

The Clover Times

Seven 4-H members from Nelson County attended the Capitol Experience event at the end of February. This opportunity allowed youth to see the Kentucky State Capitol, meet Senator Higdon and Representative Massaroni, attend the House of Ag Committee meeting, and see where and how different decisions are made for state legislation. This is an annual event, so be on the lookout for details next year!



TABLE OF CONTENTS

- Club Updates & Comm Contest.....2-5
- 4-H Camp.....6
- 4-Hers Helping Funds, NRESci Academy, ForestryWorks & Volunteer Info.....7
- Outdoor Adv. Camp, KY Forestry Leadership, County Fair Projects, Babysitting Workshop.....8
- Health Bulletin.....9
- Pampered Chef Fundraiser & Spaghetti Dinner.....10
- Calendar of Events.....11
- Healthy Recipe, Agent Update, 5K & Kroger Rewards.....12

**NELSON COUNTY
COOPERATIVE EXTENSION
OFFICE**
317 S. THIRD STREET,
BARDSTOWN, KY 40004

PHONE:
502-348-9204

MARKET TO MARKET COUNTRY HAM CLUB

At the March meeting members set their goals for the year and discussed speeches and how to prepare for speech contests. **Watch for an email for the date and location of April's meeting!**
If you have any questions, please call the office.

LIVESTOCK CLUB

For the March meeting members visited Atcher Show Pigs and learned about raising piglets. Do not forget that if any youth would like to show this summer, they will need their 6 hours of education.

The next meeting will be on **April 14th** at 6:30pm at the Extension Office.

If you have a question about how many hours your child has, please call the office.



Livestock Club
April 14th, 2025
at 6:30 pm

Location: Nelson County Extension Office
Meetings will be held 2nd Monday of each month throughout the 2024-2025 4-H Program Year!
For more info call 502-348-9204.

BEGINNER COOKING CLUB

At the February meeting, members made honey butter-corn and macaroni and cheese. **There will NOT be an April meeting.** The next and last Beginner Cooking meeting will be on **May 27th, 2025 at 4:30pm** at the Nelson County Extension Office.



Nelson County 4-H
SPAGHETTI DINNER
A Fundraising Effort for Advanced Cooking Club

APRIL 29, 2025
6PM | NELSON COUNTY CIVIC CENTER

Adult Tickets: \$10
Child Tickets: \$5 (under 12)
Please call the Extension Office (502) 348-9204 to purchase your tickets!

ADVANCED COOKING

At the February meeting, members made veggie pizza, taco pizza, and crescent roll churros. The next Advanced Cooking club meeting will be the spaghetti dinner. **Members should arrive at 4:30pm on April 29th to begin preparing for the evening.**



NATURAL RESOURCES CLUB

At the March meeting members practiced for the upcoming Wildlife Challenge by reviewing compass and pacing materials. The next meeting will be held **April 10th at 6:00pm** at the Nazareth Retreat Center!

The KY WHEP Challenge and Forestry contest is April 15th!



Cooperative Extension Service 4-H

NATURAL RESOURCES CLUB

April 10th, 2025
6PM

Nazareth Retreat Center
40 Main Ave. Nazareth, KY 40048
Come and join this new club to learn about all things outdoors!

NELSON COUNTY OUTRIDERS HORSE CLUB

At the March meeting, members picked a date for a summer fun show, discussed a county fair show, and planned a trip to tour the BLM Mustang & Burro event in Liberty, KY. One of members and leaders attended the State 4-H Hippology Clinic on March 8th and learned anatomy, breeds of horses, and heard from many guest speakers. The next horse club meeting will be **April 7th at 6:00pm** at the Extension Office. You do not have to own a horse to join the club and learn all about the equine industry.

Horse camp paperwork and payment due at the meeting April 7th! This was sent out via e-mail.

County Trail Ride Paperwork due to the office April 11th!



HOMESCHOOL GROUP

During the February meeting members learned about the Natural Resources Club, and completed a salt water craft. The next meeting will be **April 22nd at 10:00am** at the Extension Office. This club is open to all homeschooled youth in Nelson County!



FUR & FEATHERS

At the March meeting members learned about showmanship for both rabbits and poultry! Two youth Violet Ingram and Sawyer Bukey competed in the Harrison County Rabbit Skillathon and placed 5th Team Overall! The next meeting will be **April 22nd at 6:00pm** at the Extension Office. This club is open to anyone interested in learning about rabbits or different species of fowl.



