Nov. Club meetings)
- **Highly Recommended for all youth selected to serve in Club Officer Leadership Role.**
- **Pizza Meal Provided (FREE)**
- **Please RSVP by Calling 270-237-3146 by 11/22**

SAVE

TEEN RETREAT

OCTOBER 25-27

2024

THE

DATE



West KY

4-H Camp

CONTACT YOUR 4-H AGENT FOR MORE INFORMATION!

GRADES: 8-12

COST: \$60





ALLEN COUNTY 4-H MUM ORDER FORM

Order Placement: Must be turned in by: September 13th by 4 PM

Pick-Up orders: September 23rd at the Allen County Extension Office, 270-237-3146

4-H Family responsible for sale must be present

4-H'ers will receive \$5.00 in 4-H Bucks for every 5 Mums sold

Price \$13/mum Checks payable to: Allen County 4-H Council (payment must be received at time of order)

Name of Seller: _____ Club: _____

Phone #: _____ E-mail address: _____

Name	Phone #	Red	Yellow	Orange	White	Amount	Paid
TOTAL FROM ABOVE							



4-H MEMBER & VOLUNTEER RECOGNITION BANQUET

- - - *Join us for a Night Under the Stars* - - -
Shoot for the moon, land in the stars...

TUES. OCTOBER 29, 2024



Allen County Extension Facility

REGISTRATION @ 5:30 PM;

MEAL @ 6:00 PM

- OPEN TO ALL MEMBERS & VOLUNTEERS - Consider completing Annual Member Report Form for Recognition
- REGISTRATION: Call (270) 237-3146
- RSVP & PAY: Due 10/17
- COST: Members - FREE, Adults - \$10.00, Ages 8 & Below - \$7.00



4-H KICK-OFF NIGHT PICNIC & BONFIRE

Friday September
27, 2024

AT 6:00-8:00 PM

- RSVP by Wed. Sept. 25th by 4 PM
- Youth to prepare their own hotdogs & smores over fire.
- Hotdogs, chips, dessert, drink & condiments provided.
- Games & Activities led by 4-H Volunteers



LOCATION:

PORT OLIVER - PICNIC AREA

**4200 BARREN RIVER DAM ROAD
SCOTTSVILLE KY 42164**

**OPEN TO ALL 4-H
FAMILIES!!!**

SEPTEMBER

2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 LABOR DAY Office Closed	3	4 4-H Workshop Wednesday CHOPPED Workshop @ 3:30-5:30 PM	5	6	7 4-H State Shoot
8 4-H State Shoot	9 MCA Teen Council Meeting @ 5:30 PM	10 4-H Council Meeting @ 5 PM	11	12 Forestry Field Day Event at Mammoth Cave @ Meet @ 8:30 - 3:00 PM	13 Mum Fundraiser Order Deadline @ 4 PM	14
15	16	17	18 4-H Workshop Wednesday Paracord Workshop @ 3:30-5:00 PM	19	20	21
22	23 Mum Fundraiser Pick-up @ 2-6 PM	24	25	26	27 4-H Kick -Off Night Picnic & Bonfire 6-8 PM @ Port Oliver	28
29	30 Club Leader Training @ 5:30 -7 PM					

OCTOBER

2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Teen Retreat Reg. Due by 10/1 Cooking Club @ 3:30-5:30 PM	2 4-H Workshop Wednesday 4-H Broadcasters Workshop @ 3:30-5:00 PM	Helping Hands 3:30-5:00 PM - Large room Cloverbuds @ 5:30-6:30 PM Large Room	4	5
6	7 4-H Teen Club @ 4-6 PM in Large room	8	9	10	11	12
13	14	15	16 4-H Workshop Wednesday Pumpkin Decorating @ 3:30-5:00 PM	17 Art Club 3:30 PM Large Room Poultry Club - 5:30 Basement	18	19
20	21	22	23 Wellness Warriors 3:30-5:00 PM/Large Room	24	25 TEEN RETREAT CONFERENCE	26
27 TEEN RETREAT	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	29 4-H Banquet, Registration @ 5:30, Meal @ 6 PM	30	31 Enrollment Forms are due today to get \$20 in 4-H Bucks		





Ramen Skillet Dinner



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

Nutrition facts

per serving:
280 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 60mg cholesterol; 360mg sodium; 22g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 26g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium

Source:

Martha Yount, former Nutrition Education Specialist, University of Kentucky Cooperative Extension Service

- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 1 medium carrot, thinly sliced
- 1 bag (16 ounces) frozen broccoli
- 2 cups cooked chicken, chopped
- 1 package (3 ounces) chicken-flavored instant ramen noodles
- 1 cup water
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 1/2 teaspoon red pepper flakes

1. Wash hands with warm water and soap for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Heat oil in a large skillet over medium heat. Add onion, carrot, and broccoli. Cook until vegetables are crisp tender (about 5 minutes).
4. Add the cooked chicken to the skillet. Stir and heat, about 1 to 2 minutes.
5. In a small bowl, combine the contents of the ramen seasoning packet, water, garlic powder, ginger, and red pepper flakes.
6. Pour the water and seasonings into the skillet. Stir and bring to a boil.
7. Break ramen noodles apart and add to skillet. Stir to moisten noodles.
8. Cover the skillet and cook until noodles soften (about 2 minutes). Serve immediately.
9. Refrigerate leftovers within 2 hours.

Makes 4 servings
Serving size: 1 1/2 cups
Cost per recipe: \$7.66
Cost per serving: \$1.92



Disabilities
accommodated
with prior notice



**WELCOME BACK
NEW & OLD 4-H FRIENDS!!!**

