



4-H YOUTH DEVELOPMENT

Pike County Extension Office | 148 Trivette Drive | Pikeville, KY 41501-1271 | 606-432-2534



A note from your 4-H Agent:

4-H is America's largest youth development organization. We focus on seven core program areas. These areas include: Agriculture, STEM, Leadership, Expressive Arts, Family and Consumer Science, Natural Resources, and Health and Wellbeing. In Pike County, we aim to promote these program areas with a focus on classroom enrichment and opportunities beyond such as clubs and camp. Get involved in one of our clubs today!

Best,

Emily Chaney
County Extension Agent
for 4-H Youth Development
emily.chaney@uky.edu



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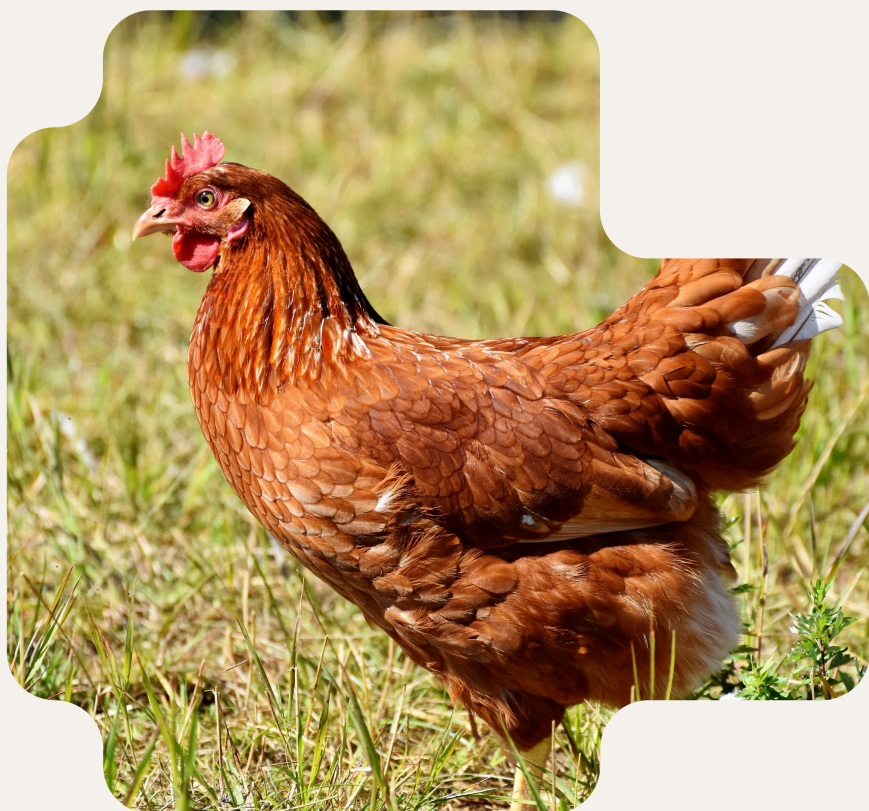
- Agent Note
- Upcoming and current programs
- Camp 2025
- At home activities
- Recipe





4-H Poultry Club

Poultry Judging, Avian Bowl, Egg Chef Challenge, Horticulture, and more.



What is it?

Connect with other kids that share your interests!

Become part of our State Fair team and learn all about the Avian Bowl, Poultry Judging, the Egg Chef Challenge, and Horticulture. Teams will compete at the State Fair in Louisville and earn some serious bragging rights!

Meeting Dates

- April 10th
- April 19th- Special multi-county meeting
- May 5th
- June 16th
- Additional Dates- TBA State Fair Prep

More info

All meetings will be held at the Pike County Extension Office at 5:30pm unless otherwise stated.

All participants must attend the majority of the meetings to be prepared to compete at the State Fair. Please plan on attending as many as possible.

