



Allen County
Cooperative Extension Service
200 East Main Street
Scottsville, KY 42164
Phone: (270) 237-3146
Fax: (270) 237-5716
Web: <https://allen.ca.uky.edu/>

Monday—Friday
8:00 a.m.—4:30 p.m.
(With the exception of Holidays)

Message from 4-H Agent Anna:

Spring is finally here! As many of our 4-H clubs start wrapping up in April/May we hope your family will continue to engage in a wide plethora of summer activities to come! New clubs will start again in Sept./Oct. with the exception of Shooting Sports Club which continues during the summer.



Anna Meador

Anna Meador
4-H Youth Development Agent

Summer picks up with 4-H Workshops, Day Camps & Overnight 4-H Trips like: Teen Camp, Teen Conference, 4-H Exchange Trip, Cloverbud Camp and so much more!



As youth start planning their Spring and Summer Breaks, we hope you will take advantage of our 4-H Workshops as we work towards 4-H Fair Project Showcase coming up July 15th - 19th. Check out the Fairbook for project options, deadlines and more!



This issue:

- 4-H Club Dates & Times
- Science Workshop
- Sew A Pillow Workshop
- Terrarium Workshop
- Arts & Crafts Day Camp
- Communications Contest
- Ralphie's Reward Trip
- Teen Conference
- Teen Exchange Trip
- Teen Camp
- Summer Fun Raffle
- 4-H Summer Camp
- Cloverbud Camp
- April Calendar
- May Calendar
- Taco Pie Recipe

Keep updated with Allen County 4-H announcements throughout the month. Text the number, 81010, entering the following message: @d982c This will allow you to stay current with all announcements and reminders about club meetings, activities, opportunities and more!


Follow us at:
Allen County 4-H
Youth Development

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.





ALLEN COUNTY 4-H CLUBS



ART Club



MEETING DATES
Second Thursdays
@ 3:30-5:00
at Extension Office

- October 12th
- November 9th
- December 14th
- January 11th
- February 8th
- March 14th
- April 11th
- May 9th



Spaces Limited...
Pre-Registration
REQUIRED.
Call (270) 237-3146



Club Leader: Allison Denny & Melissa Biggs



Youth are welcome to ride Bus #1 to Extension Office for after-school meetings @ 3:30 or 4 PM: 200 East Main St. Scottsville, KY. Guardian must send school note to School to arrange.

Allen County Cooperative Extension

"Create" Club

A Hands-on Club for Creativity



**MONTHLY MEETINGS
ON 2ND WEDNESDAYS
AT 3:30 5:00 PM
AT EXTENSION OFFICE**

- October 11th
- November 8th
- December 13th
- January 10th
- February 14th
- March 13th
- April 10th
- May 8th



Club Leader: Andi Harper



2023 - 2024



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Allen County
Cooperative Extension

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

COOKING CLUB



**MONTHLY MEETINGS
AT 3:30 PM-5:30 PM
AT EXTENSION OFFICE
LIMITED TO 20 YOUTH,
AGES 9-18.**

- OCTOBER 10TH
- NOVEMBER 14TH
- DECEMBER 5TH
- JANUARY 2ND
- FEBRUARY 6TH
- MARCH 5TH
- APRIL 9TH
- MAY 7TH

Pre-Register for
EACH Meeting.
Call
(270) 237-3146



Youth are welcome to ride Bus #1 to Extension Office for after-school meetings @ 3:30 or 4 PM: 200 East Main St. Scottsville, KY. Guardian must send school note to School to arrange.

**CLUB LEADER:
NANCY OWENS**

4-H CLOVERBUDS

CLUB DATES 2023-2024



Martin-Gatton
College of Agriculture,
Food and Environment

**Meetings are every 2nd Tuesday
5:30-6:30 pm**

**Allen County Ext. Office, 200 East
Main St. Scottsville, KY 42164**

One Parent/Guardian required per family



**Club Leader:
Monica Barnes**

UPDATE

MEETING DATES:

- October 10th**
- November 14th**
- December 12th**
- January 9th**
- February 13th**
- March 12th**
- April 9th**
- ~~**May 14th**~~

