

BUILDING STRONG FAMILIES

FOR KENTUCKY 2017



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



LEWIS COUNTY

FAMILY AND CONSUMER SCIENCES

February 2017

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February is...

Heart Month

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Februarys Leader Lesson

Meatless Makes Cent\$ Within this newsletter, I have enclosed Februarys leader lesson– Meatless Makes Cent\$. Please make sure to discuss this to your clubs! Let me know if you have any questions . **Also remember that on February 9th at 1:00, lesson training for Savvy Sellers (Marchs Lesson) will take place.**



From Your FCS Agent

What a quick month! We have been so busy here at the office planning programs for the spring.

Inside this newsletter, I have included many flyers for the upcoming events that have been put in place. I'm particularly excited for the "Lewis County Walking Challenge" and "Living Well by Design" program, so be sure you check it out!

Make sure to complete the "Meatless Makes Cent\$" leader lesson this month! This is an interesting lesson that covers the daily recommended amounts of protein and how much money you can save by cutting out some meat in your diet!

As always, my door is always open and please let me know if you have any questions or concerns!

Mandi Broderick

Lewis County FCS Agent



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

March Council Meeting



The next homemaker council meeting will take place Monday March 13 at 2:00. With May drawing near, it is time to decide our two voting delegates that we would like to send to the KEHA state meeting in Owensboro. Please call the office to RSVP by March 10.

Lewis County Walking Challenge

Inside this newsletter is a flyer for the Lewis County Walking Challenge. This challenge operates on a points system and has the option to be completed online or by paper/phone. Winners from two age groups will win a FitBit Alta. If you are interested and would like a paper application, please contact the office and let me know. If you are able, you are strongly encouraged to visit the website to register.

March's Craft Corner

March's craft corner will cover a terracotta pot lighthouse. The lighthouses will be painted similar to this manner, however the bird feeder at the bottom will not be included. The top of the lighthouse will consist of a solar path light, or a battery powered light of some sort. As this craft is more detailed, the cost will be \$20 to attend and the class will be capped at only 10. In order to ensure that I can help everyone efficiently, the cap of 10 is *firm* for this class so please sign up early. As always once you are signed up the money is non-refundable and *you must turn in your money to reserve your spot*. Please do not call asking to be put on the list.

March 22, 2017

1:00-3:00

\$20



February 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			1	2	3	4
5	6	7 <i>Living Well by Design 11-12:30 Italian Ziti</i>	8	9 <i>Kinniconick 12:00 Savvy Sellers (March) Lesson Training 1:00</i>	10	11
12	13 <i>Friendly Neighbors 6:00</i>	14 <i>Hickory Nutters 6:00</i>	15	16 <i>Creative Country KLG 3:00</i>	17	18
19	20 <i>Town & Country</i>	21	22 <i>Snowglobe Craft Class</i>	23	24	25
26	27	28				