



Cooperative Extension Service

Grayson County
64 Quarry Rd
Leitchfield, KY 42754
(270) 259-3492
Fax: (270) 259-0291
graysonext.org

SUMMER

COOKING WITH KIDS

Strawberry Smores

No campfire needed for these fruity graham cracker snacks.

- 2 strawberries
- 1 graham cracker (broken in half)
- 1/8 cup yogurt, low-fat vanilla

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse the strawberries in water.
3. Slice the strawberries.
4. Add the yogurt and strawberries to half of the graham cracker.
5. Top with the other half of the graham cracker.
6. Enjoy at once.

Notes: Substitute any desired low-fat yogurt flavor. Try other fruits like blueberries, bananas, etc.

Nutritional facts per serving:
100 calories; 2g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 80mg sodium; 19g carbohydrate; 1g fiber; 10g total sugar; 6g added sugar; 3g protein; 0% daily value of vitamin D; 6% daily value of calcium; 6% daily value of iron; 2% daily value of potassium.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/strawberry-smores>



The Extension Office will be **CLOSED:**
June 19– Juneteenth
July 4– Independence Day
July 26 morning– all staff mandatory training

SMART TIPS

Ways to keep kids active during the summer



Don't let your child spend their summer sitting on the couch. Help your child stay moving this summer.

Check out these ideas:

- Sign your child up for local sports camp or swimming lessons.
- Make going for a walk, run, or bike ride together a scheduled event.
- Go hiking and have the kids tell you 10 points of natural interest to enjoy.
- Start a new hobby together, such as inline skating, tennis, or hiking.
- Run through the sprinkler when it's hot outside.
- When it's raining, stay inside, turn on some music and have a dance party.

- Set up neighborhood contests such as jump rope, hula hoop, or hopscotch.
- Start community kickball, soccer, or softball games or relay races.
- Host a bicycle wash on your street.

Being active also helps lower the risk of life-long health problems later in life. Support your kids and take part in at least 60 minutes of physical activity daily. Teaching the value of staying active while your kids are young will help them keep up the habit when they're older. Don't forget to lead by example by also staying active.

Adapted from <https://www.eatright.org/fitness/exercise/family-activities/family-exercise-ideas-for-every-season>



CLOVERBUD

mini day camp

THURSDAY, JULY 20TH

9 A.M. - 11:30 p.m. CST

Grayson County Extension Service

64 Quarry Road | Leitchfield, KY 42754

Open to youth ages 5-8

Space Is Limited!

Pre-registration is required by phone call; food allergies are important to collect! (270) 259-3492



*Topic focus will be on
SET & Expressive Arts;
Bubble Magic-Fun*

science buffet

day camp

THURSDAY, JULY 27

10 A.M. - 2:00 p.m. CST

Grayson County Extension Service

64 Quarry Road | Leitchfield, KY 42754

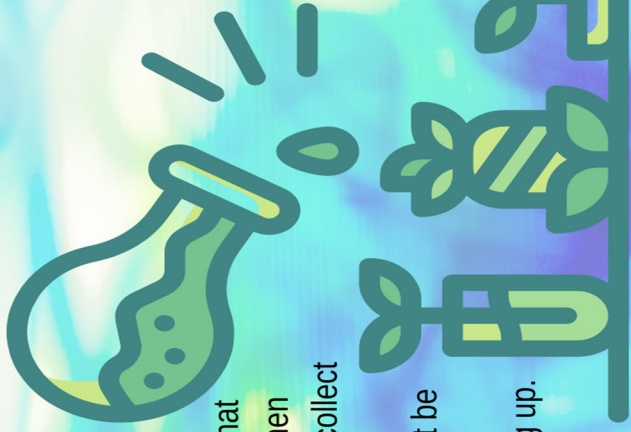
Open to youth 9-18 years old; **MUST**
be able to work independently

Space Is Limited!

Pre-registration is required by phone call; lunch will be provided and food allergies are important to collect!
(270) 259-3492



18 USC 707



A combination of SET & FCS

We will do experiments and activities that are science based using food and kitchen items. Food allergies are important to collect as there will be exposure to different ingredients. Experiment recipes cannot be modified, or have limited modifications; please take into account before signing up.

CLUB NEWS

Livestock Club

No meetings June, July, August. State Fair entries due July 10.

If anyone has questions or needs assistance, please contact Hope.

Shooting Sports

Trap- Mondays at 5:00

Archery- Tuesdays at 5:00

Both disciplines will meet at the Ag Park.

If you are interested in participating, please make plans to attend the respective meeting of interest.

Watch FB for any cancellations

Wild at Art Club

No summer meetings. Enjoy June & July off.



Find us on Facebook

Don't forget to request to join the Facebook group:

Grayson County Kentucky 4-H

Also follow:

Grayson County 4-H Shooting Sports

Grayson County 4-H Livestock Club

Grayson County KY Cooperative Extension



Kindra Ewing Jones

Grayson County Extension Agent for 4-H Youth Development

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SHORTBREAD

COOKIES workshop

THURSDAY, JULY 6

Class begins at 4:00 PM CST

Ends at 5:30 PM CST

Grayson County Extension Service

64 Quarry Road | Leitchfield, KY 42754

Ages 10 through 18

Space Is Limited!

Pre-registration is required by phone call; food allergies are important to collect!

(270) 259-3492



18 USC 707



Join Mrs. Stacey to learn the basics of making shortbread cookie dough and how to incorporate different flavors. Each youth will make a flavor and share with the group; all will take home a variety of cookies! Space is limited.

Cooperative Extension Services
Agriculture and Natural Resources
4-H and Youth Development
Community and Economic Development

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

june & july clubs & programs at a glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Hello JUNE			1	2	3
4	5 • Trap 5:00	6 • Archery 5:00	7	8	9	10
11	12 • Trap 5:00	13 • Archery 5:00	14	15	16	17
18	19 • Trap 5:00	20 • Archery 5:00	21	22	23	24
25	26 • Trap 5:00	27 • Archery 5:00	28	29	30	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 • Trap 5:00 TBA	4 • Archery 5:00 TBA	5	6 Shortbread Cookie Class	7	8
9	10 • Trap 5:00	11 • Archery 5:00	12	13	14	15
16	17 • Trap 5:00	18 • Archery 5:00	19	20 Cloverbud Mini	21	22
23 30	24/31 • Trap 5:00	25 • Archery 5:00	26	27 Science Buffet Day Camp	28	29