MAY MTG. CANCELLED





ALLEN COUNTY 4-H CLUBS



2024 SHOOTING SPORTS CLUB



4-H Shooting Sports Program
Archery, Rifle & Shotgun Discipline s
Practice Dates

SUMMER DATES

AT PARDUE FARMS - ALL PRACTICES @ 9:00 AM

- April 13th
- April 27th
- May 4th
- May 18th
- June 15th
- June 29th
- July 20th
- Aug. 10th
- Aug. 31st
- Sept. 7-8 - State Shoot

Questions? Call the Extension

Office (270) 237-3146



Allen County Cooperative Extension

Horsin' Around CLUB



MONTHLY MEETINGS
3RD MONDAY'S
6:00 PM- 7:00 PM
AT EXTENSION OFFICE

LOCATED IN CONFERENCE ROOM
(1st Mon)

- OCTOBER 16TH
- NOVEMBER 20TH
- DECEMBER 18TH
- JANUARY 29TH
- FEBRUARY 19TH
- MARCH 18TH
- APRIL 15TH
- MAY 6TH

CLUB LEADERS :
TRACI TRASKY &
MADISON WOODS



4-H

Martin-Gatton
College of Agriculture,
Food and Environment

POULTRY CLUB DATES 2023-2024

Meetings on 2nd Thurs. each month
5:30-6:30 PM

@ Extension Office - Conference Room

MEETING DATES

- Sept. 14th
- Oct. 12th
- Nov. 9th
- Dec. 14th
- Jan. 11th
- Feb. 8th
- March 14th
- April 11th
- May 9th

Club Leader:
Elizabeth Bequeath



Allen County
Cooperative Extension

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

LIVESTOCK CLUB

Contact Leader, Sarah Jones for more info: (615) 655-4932

MEETING TIMES
6:00 - 7:30

LOCATION
EXTENSION OFFICE

- SEPTEMBER 25TH
- OCTOBER 30TH
- NO NOV. MEETING
- DECEMBER 4TH
- JANUARY 29TH
- FEBRUARY 13TH
- MARCH 25TH
- APRIL 29TH
- MAY 20TH





ALLEN COUNTY 4-H CLUBS



Teen L.E.A.D. Ambassador's Club



Leadership.
Education.
Achievement.
Development.

Open to Youth Grades 7th - 12th

MEETING DATES:

All Meetings on 3rd Tuesdays
@ 4:00 - 5:30 PM @ Ext. Office

- September 26th (4th Tues.)
- October 17th
- November 21st
- December 19th
- January 16th
- February 20th
- March 19th
- April 16th
- May 21st



Club Leader: Agent Anna



2023 - 2024 Youth are welcome to ride Bus #1 to Extension Office for after-school meetings @ 3:30 or 4 PM: 200 East Main St. Scottsville, KY. Guardian must send school note to School to arrange.

S.E.T. (Science, Engineering, Technology)



PROJECT CLUB

Remind: Enter this number 81010 Text this message @emlinko

MEETING DATES

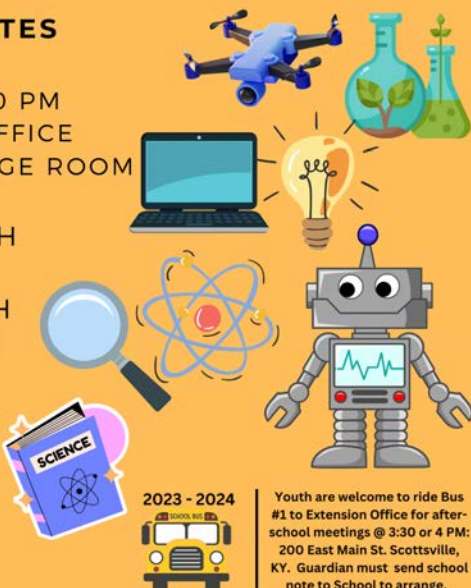
AGES 9-18

TIMES: 3:30 - 5:00 PM
AT EXTENSION OFFICE

LOCATED IN THE LARGE ROOM

- SEPTEMBER 25TH
- OCTOBER 16TH
- NOVEMBER 20TH
- DECEMBER 18TH
- JANUARY 22ND
- FEBRUARY 26TH
- MARCH 18TH
- APRIL 15TH

CLUB LEADER:
ELISABETH MLINKO



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Cooperative Extension Services



"HELPING HANDS"

4-H COMMUNITY CLUB

Club Leader: Kristen Tabor

MONTHLY MEETINGS
3:30 PM - 5:00 PM
AT EXTENSION OFFICE

- October 26th
- November 28th
- January 23rd
- February 27th
- March 26th
- April 16th
- May 28th



2023 - 2024



Youth are welcome to ride Bus #1 to Extension Office for after-school meetings @ 3:30 or 4 PM: 200 East Main St. Scottsville, KY. Guardian must send school note to School to arrange.