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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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

4-H

University of
Kentucky

Martin-Gatton
College of Agriculture,
Food and Environment

VISUAL ARTS CLUB

PARTNERED WITH PIKE COUNTY COMMUNITY ARTS

WHETHER YOU WANT TO PREPARE A
PROJECT FOR THE STATE FAIR OR JUST
LOVE ART!

ACTIVITIES:

DRAWING, PAINTING,
CARTOONING, AND MORE

FOR AGES:

9-18

MEETINGS 5:15-6:30PM:

FEBRUARY 10TH MARCH 23RD
FEBRUARY 24TH MARCH 10TH
MARCH 10TH APRIL 7TH

WHERE:

PIKE COUNTY
EXTENSION OFFICE

PLEASE CALL 606-432-
2534 TO REGISTER



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Appalachian Culture Club

With 4-H and Pike
County Homemakers

For ages 9-
18

Must Register

Join us at the Pike
County Extension
Office from 5pm till
6:30pm to learn some
true Appalachian
practices!

**Please call 606-
432-2534 to
register.**

Meeting Dates:

- February 17th
- March 10th
- April 8th

Activities such as:

- Basket Weaving
- Corn Husk Doll Making
- Felt Embroidery

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Pike County Teen Council



MEETING ONCE PER MONTH
AT THE PIKE COUNTY
EXTENSION OFFICE
FIRST MEETING: SEPTEMBER
23RD AT 5:30PM



Council Meetings

Teen Council meets once a month at the Pike County Extension Office. The Council elects leadership and makes important decisions on the future of 4-H in the county.

Fall Trips and Events

Past trips and events have included The Breaks, Jenny Wiley, hiking at Natural Bridge, participating in Nightmare on Main, and Lock-in Sleepovers.

Teen Conferences

4-H Teen Conference takes place in the summer. Teens travel to UK campus in Lexington, KY for a week of events with 4-Hers from across the state..

School Fairs

4-H hosts school fairs in April every year to judge projects done by youth across the county. Teen Council members assist in putting on successful fairs.

"Some things that stood out to me about being on Teen Council was the feeling of a welcoming and tight knit community. Everyone could joke with each other and have a great time . . . it was like we had our own little family."

- Emily Musick, Former Pike Co. Teen Council President and State Teen Council Member

Teen Council offers many opportunities to explore leadership, civic engagement, community service, activities, clubs, craft days, and more!

INTERESTED?
CONTACT:

Emily Chaney-Agent
606-213-1561
emily.chaney@uky.edu

WHO CAN JOIN?

All Pike County
students in grades 7-12!





4-H CAMP

“CAMPLIFY YOUR SUMMER”

Cooperative Extension Services operates four 4-H Camps in Kentucky, serving all 120 counties. Registration materials, fees, and application deadlines for each county are set by local Extension offices. Please call 606-432-2534 for more information.

J.M. Feltner 4-H Camp:
July 14th-18th

- Meet New Friends
- Try New Activities
- Gain New Skills
- Learn About the Outdoors
- Swim Every Day
- Fun & Games
- Cabin Life
- Find Your “Spark” and
- Amplify Your Summer Break

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Dear 4-H Member,

Have you heard the good news? 4-H Camp dates for **2025** have been set and **we are staying four nights and five days!** We would like to invite you to attend camp this year at the J.M. Feltner 4-H Camp, located in London, KY. The camp has a swimming pool, small lake, rustic dining and sleeping facilities. An exciting and enjoyable week is being planned for you at 4-H Camp, and we urge you to begin making plans to get in on the fun! Agents, 4-H leaders, trained camp staff, adult volunteers and teen leaders will be attending camp the entire week. Some of the activities offered at 4-H Camp include swimming with an aqua wall, archery, nature study, canoeing, fishing, basketball, handicrafts, volleyball, gun safety, a challenge course, a zip line, gaga ball, and many other special activities. At 4-H Camp, we create magical memories!

