

**UK COOPERATIVE EXTENSION SERVICE**  
University of Kentucky - College of Agriculture



**Estill County**  
**4-H Youth Development**  
**Paighton E. Lewis**  
**Estill County Extension Office**

COVID-19 has most of us spending a lot more time indoors; therefore, we are needing to get creative to keep our families entertained and engaged during this time of social distancing. A great way to get young people involved is to have them help cook in the kitchen.

Cooking is especially enjoyable for all ages because it requires using all five senses. 4-H'ers see the food and prepare it with their own hands. They can hear foods pop-

ping or sizzling in the pan and smell the aromas. Finally, the best part is they get to taste their finished product.

Cooking is a great opportunity for family bonding. It opens the door for discussion, creativity, and learning. Preparing a meal provides new tasks that are not too difficult for a young person to accomplish under proper supervision. Cooking activities help build both fine and gross motor skills. Whisking, cutting or measuring

# Cook up a cure for cabin fever

with teaspoons and tablespoons gives practice to wrist and finger muscles. Stirring, pouring and laddling use shoulder and arm muscles associated with gross motor skills.

Food preparation also requires math and science skills. 4-H'ers can practice simple math by learning about measurements and the concepts of more and less. They can hypothesize about what might happen next when a recipe gets changed. They also have a front-row seat to watch changes as they occur.

A potential benefit of cooking is that young people may be more inclined to try new foods if they are actively involved in preparing it.

To get started, find a recipe for your family to prepare. The University of Kentucky Cooperative Extension Service and the Kentucky Department of Agriculture offer a lot of great recipes featuring local produce in their Plate it Up Kentucky Proud project. Recipes are available online at <https://fcs-hes.ca.uky.edu/pi-ukp-recipes>. You may also want to get creative and create your own recipe. Youth can use the MyFitnessPal website located at <https://www.myfitnesspal.com/recipe/calculator> to determine a recipe's nutrition and caloric content.

Remember, before cooking begins, each

person preparing food should practice proper food safety measures and wash their hands. As you work through the recipe, make sure young people are following safe food handling practices, and you properly clean up any messes left after the meal is prepared, washing cooking equipment and sanitizing food preparation surfaces.

Young people may even develop a new hobby or interest in cooking. They can take their interest further by inquiring about local opportunities to participate in local 4-H cooking programs. They also may want to prepare a 4-H recipe to enter in their county fair. You can find

4-H fair recipes online at <https://bit.ly/2QWKmGP>.

During this time when the office is closed to the public and we are unable to host in-person events, Estill County 4-H is holding a Tasty Tuesday Baking Challenge. Each challenge begins at 8:00 a.m. on a Tuesday and ends the following Monday at 11:59 p.m. For more information on our baking challenge, visit our Facebook page, Estill County 4-H. All the recipes we are featuring are eligible for entry into the Estill County Fair. For more information, contact the Estill County Cooperative Extension Office at 606-723-4557.

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## Extension Notes

### Family & Consumer Sciences

#### Food Resources During Pandemic

Loss of jobs, school closings and limited grocery store offerings due to the COVID-19 pandemic have many people facing food insecurity. Fortunately, many communities have available resources to help you find food during this time of much uncertainty. While offerings vary across the state, below is a list of some of the most commonly available community resources.

- You are probably already aware that while many schools are closed during this time, many are offering feeding programs such as grab-and-go breakfast items and lunches for students. The Kentucky Department of Education website <https://education.ky.gov/federal/SCN/Pages/COVID-19FeedingSites.aspx> can help you find a child nutrition program feeding site near you. You can also check your local school system's website or call your child's school for information.

- Feeding America's website has a listing of local food pantries across America. To find the one closest to you, visit <https://www.feedingamerica.org/find-your-local-foodbank>. Be sure to call ahead to your local food pantry before visiting to find out their current food availability, pickup options and special feeding programs geared toward children or seniors.

- Many churches and faith-based organizations run their own food pantries. You can find more information about these by visiting their websites or local newspapers listings. They may also be listed on <https://godspantry.org/help/> or <https://whyhunger.org/find-food/>.