ALLEN COUNTY 4-H CULINARY TEAM



KENTUCKY 4-H Culinary Challenge

Pre-Registration Required

2024 MEETING DATES

- January: 1/19, 1/24, 1/31 @ 3:30 PM
- February: 2/5, 2/12, 2/21, 2/28 @ 3:30 PM
- March: 3/6, 3/15, 3/26, 3/29 @ 3:30 PM
- April: 4/2, 4/8, 4/19, 4/26 @ 3:30 PM
- May: 5/1, 5/10, 5/13, 5/22, 5/27 @ 3:30 PM
- June: 6/17 @ 3:30 PM

Group being lead by: Melissa Biggs

For more information contact the Allen County Extension Office @ 270-237-3146!

Junior Team: Ages 11-13
Senior Team: Ages 14-18





4-H WORKSHOPS



Careers Through Science

ENVIRONMENTAL SCIENCE

CUSTOMIZE EASTER EGGS WITH THE POWER OF THE ENVIRONMENT! JOIN THE THIRD AND FINAL CAREERS THROUGH SCIENCE WORKSHOP TO LEARN ABOUT ENVIRONMENTAL SCIENCE.



- Cost: \$5
- Ages: 5-18
- RSVP by 4/3

APRIL 4TH
12PM-1PM
A SKIPWORTH

SEW A PILLOW WORKSHOP

SEW A PILLOW!!

SEW A PILLOW WORKSHOP

- Cost: \$10.00
- Ages: 9-18
- Limited to 1st: 12 youth
- RSVP By: 5/6
- Call 270-237-3146

May 6, 2024 @ 3:30-5:00 PM
@Extension Office - Large Rm

Martin-Gatton
College of Agriculture,
Food and Environment

Horticulture Workshop:

Build a Terrarium



- Cost: \$10.00
- Ages: 9-18 years
- Limited to first 15
- Call to RSVP by 4/16: 270-237-3146
- Taught by Garden Club

April 23th @ 3:30 - 5:00 PM
@ Extension Office - Large Rm

2024 Art & Crafts Day Camp

May 29th
9 AM - 3 PM

Juniors (Ages 9-13)
Seniors (Ages 14-18)

- Projects: Complete 4-6 County & State Fair eligible projects
- Projects: To be announced!!!
- Clothing: Wear paint clothes & hair-tie
- Location: Warren County Extension Office (Limited Transportation Provided, Call to Arrange)
- Cost: \$20, lunch included
- Registration due: 5/17
- Call to register 270-237-3146

4-H Project Showcase Approved Project!





4-H PROGRAMS



Allen Co. 4-H Communications Contest



Fri. April 12th, 2024 @ 5:30 - 7:30 PM

Allen County Extension Office

PARTICIPATE IN A FAVORITE 4-H PROJECT !!!

Call & Register by Friday April 5th.

Please Provide:

Youth Name, Youth Birthdate & Year, 4-H Age, Contest, Title

- Speech Categories: Youth compete by 4-H Age, against others in their same 4-H Age.
- Demonstration Ages: Cloverbud Category - Ages 5-8, Junior Category - Ages 9-13, Senior Category Ages 14-18.
- Mock Interview Ages: 14-16 and 17-18

For more information or questions, contact the Allen County Extension Office at 270-237-3146 or emailing Agent Meador at anna.meador1@uky.edu

PARTICIPATE & PARTY!!!



RALPHIE'S FUN CENTER

Youth that complete a 4-H Speech, Demonstration or Mock-Interview at County Communications Contest on 4/12 to win a Party with 4-H!



Claim a FREE 4-H Rewards Trip to Ralphie's Fun Center

(Includes Wristband for 2 hrs. of Bowling, Skating, Mini Golf, Time Freak Game, Pizza, Sodas AND a night of FUN!!!)