4-H CAMP is for ages 9 to 14 and is scheduled for **July 14th -18th!** The fee for camp this year is **\$100.00**. We ask that you pay a **\$30.00** deposit at the time of registration. The **remainder of the camp fee will need to be paid by June 9, 2025.** Scholarship money is available for low-income youth, but all applicants will pay at least the **\$30.00** deposit and complete an application form.

This price covers meals, lodging, insurance, transportation, activities and much, much more. Payment plans are available on request, and you may begin paying on your 4-H Camp fee now. *Please note that without the assistance of the Pike County Extension District Board, offsetting the cost, 4-H camp would cost \$325.00 per camper. So, we owe them a big thanks!*

WHERE TO MAIL YOUR REGISTRATION Mail your registration, along with a check or money order to the **Pike County Extension Office**. **Deposits made will not be refunded unless 4-H is notified at least one week before camp opens or in case of emergency.**

Tell your friends about 4-H Camp and invite them to come along with you. (They do not have to be a 4-H Club member to go.) We will send you a bus schedule, pre-camp health forms, a list of items you will need to bring, and other necessary information prior to camp. If you have questions, please contact me or call the Pike County Extension Office. Don't miss out on the fun during **4-H Camp 2025!**

Sincerely,



Emily Chaney
Pike County Extension 4-H Agent
emily.chaney@uky.edu
606-213-1561



4-H Camp is July 14th – 18th. A \$30.00 deposit is required to register for 4-H Camp. All registrations and the full \$100 fee are due on June 9th. Make check or money order payable to Pike County 4-H and mail to:

Pike County Extension Office 148 Trivette Drive
Pikeville, KY 41501-1271 Attn: 4-H

↑ *Detach Here* ↑

4-H Camp Registration Form

Camper's Name _____ County _____

Mailing Address _____

City/State/Zip _____

E-Mail Address _____

Parent/Guardian's Name _____

Phone: Home () _____ Cell: () _____

Camper's Age _____ Sex _____ Race* _____

Birth date _____

School Attended _____ Grade as of Current School Year _____

Have you attended camp before? _____ How many years? _____ Shirt Size: S M L XL 2XL *Circle One*

I would like to room with: 1. _____ 2. _____

3. _____ anyone from my school

**Necessary to comply with affirmative action - Civil Rights Standards*



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Each month we teach hands-on lessons to every school club in the county. Everything ranging from leadership to STEM activities. On the upcoming pages you can find some easy Family and Consumer Science lessons. Try them out at home and then show us how they turned out!



4-H Teens visits the capitol and meet local representatives.



Family & Consumer Sciences



ALL FOODS THAT MAKE YOU HEALTHY BELONG IN ONE OF THE BASIC FOOD GROUPS. YOU NEED TWO TO THREE SERVINGS FROM THE DAIRY GROUP, TWO SERVINGS FROM THE PROTEIN GROUP, 2 SERVINGS OF FRUIT, 3 SERVINGS OF VEGETABLES, AND THREE SERVINGS FROM THE GRAINS GROUP.

CAN YOU NAME WHAT YOU ATE TODAY?

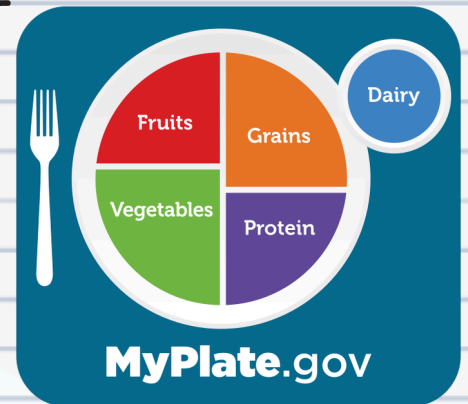
BREAKFAST:

LUNCH:

DINNER:

SNACK:

DID YOU EAT THE RIGHT AMOUNT OF SERVINGS FOR EACH FOOD GROUP?