4-H COUNCIL

The next 4-H Council Meeting will take place on **April 15th, 2025 at 5PM** at the Nelson County Extension Office. All 4-H Council meetings are held on the first Tuesday of each month at 6PM. This month is different due to spring break.

A reminder for the club leaders & members, I am **requiring that each club have 1-2 representatives** at each 4-H Council meeting. At the meeting each club will give a 2 minute update & will take all information discussed back to their monthly club meetings.

HELPING HANDS

In March members hosted a bingo event for residents at the Sisters of Nazareth of Charity. The club's next meeting will be held **April 7th at 6:00pm** at the Extension Office! This club is open to anyone interested in community service and outreach projects within Nelson County.



Martin-Gatton
College of Agriculture,
Forestry & Environmental
Sciences

APRIL 7TH, 2025

Helping Hands Meeting

A community service oriented group that meets on the 1st Monday of each month at 6:00PM focusing on the community! Located at the Nelson County Extension Office

EXTENSION SERVICE

NELSON CO. 4-H TEEN COUNCIL

Tuesday
May 13th, 2025
6:30 PM
Nelson County Extension Office

Open to all teens looking to grow their leadership skills.

TEEN COUNCIL

At the March meeting members participated in various leadership games in preparation for upcoming conferences this summer. The next Teen Council event will be **April 29th at 6:00pm** at the Shelby County Extension Office! **Please let Samantha know if you will be attending by April 18th.**

Leadership board (STC, SSTAB, and NRESci) applications due to Samantha by May 1st!

GOLD ACHIEVEMENT AWARD RECIPIENTS

Both Laura Bolin and Elliott Redmon have worked very hard over their last few years in 4-H to earn their Gold Achievement Awards. Both Laura and Elliott are involved in the Country Ham Club, Shooting Sports Club, and Nelson County Teen Council! Additionally, Laura serves as a member of the State Teen Council. Both of you have bright paths ahead of you - keep up the hard work and continue being great leaders!



BULL'S EYE SHOOTING SPORTS

Shooting Sports camp will be April 3rd-5th at the Extension Office!

At the March club meeting members, checked all the equipment owned by the club and learned about routine maintenance for different firearms.

Shooting Sport's next meeting will be **May 3rd at 8:45 am** at the range. Please call the office if you are unable to attend.

At this time, we are no longer accepting new members to this club. Enrollment for next year will be in August. Call the office to join a waitlist then.



CLOVERBUDS

At the March meeting, Cloverbud members learned about their personal strengths. They made characteristic flowers to describe themselves and acknowledged activities they are good at. There will be no April meeting due to it falling on Spring Break. The next meeting will be held on **May 1st at 5:30pm** at the Extension Office.

Cloverbuds is for 5-8 year old youth. This club focuses on introducing the younger youth to different core content areas of 4-H that they can participate in when they turn 9!

There are only a limited amount of spots in this club. Please contact Samantha or the office for more information on how to join.



NELSON COUNTY COMMUNICATIONS CONTEST!

**APRIL 8TH, 2025
STARTS AT 6:00PM
AT THE NELSON COUNTY EXTENSION OFFICE**

SPEECH CATEGORIES:

- 9-YEAR-OLD
- 10-YEAR-OLD
- 11-YEAR-OLD
- 12-YEAR-OLD
- 13-YEAR-OLD
- 14-YEAR-OLD
- 15-YEAR-OLD
- 16-YEAR-OLD
- 17-18-YEAR-OLD

DEMONSTRATION CATEGORIES:

- JUNIOR 9-13YEAR-OLD
 - SENIOR 14-18YEAR-OLD
- CORE DEMONSTRATION AREAS:
- AGRICULTURE
 - EXPRESSIVE ARTS
 - FAMILY & CONSUMER SCIENCES
 - HEALTH
 - LEADERSHIP
 - NATURAL RESOURCES
 - SCIENCE, ENGINEERING & TECHNOLOGY

SIGN UP TODAY!

Call 502-348-9204

SIGN UP BY: APRIL 4TH, 2025

Guidelines provided at sign up!

Questions? Email Samantha at samjok12@uky.edu

LAKE CUMBERLAND 4-H CAMP
17500 HWY 196
NANCY, KY 42544

Martin-Gatton
College of Agriculture,
Food and Environment

CLOVERBUD CAMP

AGES 5-8 YEARS OLD!

