



4-H NEWS

October 2024



~Hello Fall!~

NOTES FROM MCCREARY 4-H

Tracie Goodman, Agent
Ashley Moore, Program Asst



Join the club!

4-H clubs are a great way to join other youth in the community who share a common interest. We have many to choose from! Current offerings include in-school, afterschool, and community clubs.

Why volunteer?

Kentucky 4-H wouldn't exist without its volunteer network. Volunteers help coordinate clubs, projects, and events and are essential to programming efforts at all levels. To find out more about volunteering, contact us at 606-376-2524.



WE NEED VOLUNTEERS!





LOOKING AHEAD



EVENTS

**Country Ham Show & Sale
@ McCreary County
Farmers Market
Sept 28th, 9am-11am**

**Mountain Ag Week @
RCARS in Jackson, Ky
Win with Wood- Oct 1st
Youth Science Day- Oct
2nd
Field Day- Oct 3rd
Pumpkin Days- Oct 3rd-4th**

**McCreary Fest Parade
R/C Club Float
Oct 5th**

**International Liberty Horse
Association Festival @
Alltech Arena, Kentucky
Horse Park
Oct 10th-13th
**Discount tickets for 4-H
families!***

**Harvest Fest
Lake Cumberland 4-H
Camp
Oct 19th**

*For information on events,
contact the McCreary County
Extension Office!*

PROGRAMS/CLUB MEETINGS

OCTOBER

**Oct 3rd, in-school @ PKI
Owl Pellets**

**Oct 7th & 8th, 1pm
Derby Cars**

**Oct 8th, 6pm
Jr. Cattlemen's**

**Oct 15th, 4:30pm
My Grands & Me:
Our Family Tree**

**Oct 16th, 4:30pm
Technology Club**

**Oct 22nd, in-school @ WCE
Artist's Spotlight**

**Oct 22nd, 4:30pm
Cloverbuds**

**Oct 23rd, 4:30pm
Woodchucks- Advanced Jigsaw**

**Oct 25th, in-school @ LHGCA
Project Feeder Watch &
Suet Bird Feeders**



Join McCreary 4-H Remind!

Text @kb46dk6 to the number 81010

Follow us!





4-H Spotlight

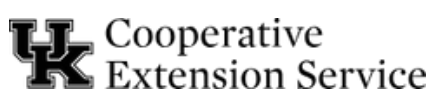
4-H HISTORY CLUB

The McCreary 4-H History Club met with members of the McCreary County Historical Society at Pine Knot Cemetery to learn about some of McCreary County's founding members.

These club members are committed to keeping McCreary County's story alive and sharing it with their own and future generations.



For healthy school lunch ideas, visit planeatmove.com!



SAFE TO MUNCH

Back 2 School

HOW TO PACK A PERFECT LUNCH!



1

Perishable food can be unsafe to eat by lunchtime if in a paper bag. Use an insulated bag with two cold sources.

2

Frozen juice boxes or frozen bottled water can be used as cold sources. By lunchtime, the juice or water should be thawed and ready to drink!



3



For hot lunches like soup, use an insulated container. Tell your child to keep it closed until lunchtime to maintain at 140 F or above.

4

Children should wash hands with soap & water for 20 seconds before eating. Have them sing the ABCs twice while washing.