May 10th from 5-7 PM at Ralphies, Transportation provided by Agent & Volunteers



FUNDRAISING

»» *Support* ««

Allen Co. 4-H Culinary Group

MONDAY, APRIL 22

3PM-9PM



10% DONATION NIGHT

for 4-H Culinary Group
Present this flyer at the Bowling Green location and Texas Roadhouse will donate 10% of your total food purchases to Allen Co 4-H!

270-253-6088
3353 NELL O'BRYAN COURT
BOWLING GREEN, KY



4-H Exchange Travel Trip

LAST CALL!!!

CONTACT AGENT ANNA IF INTERESTED BY 4/26!!!

Open to Allen Co. Youth Grades 7th thru 12th

Info Session (5/1 @ 5 PM)

OHIO & KENTUCKY

July 28 - August 1

- Learn more about the 4-H Inter-State Exchange Program
- Expected Program Cost: \$125
- Get a glance at the Itinerary
- Learn about fundraising opportunities
- Attendance required and/or meeting with 4-H Agent in order to be eligible for trip



ALLEN COUNTY 4-H Project SHOWCASE



4-H PROJECT CHECK-IN:

MONDAY, JULY 15, 2024
1:00 P.M. - 5:30 P.M.
AND TUESDAY, JULY 16TH, 2024
8 A.M. - 1 P.M.



PUBLIC PROJECT VIEWING:

THURSDAY, JULY 18, 2024
8:00 A.M. - 4:30 P.M.
AND FRIDAY, JULY 19TH, 2024
8:00 A.M. - 12:00 P.M.



4-H PROJECT CHECK-OUT:

FRIDAY, JULY 14TH, 2023
12:00 P.M. - 4:00 P.M.

4-H Members may have already created these through these 4-H activities:

- Workshops
- Club Activities
- Create-at-Home
(Create these at home through At Home Learning!)

Why submit your 4-H Projects???

Not only do you get to show off your awesome talents for the community to see, but you also:

- Win ribbons based upon performance
- Receive premium money for your ALL your submissions.
- Compete to advance to State Fair Cloverville



ALLEN COUNTY 4-H Project SHOWCASE

2101: 4-H Tobacco Exhibit	pg 1
6012.1: 4-H Dairy Judging Contest	pg 4
6013.1: 4-H Country Ham Project	pg 5
6014.1: Avian Bowl	pg 7
6015: 4-H Horticulture & Plant Science	pg 7
6016: State Horticulture & Plant Science Contest	pg 8
6018: 4-H Crops Project	pg 8
6019: 4-H Land Judging and Home Site Evaluation	pg 10
6022: 4-H Tractor Operators Contest	pg 11
6023: 4-H Lawn Tractor Operators Contest	pg 14
6025: 4-H Wood Science	pg 17
6026: Ecology, Natural Resources	pg 17
6027: 4-H Forestry	pg 18
6028: Geology	pg 19
6029: 4-H Arts	pg 20
6030: 4-H Photography	pg 24
6031: 4-H Sewing	pg 25
6032: 4-H Sewing Skillathon	pg 28
6033: 4-H Needlework Department	pg 35
6034: 4-H Food Exhibits	pg 39
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6036: 4-H Food Preservation Exhibits	pg 46
6037: 4-H Home Environment	pg 52
6038: 4-H Consumer & Financial Education	pg 54
6039: 4-H Leadership & Communications Project	pg 78
6040: 4-H Leadership & Communications Project	pg 81
6041: 4-H Leadership & Communications Project	pg 87
6042: 4-H Leadership & Communications Project	pg 87
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6044: 4-H Leadership & Communications Project	pg 92

Check out our 4-H Fairbook Online at:
<https://allen.ca.uky.edu/4-h-project-fairbook>

NOTE: "Floral Hall" will now be recognized as our "4-H Project Showcase"





Calling ALL High Schoolers!!!