FOR MORE INFORMATION, PLEASE EMAIL
KYLE COMLEY: [KYLE.COMLEY@UKY.EDU](mailto:kyle.comley@uky.edu)
AND/ OR
SAMANTHA GAMBLIN: [SAMANTHA.JEFFRIES@UKY.EDU](mailto:samantha.jeffries@uky.edu)

JULY 18-20TH

\$160
Registration
Fee

SCAN ME

**Sign up by contacting the office
by May 1st!**

NELSON COUNTY 4-H CAMP

- July 7–11, 2025
- Campers are ages 9-14
- 15 year olds are Counselors in Training (CITs). They will take a CIT class and participate in 2 other classes.
- Camp Cost: \$315 before March 21st and \$325 after March 22nd. **ALL PAPERWORK AND PAYMENT IS DUE APRIL 11, 2025.**
- Scholarships are available, but you must submit an application.
- Camp schedule includes classes, swim time, evening activities, Sally Down the Ally, and MORE!
- Class sign ups will be held at camper orientation: June 23rd for RETURNING campers & June 24th for NEW campers.

Teens & Adults

- Camp would not be possible without the help of our wonderful adult and teen leaders! Sign up TODAY!
- **Adults go to camp FREE! Teen leaders go to camp at a discounted rate of \$155.**
- **ALL TEEN APPLICATIONS AND ADULT PAPERWORK DUE APRIL 11, 2025.**
- We need 7 adults to teach classes. Examples are spa, photography, chocolate factory, fishing, art, legos, book club, tie-dye, hammocking, rocketry, outdoor cooking, and more!

Camp Planning Committee

If you are willing to serve on a 4-H Camp Planning Committee, please reach out to the office! We are looking for 5-10 teens and 5-10 adults to serve on this committee. If you know you are going to 4-H camp this summer, it is a great way to be involved in the planning process. Contact the office at 502-348-9204!

Interested in serving as an Adult or Teen Leader for Nelson County 4-H Camp?

Serving as an Adult or Teen Leader gives you the opportunity to serve as a role model for campers, to enjoy a week outdoors, and to change lives for the better!

Please fill out the interest form using the QR code below. A formal application will be mailed to you once this is complete. Adults are required to go through the Volunteer Application Process in order to be able to attend.



Fill out interest form here!!



Teen & Adult Applications due April 11th!!

I hope you will consider serving in this way as camp would not be possible without the help of our Adult and Teen Leaders!



4-HERS HELPING 4-HERS RELIEF FUNDS AVAILABLE

4-Hers Helping 4-Hers Relief Funds Available:

The 4-Hers Helping 4-Hers Relief Fund sponsored by the Kentucky 4-H Foundation, Inc. is designed to support 4-H members who experience individual or community disasters or hardship. Grants are provided in the amounts of \$50-\$500. Funding is limited to current donations from individuals, organizations, and companies who want to support young people during a time of great uncertainty. Apply for funds for enrolled 4-H members through scanning the QR code or visiting this website: https://uky.az1.qualtrics.com/jfe/form/SV_6lj1eOZp2ssyGSq



EXPLORE KENTUCKY'S NATURAL WORLD

Natural Resources & Environmental Science Academy

Three-year program designed to teach youth about their natural environment. Participate in hands-on investigations to learn about Kentucky's water, forest, entomology, and wildlife resources.

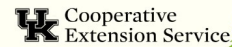
Who can Apply?

- Must be in 5th grade at time of application.

Cost: \$175 per year, scholarships available

Registration Deadline

April 18th to the Nelson County Extension Office



FORESTRYWORKS SUMMER FIELD COURSE

The Kentucky ForestryWorks Initiative has created a forestry curriculum for high school students and teachers. Through the 10 modules of the curriculum, students will be educated on forestry topics including Kentucky's forests, timber cruising and measurements, forest products, forest regulations and many other forest related topics. After completing the modules, the students will have the opportunity to take the exam for the Forestry Worker Certificate which is nationally recognized by forest industry. This program has been developed in partnership with University of Kentucky Forestry and Natural Resources, Kentucky Forest Industries Association, Kentucky Division of Forestry and ForestryWorks.