BEING A GOOD CONSUMER: LET'S GO SHOPPING

NAME OF THE STORE MY FAMILY USUALLY SHOPS IS MAKE A GROCERY LIST FOR YOUR FAMILY OF FOODS YOUR FAMILY NORMALLY BUYS. NAME THE FOOD GROUP WHERE EACH FOOD ITEM BELONGS IN. THEN TAKE A FIELD TRIP TO THE STORE WITH YOUR FAMILY, AND BRING ALONG YOUR LIST. NAME THE DEPARTMENT WHERE EACH ITEM CAN BE FOUND. LASTLY, PLACE THE STORE AISLE IN WHICH THE FOOD IS FOUND.

FOOD	FOOD GROUP	DEPARTMENT	AISLE

Family & Consumer Sciences

Dig Deeper



MORE FOR YOUR MONEY

COMPARE TWO BRANDS OF THE SAME SIZE JAR OF PEANUT BUTTER AT YOUR LOCAL GROCERY STORE. FIND THE PRICE FOR EACH JAR. DIVIDE THE PRICE OF THE JAR BY THE NUMBER OF THE TOTAL PRICE OF THE JAR OF PEANUT BUTTER BY THE NUMBER OF OUNCES IN THE JAR. THIS WILL GIVE YOU THE PRICE PER OUNCE.

JAR 1: _____

JAR 2: _____

WEIGHT: _____

WEIGHT: _____

TOTAL PRICE: _____

TOTAL PRICE: _____

UNIT PRICE: _____

UNIT PRICE: _____

WHICH BRAND IS THE BEST BUY?

IMPORTANT INFORMATION

LABELS ON CANNED FOOD TELL US A LOT! READ A LABEL ON A CANNED GOOD. LIST FIVE FACTS YOU FIND ON THE LABEL.

1. _____

4. _____

2. _____

5. _____

3. _____

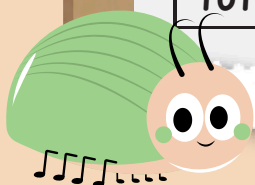
PLAN A PARTY

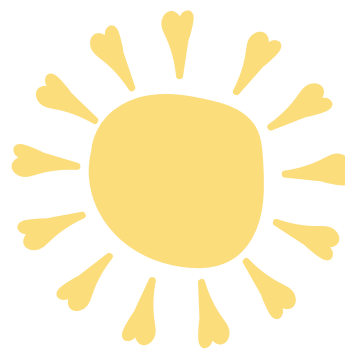
PLAN A NUTRITIOUS SNACK OR PARTY FOR YOUR FAMILY OR FRIENDS. THEN CREATE THE SHOPPING LIST OF THE FOOD ITEMS YOU WILL NEED. FIND THE PRICES OF EACH ITEM NEEDED

FOOD	PRICE
TOTAL PRICE	

HOW MANY PEOPLE WILL BE AT THE PARTY?

COST PER PERSON?





Easy Chicken Barbecue Sandwich

Servings: Makes 1 serving

Serving Size: 1 sandwich

Ingredients:

- 1 package (2.6 ounces) chicken, drained
- 1 tablespoon barbecue sauce
- 1 hamburger bun

Notes:

- To make a simple barbecue sauce, mix 1 tablespoon ketchup, 1 tablespoon brown sugar, 1 teaspoon vinegar, and 1 teaspoon prepared mustard.
- *Sliced bread can be substitute for a sandwich/hamburger bun.*



Directions:

1. Mix the chicken and barbecue sauce together in a microwave safe bowl.
2. Cover and cook on high for 1 minute.
3. Pile the chicken onto the bun and enjoy!



Source: University of Kentucky Cooperative Extension Service: Nutrition Education Program: Backpack Recipes

390 calories; 6g total fat; 1.5g saturated fat; 0g trans fat; 70mg cholesterol; 570mg sodium; 44g total carbohydrate; 0g dietary fiber; 11g total sugars; 0g added sugars; 36g protein; 10% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 6% Daily Value of potassium.