Kentucky
**4-H Teen
Conference**

2024



100th
ANNUAL

ILLUMINATE 4-H
LEXINGTON, KENTUCKY

June 11 - June 14

Explore college,
future career paths,
and gain leadership
skills with 4-H

LOCATION

University of Kentucky
Lexington, KY

PRICE \$250 (full fee)

(\$170 after Council covers 1/3
OR 1/3 of remaining cost – after
Achievement Scholarships)

GRADES 9TH – 12TH

(8th graders entering 9th)

REGISTER Paperwork &
Fees due by May 10th





4-H TEEN CAMP

EXPERIENCE THE OUTDOORS THROUGH PRIMITIVE CAMPING

5 PM

TUES. MAY 21ST - WED. MAY 22ND

5 PM

2 DAYS, 1 NIGHT - MAKE THE MOST OF YOUR LONG 3 DAY WEEKEND

TENT CAMPING, HIKING, OUTDOOR COOKING, FISHING,
GEOCAHING, LEADERSHIP GAMES & SO MUCH MORE

OPEN TO ALL TEENS - 6TH GRADE & UP, PRIOR 4-H ENROLLMENT
NOT REQUIRED, BUT YOUTH MUST REGISTER TO ATTEND

LOCATION: BARREN RIVER STATE PARK

STRATHBARREN SHELTER & FIELD - 1ST ROAD ON RIGHT BEHIND
TRIPLE SHELTER AREA - 1149 STATE PARK ROAD LUCAS, KY 42156

ADULT VOLUNTEERS & TENTS NEEDED - CONTACT ANNA

SPOTS LIMITED TO UP TO 20 TEENS. MUST REGISTER & PAY \$25 BY
5/14 BY 4 PM. PROGRAM MUST REACH 10 TO BE HOSTED.

AGENT ANNA CONTACT INFO: 270-237-3146 OR ANNA.MEADOR1@UKY.EDU



2024

Allen Co. 4-H Council Presents:
Summer 4-H Fundraising Opportunity



SUMMER FAMILY FUN BASKET RAFFLE



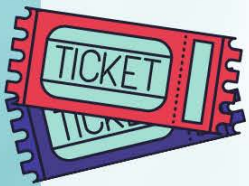
Come to our Office to get your 2024 Fundraising Packet on April 15th !

Open to ALL 4-H Youth: Youth to receive 70% of sales back in 4-H Bucks (*Expires Dec. 2024*) to go towards use for their 4-H activities (Camp, Conferences, Workshops, etc.) & 30% returns to 4-H Council for future program funding opportunities.

- Raffle Sales Begin: Mon. April 15th @ 8 AM
- Raffle Forms/Stubs Return: Wed. May 15th by 4 PM
- Raffle Drawing: Fri. May 22nd @ 12 PM

Enter for a chance to win a basket of summer Fun Experiences for the entire Family!!! Valued over \$500

\$5
PER TICKET



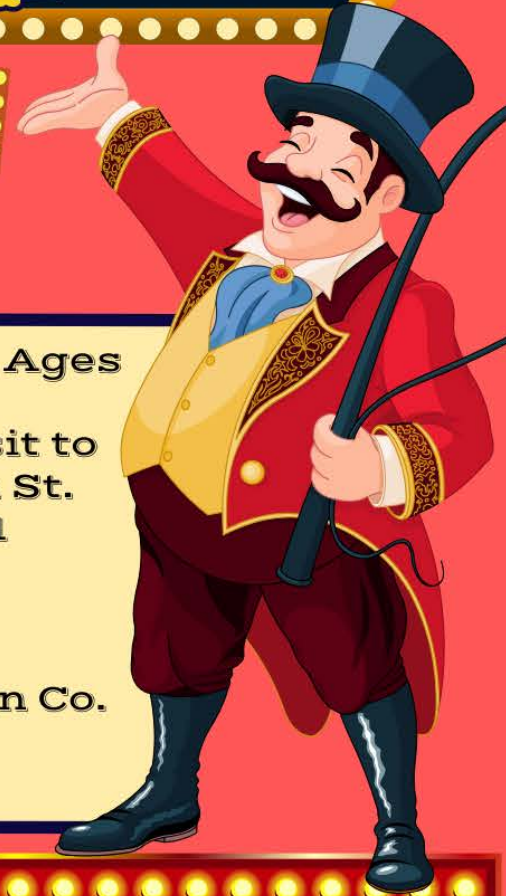
COME ONE...
COME ALL!!!