JUNE 22-27, 2025

High school students join KY ForestryWorks for a week-long summer field course held at U.K.'s Robinson Forest and Robinson Wood Utilization Center. You will spend the field course immersed in the forest doing hands-on learning with tree measurements, tree identification, tree and log grading, tree felling and log bucking. You will also get hands-on experience with band sawmilling, hardwood lumber grading, railway tie log grading, wood drying. In addition, you will get to visit active logging sites and take several wood industry tours. If the student completes the field course and passes the Forestry Worker Certificate exam with at least a 70%, they will receive the Forestry Worker Certificate. Students will stay in historic American chestnut cabins at U.K.'s Robinson Forest with bunk bed style accommodations. The field course will run Sunday - Friday. All students accepted to the field course will receive a scholarship to cover the cost of all meals, lodging and PPE for the program.



VOLUNTEERS NEEDED!

4-H Expansion and Review Committee

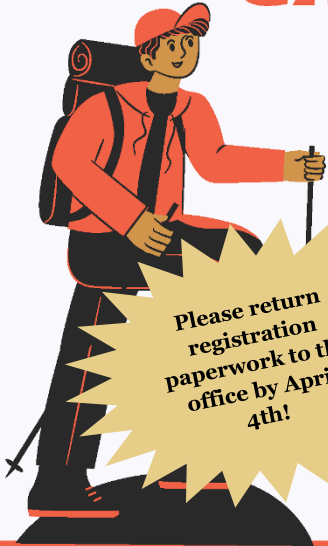
- Review of current 4-H program and evaluate ways to expand.
- If you are willing to serve on this committee please call the office!

Application Deadline May 1st, 2025
Scan the QR code to register!



HIKE! EXPLORE! LEARN!

OUTDOOR ADVENTURE CAMP



Please return
registration
paperwork to the
office by April
4th!



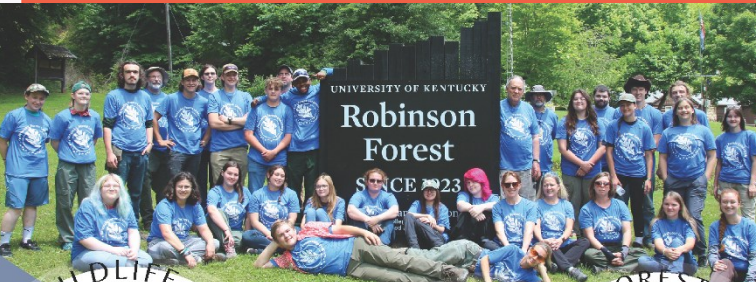
Get together with friends and
learn outdoor survival skills!
Scan below for the
application!



MAY 2-3, 2025
STARTS AT 1 PM
\$100 PER PERSON
REGISTER WITH YOUR
COUNTY 4-H AGENT

LAKE CUMBERLAND 4-H CAMP
17500 KY-196
NANCY, KY 42544

OPEN FOR KIDS AGED 13 AND UP.
THE TEAM OF SKILLED PROFESSIONALS ENSURE
ALL KIDS ARE SAFE 24/7.



UNIVERSITY OF KENTUCKY
**Robinson
Forest**
SINCE 1923



Your Adventure Starts Here...

KENTUCKY FOREST LEADERSHIP PROGRAM



Are you a high school student with a passion for forestry, entomology, or wildlife? Discover Kentucky's natural resources while being surrounded by the beauty of the woods! Scan the QR code for more information.



June 1 - 6, 2025 @
UK Robinson Forest



\$500 fee after
acceptance



Scholarships
Available

Contact Us!



Laurie.Thomas@uky.edu



KFLP.ca.uky.edu

Babysitting Class

Join us at the main branch for a
babysitting class led by 4-H
Youth Development Agent,
Samantha Gabbard. Participants
in grades 6-12 welcome!

SATURDAY, MAY 10TH
FROM 9AM-2PM
(LUNCH WILL BE PROVIDED)

Register @ ncplky.org

Cooperative
Extension Service

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, sex, religion, national origin, marital status, age, or physical
handicap. Persons with disabilities who require special accommodations to participate should contact the
County Extension Agent or the National Center for Education and Training at the University of Kentucky.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating
Organizations. 4-H Youth Development
Community and Economic Development
Lexington, KY 40546



UK Cooperative
Extension Service



NELSON CO. 4-H

NELSON COUNTY FAIR 4-H PROJECTS

4-H PROJECT SUBMISSION

JULY 13 3-5PM

JULY 14 9-11AM

**NELSON CO.
FAIRGROUNDS**

PROJECT PICK UP

JULY 20 1:30-2:30PM



Fair Catalog QR Code

A complete list of clickable links can be found by scanning the
QR Code above. Project examples include baking, painting,
collage, woodworking, leaf collection and several more. Check out
the links for more information. If you have any questions please
contact the Nelson county Extension office at (502)348-9204.

