

Clover



Corner

OWSLEY COUNTY 4-H NEWSLETTER - DECEMBER 2024

 Cooperative Extension Service



Carissa Miske

CARISSA MISKE - OWSLEY COUNTY
Extension Agent for 4-H Youth Development

Dates & Events



December 6

**4th & 5th Grade Club
@ OCES**



December 13

**Light Up Booneville Parade
5:30 P.M.**

December 18

Healthy Habits @ OCMS

**4-H Dog Club
5:00 P.M.**

December 19

**Junior Homemakers
3:30 P.M.**

December 23

Santa's Workshop

4-H Dog Club-

**Communtiy Share Session
6:00 P.M.**



December 25-January 1

**Owsley County Extension
Office will be closed
for Holiday Break**

Happy Holidays

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**Cooperative
Extension Service**

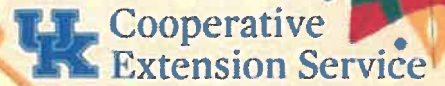
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.



UK Cooperative
Extension Service



JOIN US FOR



FREE

SANTA'S WORKSHOP

DECEMBER 23RD
FROM 12:00 TO 3:00 PM

Owsley County Extension Service Office

WE WILL HAVE A FUN FILLED DAY THAT
INCLUDES: CRAFTS, PAINTING, STORY
TIME AND SNACKS. HOLIDAY WEAR IS
NOT REQUIRED BUT ENCOURAGED!!

PLEASE CALL (606)593-5109 TO REGISTER
FOR THIS WORKSHOP. SPOTS ARE LIMITED.

Ages 8 to 18

An Equal Opportunity Organization

What our 4-Hers' have been up to!



Festive Fruit Wreaths

Ingredients

- 1 sliced whole wheat bagel
- 2 tablespoons low-fat fruit flavored cream cheese
- ½ cup sliced assorted fruit



Directions

1. Separate bagel halves and toast if desired.
2. Spread each half with a tablespoon of cream cheese.
3. Sprinkle fruit on top. For a festive look, try sliced kiwi or green grapes and berries.

Source: Eat Smart to Play Hard: Jeanie Najor, Program Coordinator, University of Kentucky Cooperative Extension Service

160 calories; 3.5g total fat, 1.5g saturated fat, 0g trans fat, 10mg cholesterol; 250mg sodium, 28g total carbohydrate; 1g dietary fiber; 6g total sugars; 0g added sugars; 6g protein, 0% Daily Value of vitamin D; 6% Daily Value calcium; 6% Daily Value iron; 2% Daily Value potassium

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