2024

4-H Summer Camp



CIRCUS



July 1 - 5, 2024

- Open to Allen County Youth Ages 9-15, Teen Ages 16-17 and Adult Chaperones Ages 18+
- To Register, return Camp Form & \$50 Deposit to Allen Co. Extension Office at 200 East Main St.
- Final Camper Fees due to Ext. Office by 5/31
- For more Info: Call (270) 237-3146 or Email: allen.ext@uky.edu
- Fundraising Opportunity begins: 4/15
- Camp with Allen, Simpson, Warren & Hardin Co.
- Forms Available online at: https://allen.ca.uky.edu/4h_forms



5 Day
4 Night
Camp at
West KY
4-H Camp

4-H Summer Camp Fees

- Early-Bird Special: \$200 (for First 50 Campers)
- Sibling Rate: \$20 Discount per additional camper
- Regular Fee: \$300 (Apples After 1st 50 and/or 4/30, whichever comes first)
- Teen Rate (Ages 16 & 17): \$130
- Adult Chaperones (Age 18+): FREE





APPLICATIONS
AVAILABLE
MARCH 1ST

JOIN US FOR WEST KY 4-H CLOVERBUD CAMP

JUNE 21-23 IN DAWSON
SPRINGS, KY

**ADULT(S) MUST HAVE A BACKGROUND
CHECK WITH COUNTY EXTENSION OFFICE**

\$160 - CLOVERBUDS (5-8 YRS OLD)
\$150 - TEEN (16 & UP) & ADULTS

REGISTRATION DUE TO the Warren
County Extension Office (5162
Russellville Rd. Bowling Green, KY
42101) BY WEDNESDAY, MAY 15

EVENTS

Ag, Canoeing, Cooking, Crafts, Fishing, Low Ropes,
Nature, Recreation, Swimming






For more information contact Julie Brown:

Phone: (270) 842-1681

Email: julie.brown@uky.edu



2024 . APRIL

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2  SUPER STAR CHEF COOKING SCHOOL 9 AM - 2 PM <ul style="list-style-type: none"> CULINARY CHALLENGE PROJECT GROUP @ 3:30-7:00 PM 	3 <ul style="list-style-type: none"> RSVP FOR SCIENCE WORKSHOP BY TODAY 	4  <ul style="list-style-type: none"> SCIENCE WORKSHOP @ 12:00 - 1:00 PM 	5	6
7	8 <ul style="list-style-type: none"> CULINARY CHALLENGE PROJECT GROUP @ 3:30-7:00 PM 	9 <ul style="list-style-type: none"> COOKING CLUB @ 3:30-5:30 PM CLOVERBUD CLUB @ 5:30 - 6:30 PM 	10 <ul style="list-style-type: none"> CREATE CLUB @ 3:30 - 5:00 PM 	11 <ul style="list-style-type: none"> POULTRY CLUB @ 5:30 - 6:30 PM ART CLUB @ 3:30 - 5:00 PM 	12  <ul style="list-style-type: none"> COMMUNICATIONS CONTEST 5:30 - 7:30 PM 	13 <ul style="list-style-type: none"> SHOOTING SPORTS 9:00 AM
14	15 <ul style="list-style-type: none"> HORSIN' AROUND CLUB 6-7:00 PM SET CLUB @ 3:30 - 5:00 PM RAFFLE FUNDRAISER STARTS 	16 <ul style="list-style-type: none"> TEEN AMBASSADORS @ 4:00 - 5:30 PM HELPING HANDS CLUB @ 3:30 - 5:00 PM RSVP FOR TERRARIUM WORKSHOP BY TODAY 	17	18	19 <ul style="list-style-type: none"> CULINARY CHALLENGE PROJECT GROUP @ 3:30-7:00 PM 	20
21	22  EARTH DAY	23  <ul style="list-style-type: none"> TERRARIUM WORKSHOP 3:30 - 5:00 PM 	24	25	26 <ul style="list-style-type: none"> CULINARY CHALLENGE PROJECT GROUP @ 3:30-7:00 PM 	27 <ul style="list-style-type: none"> SHOOTING SPORTS 9:00 AM
28	29 <ul style="list-style-type: none"> LIVESTOCK CLUB @ 6:00 - 7:00 PM RSVP FOR SEW A PILLOW WORKSHOP BY TODAY 	30 <ul style="list-style-type: none"> REGISTER FOR CAMP - SUMMER CAMP EARLY BIRD RATE ENDS!!! 				