YOUTH

HEALTH BULLETIN



MARCH 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs.hes.ca.uky.edu/content/health-bulletins>

Nelson County Extension Office
317 South 3rd Street
Bardstown, KY 40004
(502) 348-9204

By using kind and positive words, we can understand that food helps us grow strong and stay healthy.

Continued from the previous page

say things like “that food is unhealthy,” or “you shouldn’t eat that,” it can make food feel like the enemy. We might start to think that eating some foods is wrong or bad. But food is not the problem. When we use words like, “this food gives me energy,” or “this helps my body stay strong,” we start to see food as something that helps us feel good.

It is important to remember that no food is really “bad.” It’s all about balance. Sweet treats like cookies or candy can be good for us because they bring us joy when we eat them. But we also need foods like fruits, vegetables, and whole grains to keep us feeling good. If we only eat one kind of food all the time, like only candy or only vegetables, our bodies won’t be as healthy. It’s about having all types of food in different amounts.

When we say foods are “good” or “bad,” it can make us feel like we’re doing something wrong



when we eat the “bad” food. Instead of using these words, we can talk about food in a more helpful way.

It’s also helpful to slow down and think about how food tastes. Instead of rushing through meals, we can take time to enjoy how the food tastes, how it feels, the colors of the food, and how it makes us feel after we eat it.

The words we use when thinking and talking about food can help us feel good about eating it. By using kind and positive words, we can understand that food helps us grow strong and stay healthy. Whether it’s a treat or a healthy meal, food is something to enjoy.

REFERENCES:

- Satter, E. (n.d.). Are you feeling bad about your eating? Elyn Satter Institute. <https://www.elynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating/>
- Elyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Elyn Satter Institute. <https://www.elynsatterinstitute.org/how-to-eat-the-joy-of-eating-being-a-competent-eater/>

YOUTH HEALTH BULLETIN

Written by: Anna Caron, RDN
Edited by: Alyssa Simms
Designed by: Russy Mansel
Cartoon illustrations by: Chris Ware (© University of Kentucky School of Human Environmental Sciences)

THIS MONTH'S TOPIC USE GOOD WORDS FOR FOOD



The way we talk about food is important for our health. What we say about food can make us feel good or bad about eating it. If we use kind and good words about food, it can help us build a healthy relationship with what we eat. A healthy relationship with food means we can enjoy eating without feeling guilty or worried. It also helps us understand that food is something that helps our bodies stay strong and healthy. The words we use when we talk about food can change how we feel about eating. If we

Continued on the next page

Cooperative Extension Service

Agriculture and Natural Resources
Public Education Services
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, disability, or any other characteristic. Programs and services of the University of Kentucky Cooperative Extension may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky State University, U.S. Department of Agriculture and Kentucky Counties, Cooperative, Lexington, KY 40506



Disabilities recommended with prior notification.

This gives me energy.



YOUTH HEALTH BULLETIN

Written by: Anna Caron, RDN
Edited by: Alyssa Simms
Designed by: Russy Mansel
Cartoon illustrations by: Chris Ware (© University of Kentucky School of Human Environmental Sciences)

PAMPERED CHEF FUNDRAISER

- Order Online! Contact out-of-town & local family and friends to invite them to participate. Use the QR code or link below on the flyer.
- Ask friends of family to lay a catalog out at their office. You'll be amazed how many orders you can get with a little help. Contact Sonia for additional catalogs.
- When guests order \$90 or more in product, they will have a choice of a FREE Funnel Set or Kitchen Paring Knife Set! FREE shipping is also available with orders over \$150.
- Encourage people to book parties for themselves. The 4-H program will receive an additional cash donation for every online/virtual/in person/bridal shower or fundraiser show held within the next 6 months. (In order for 4-H to get credit you must contact Sonia BEFORE April 14th.
- All orders have a DIRECT SHIPPING charge (\$7.95 flat for orders under \$149.99, FREE shipping over \$150) and 6% sales tax. Payment can be made ONLINE only with credit/debit or Paypal at checkout.