- You can find out about local food resources and community organizations that provide other essentials beyond food by calling 211.

- Many grocery stores are accepting electronic benefit transfer (EBT) as a form of payment with their delivery services. Contact your local grocery store to see if they offer that option.

More information on food resource management and healthy eating is available on the University of Kentucky's Nutrition Education Program website <https://www.planeatmove.com/> or at the Estill County office of the University of Kentucky Cooperative Extension Service.

Source: Jackie Walters, senior extension specialist; Jean Najor, program coordinator

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## Community News

Mail announcements to The Estill Tribune, 6135 Winchester Road, Irvine, KY 40336  
Call (606) 723-5012; Fax to (606) 723-2743; or E-mail it to <[News@EstillTribune.Com](mailto:News@EstillTribune.Com)>

**Sunday, April 12th at 11:00am**

### Wisemantown Drive-In Services

The Wisemantown United Methodist Church will hold Easter Services this Sunday as a drive-in activity. They will begin the

services at 11:00 a.m. and all attendees will remain in their vehicles. Everyone is welcome to attend this service.

**Annual Dinner Canceled**

### No ECH&GS Dinner at Aldersgate

The Estill County Historical and Genealogical Society will not hold their annual dinner at Aldersgate. If you have paid, you

will be refunded. The Historical Museum on Broadway will remain closed until Covid-19 restrictions are lifted.

**Each Tuesday**

### Estill UK Extension Newsletter

The first edition of UK Cooperative Extension's Healthy at Home is here: <https://extension.ca.uky.edu/healthy-home-newsletter>.

share a new newsletter with you that will feature articles from all Extension program areas. Please share this link with others.

Each Tuesday we will

Enjoy and stay safe!

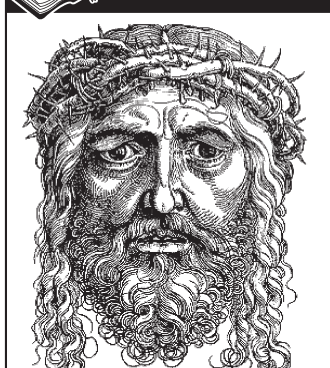
**No event on June 12th**

### Estill Relay for Life Canceled

The Estill County Relay for Life Committee has decided to cancel our county event which was scheduled for Friday, June 12, 2020

at the ECHS track due to COVID-19. We want everyone to stay safe and healthy, and we'll see you next year.

### THE ILLUSTRATED BIBLE



*...Walk in love, just as Christ also loved you and gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma.*

EPHESIANS 5:2

Woodcut of Christ by Hans Sebald Beham (1500-1550)

## Adult Education

Dear Students and Community Partners:

We are available to assist our students in Estill and Lee Counties.

Instructors are available for assistance with paper study materials and online instruction including various online/video and messaging platforms. Please contact us for login credentials for EdReady, FastForward, GED Testing Service, and or to receive paper study packets.

Students, watch for and please respond to our text messages, facebook messages, emails, and or voice messages. Please let us know what we can do to help!

Contact us:

[mary.fields@estill.kyschools.us](mailto:mary.fields@estill.kyschools.us)  
[mary.fields@lee.kyschools.us](mailto:mary.fields@lee.kyschools.us) [rebecca.lee@estill.kyschools.us](mailto:rebecca.lee@estill.kyschools.us)  
606-464-5021 Lee County  
606-723-7323 Estill County  
1-859-813-4008 \*To leave a message.

**NEAL'S STEREO SHOP**  
**(606) 975-3796**  
*River Drive & Main in Ravenna*

**NEAL'S AUTO CENTER & BODY SHOP**  
*Mechanical Work*  
**Main Street in Ravenna**  
**Call 606-975-3796**

## You Bend'em - We Mend'em



606.723.4391

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After Hours: Call Bill (723-3305) or Ricky (726-0426)

See Ricky, Bill, Earl, or Todd at

**Arthur's Body Shop**

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## HOUSES FOR SALE



Two Houses For Sale. Adjacent at 128 Hood Avenue and 130 Hood Avenue in Irvine. Good home ownership or investment possibilities.

**Call (606) 723-8473**