2024 . MAY

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 <ul style="list-style-type: none"> CULINARY CHALLENGE PROJECT GROUP @ 3:30-7:00 PM 	2 <ul style="list-style-type: none"> AREA COMMUNICATIONS CONTEST - WARREN CO. 	3	4 <ul style="list-style-type: none"> SHOOTING SPORTS 9:00 AM
5	6  <ul style="list-style-type: none"> SEW A PILLOW WORKSHOP 3:30-6 PM HORSIN AROUND CLUB @ 6:00 - 7:00 PM 	7 <ul style="list-style-type: none"> COOKING CLUB @ 3:30-5:30 PM 	8 <ul style="list-style-type: none"> CREATE CLUB @ 3:30 - 5:00 PM 	9 <ul style="list-style-type: none"> ART CLUB @ 3:30 - 5:00 PM POULTRY CLUB @ 5:30 - 6:30 PM 	10 <ul style="list-style-type: none"> CULINARY CHALLENGE GROUP @ 3:30-7:00 PM RALPHIES TRIP (COMM. CONTEST) 5-7 PM RSVP FOR TEEN CONFERENCE BY TODAY 	11
12	13 <ul style="list-style-type: none"> CULINARY CHALLENGE PROJECT GROUP @ 3:30-7:00 PM RSVP FOR CLOVERBUD CAMP 	14 <ul style="list-style-type: none"> 4- H COUNCIL @ 5:00 - 7:00 PM RSVP FOR TEEN CAMP 	15 <ul style="list-style-type: none"> RAFFLE FUNDRAISER ENDS 	16	17	18 <ul style="list-style-type: none"> SHOOTING SPORTS 9:00 AM
19	20 <ul style="list-style-type: none"> LIVESTOCK CLUB @ 6:00 - 7:00 PM 	21  <----- TEEN OVERNIGHT CAMP ----->	22  <ul style="list-style-type: none"> CULINARY CHALLENGE PROJECT GROUP @ 3:30-7:00 PM 	23	24	25
26	27 OFFICE CLOSED  <ul style="list-style-type: none"> CULINARY CHALLENGE PROJECT GROUP @ 3:30-7:00 PM 	28 <ul style="list-style-type: none"> HELPING HANDS CLUB @ 3:30 - 5:00 PM 	29 <ul style="list-style-type: none"> ART CAMP AT WARREN CES @ 9AM - 3 PM 	30	31	



Taco Pie



- 1 small white onion, chopped
 - 1 pound lean ground turkey or ground beef
 - 3 tablespoons reduced-sodium taco seasoning
 - 1 can (15 ounces) unsalted tomato sauce
 - 1 can (15 ounces) black beans, drained and rinsed
 - 2 (8 inch) whole-wheat tortillas
 - 1/2 cup shredded cheddar or Mexican blend cheese
 - **Optional:** serve with taco toppings such as salsa, cilantro, jalapeno, onion, low-fat sour cream
- 1.** Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 - 2.** Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
 - 3.** Preheat oven to 375 degrees F.
 - 4.** Over medium-high heat, add onion to a large skillet. Sauté 1-2 minutes until slightly softened.
 - 5.** Lower the heat to medium. Add ground turkey to the skillet, allow it to fully cook and reach an internal temperature of 165 degrees F using a food thermometer, about 7 to 8 minutes.
 - 6.** To the skillet, add taco seasoning, tomato sauce, and black beans. Stir to combine and allow to simmer for about 2 to 3 minutes until heated through. Remove from heat.
 - 7.** Using a 9-inch round glass baking dish, add one-third of the meat mixture. Place one tortilla on top of mixture. Next, add the same



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program. — SNAP.

Nutrition facts

per serving:
300 calories; 5g total fat; 2g saturated fat; 0g trans fat; 45mg cholesterol; 600mg sodium; 34g total carbohydrate; 7g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

Source:

Kristi Shive, Warren County Agent for Family and Consumer Sciences, University of Kentucky Cooperative Extension Service

- amount of meat mixture. Place the second tortilla on top of mixture. Finally, add the remaining meat mixture on top of tortilla.
- 8.** Bake for 20 minutes. Remove from the oven, top with cheese and bake for an additional 5 minutes or until cheese is melted.
 - 9.** For best results, allow it to cool 5 minutes before serving. Slice and serve alone or with your favorite taco toppings.
 - 10.** Refrigerate leftovers within 2 hours.

Makes 6 servings
Serving size: 1/6th of pie
Cost per recipe: \$10.20
Cost per serving: \$1.70

