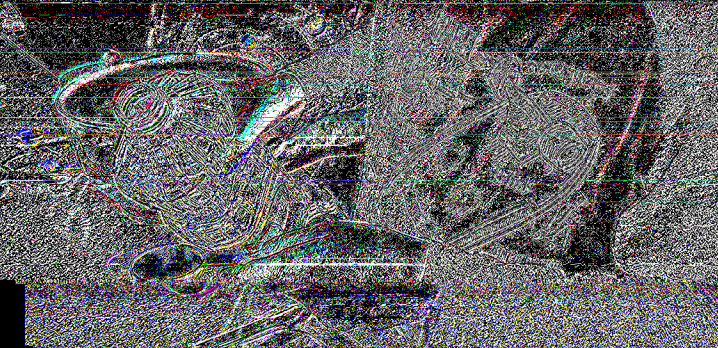


# COOKING CLUB FOR YOUTH

# REPORT TO THE PEOPLE

PERMIDON COUNTY V 2023

What's cooking in 2023? Mrs. Berni has taken the cooking club to a multi-level skills development program. Each year, the club has 69 members aged 9 to 17. Each of the 6 levels meets monthly for 10 months to learn how food/kitchen safety, nutrition, food science, and cooking techniques while making tasty recipes appropriate for their level. They are encouraged to enter their bingers and foods from their level in the county fair and they may go on to State fair.



It's not just girls in the kitchen. These young boys are learning valuable skills in the kitchen, as well as proper measuring techniques.

You can catch these foods not only in the kitchen, but they give back through various community service projects including baking tasty treats for the Fairmount Christmas celebrations and running the coffee booth at the Kentucky Wood Festival.

Sign-ups are in August, so be on the lookout to get cooking with A.H.

## REDUCE, REUSE AND RECYCLE WITH THE PERMIDON COUNTY EXTENSION OFFICE

Do you know the PCO has a large recycling bin located behind the building for community use?



The average person generates over 4 pounds of trash every day and about 1.5 tons of solid waste per year.



Ninety-eight percent of Rumpke's recycled materials are purchased domestically and not exported.



Recycling one aluminum can saves enough energy to light a 100-watt bulb for 4 hours. Recycling 100 cans could light your bedroom for two whole weeks.

Reduce, Reuse, and Recycle are terms we use often at the Permidon County Extension Office located out office building.

A recycling bin is located by the sheds; this is not only for our use, but is open to the public as well. We strive to provide alternatives to increased waste, and this recycling bin option gives us the perfect opportunity to do so. The Extension Office staff encourages others to help keep our community clean.

You can do this by recycling items such as clean paper,

5101 Ag Science Center North  
Lexington, Kentucky 40526-0005  
(502) 257-4302

The Kentucky Cooperative Extension Service serves as a link between the counties of the Commonwealth and the State's land grant universities to help people improve their lives through an educational process focusing on their issues and needs. We emphasize:

- valuing diversity and capitalizing on its potential to strengthen programs;
- being locally-driven, flexible, and responsive;
- identifying and supporting high priority statewide programming initiatives;
- educating people to solve problems,

- applying knowledge and research information;
- accomplishing work through collaboration, volunteerism, and leadership development;
- fostering an empowered and confident citizenry.

Things you cannot recycle are Styrofoam, plastic bags, food waste, auto parts, clothing, or batteries. Recycling is the best way to reduce waste in our community. Our recycling bin is available to everyone, and we hope you take advantage of it's benefits. Thank you for your help, so we can move forward.

permidon.ext@uky.edu

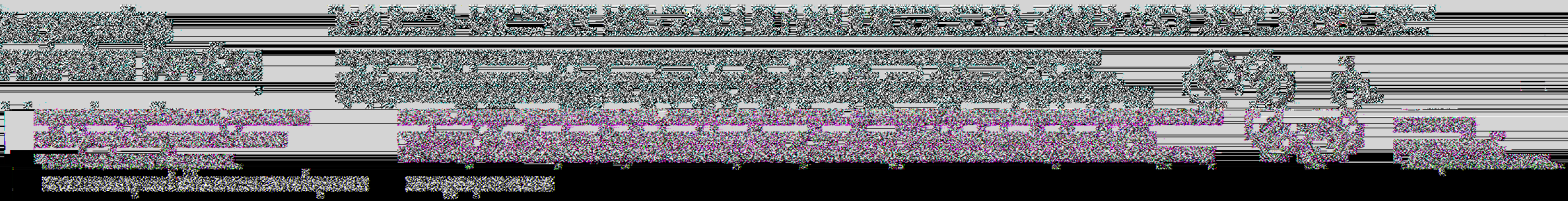
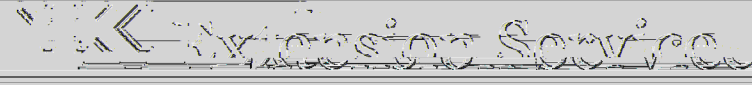
(502) 651-3395

https://permidoncountyext.org/

450 David L. Riddle Drive  
Fairmount, KY 40440

@permidoncountyextensionoffice

University of Kentucky

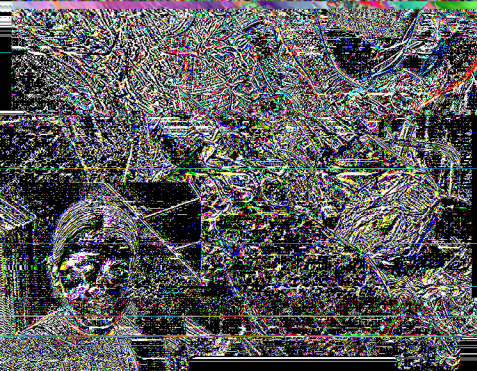


# 4-H YOUTH DEVELOPMENT

Kentucky 4-H began offering the 4-H country ham project in the 1990s with less than 40 participants for the first year. Now, the state of Kentucky has 100 4-H youth and 84 counties participating in the 4-H country ham project.

This year 2016 over 100 youth of the country ham project to 4-H age youth along with clover buds, and adults. In January, they receive their hams and are responsible for washing, trimming, and applying a curing mixture to each ham. In addition to the curing process, youth must complete six hours of training in the 4-H website. Each youth must be able to submit their ham to the state competition.

Now to the county was letting clover buds participate on a smaller scale to help them prepare for when they become old enough to participate in 4-H and partnering



# FAMILY & CONSUMER SCIENCES

The preschool camp program allows participants to work on improving early childhood development skills and increasing kindergarten readiness. 44 children participated in this program. As a result of the program in a six week follow-up evaluation, 76% of children knew their

names, 71% of children could follow simple rules and routines without reminders, and 61% reported an improvement in child's ability to play with other children. In regard to physical activity, 61% of participant's parents or caregivers noticed their child continuing in tasks that were challenging. In addition to individual behavior change 61% more willing to try new food, 58% separated from their parents more quietly, 78% demonstrated more confidence in simple motor skills such as using scissors or tracing items and 88% reported their family conducted activities learned from preschool at home. In regard to increasing early literacy, 52% reported increasing the amount of time reading together, 45% identified words in books and 67% now read as the book goes during story time.

their custom curing rub.