Thank you for helping us raise money for all of your clubs and activities!



Nelson County 4-H

SPAGHETTI DINNER

A Fundraising Effort for
Advanced Cooking Club

**APRIL 29, 2025
6PM | NELSON
COUNTY CIVIC
CENTER**

Adult Tickets: \$10

Child Tickets: \$5
(under 12)

Please call the
Extension Office
(502) 348-9204
to purchase your
tickets!

Cooperative
Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth 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 accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.



Disabilities
accommodated
with prior notification.



Nelson County 4-H
pampered chef.

FUNDRAISER

All orders should be placed by **April 14th** and will direct ship when placed within 3-5 business days.

Order Online

www.pamperedchef.com/party/nelsoncounty4hyouth

Contact Sonia Hibbard with additional questions at 502-718-2450 or smjh517@yahoo.com.



Any questions regarding these two fundraisers, please contact the Extension Office at 502-348-9204 or samjok12@uky.edu.

April 2025

Sun Mon Tue Wed Thu Fri Sat

		1	2	3	4	5
		Terrarium Workshop	Dish Garden Workshop		Outdoor Adventure Camp & County Comm. Contest Entry Deadline	Horse Club Ride Day
				Shooting Sports Camp		
6	7 Helping Hands Horse Horse Camp Paperwork Due	8 Nelson County Speech & Demo Communication Contest	9	10 Natural Resources Ham Club	11 Trail Ride Reg. Deadline 4-H Camp Teen & Adult Application Deadline	12
13	14 Livestock Pampered Chef Fundraiser Order Deadline	15 4-H Council KY WHEP Wildlife Challenge & Forestry Competition	16	17	18 Good Friday	19 Green Dot Bunny Trot 5K
20 Easter	21	22 Homeschool Fur & Feathers	23	24 Shooting Sports Executive Meeting	25	26 C5/C6 Area Communication Contest @ Shelby County Horse Club Trail Ride
27	28	29 Advanced Cooking Spaghetti Dinner Area Teen Spring Fling	30	MAY 1 Cloverbud Camp Sign Up Deadline Leadership Board Apps Due ForestryWorks Apps. Due	Outdoor Adventure Camp May 2-3	



APPLE GRILLED CHEESE

INGREDIENTS:

- 2 teaspoons butter
- 4 slices whole wheat bread
- 2 slices American or cheddar cheese
- 1/2 cup spinach
- 1 teaspoon honey
- 1 apple, cored and thinly sliced

DIRECTIONS:

1. Place a medium skillet over medium heat. Butter one side of each slice of bread.
2. Place one slice of bread in skillet, butter side down. Top with two slices of cheese and 3-4 pieces of spinach. Drizzle with honey. Place 2-3 apple slices on sandwich.
3. Top sandwich with other slice of bread, butter side up. Cook for 2-3 minutes, or until golden brown and flip.
4. Repeat for next sandwich or if your skillet is large enough, you can do two at a time.

Source: KYNEP 2020 Food and Nutrition Calendar: Katie Shoultz, Extension Specialist, University of Kentucky Cooperative Extension Service

NUTRITION FACTS PER SERVING: 300 calories; 12g total fat; 6 saturated fat; 0g trans fat; 30mg cholesterol; 370mg sodium; 39g carbohydrate; 3g fiber; 15g sugar; 3g added sugar; 11g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

AGENT UPDATE

Busy time is here! There is a lot going on over the next few months. Don't miss out on upcoming opportunities because of missed deadlines.

For next program year, I am looking for two volunteers to lead clubs. Cloverbuds and Beginner Cooking Club will need a volunteer in order to continue for next program year. If you know anyone that may be interested, please have them reach out to me.

I want to encourage our up and coming teen leaders to consider applying for a leadership board. There are three leadership boards at the state level that you can apply for. State Teen Council, NRESci, and Shooting Sports Teen Ambassador Board. All applications are due MAY 1. Email me for an application to apply.



Samantha J. Galbreath

KROGER REWARDS

Support Nelson County 4-H while you shop!

Sign up for Kroger community rewards at krogercommunityrewards.com

Be sure to select Nelson County 4-H!
Last quarter we raised \$74.06!

