

A Note from your FCS Agent:

Greetings to everyone! I hope you are staying safe and warm. With winter weather, county-wide spread illnesses and the natural disaster, we have had to post pone many programs. Be on the watch for the new dates and times.

Be sure to check out the rest of this newsletter for upcoming class information, and dates of re-scheduled events.

Our basic meeting policy is: If Bullitt County Schools are on virtual due to inclement weather, and any other circumstances then all meetings held at the Bullitt County Extension office are cancelled.

Sincerely yours,

Extension Agent for Family & Consumer Sciences

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**FAMILY &
CONSUMER
SCIENCES**



COOPERATIVE EXTENSION



Live Simply

Declutter, Organize and Manage Your Life

Monthly meetings to learn tips and help you form habits that will allow you to declutter your space, and keep it that way, one step at a time!

February 24th

2:30p-4:30p **AND** 6:30p-8:30p

March 24th

2:30p-4:30p **AND** 6:30p-8:30p

April 28th

2:30p-4:30p **ONLY**

August 25th

2:30p-4:30p **AND** 6:30p-8:30p

May 19th

2:30p-4:30p **AND** 6:30p-8:30p

June 23rd

2:30p-4:30p **AND** 6:30p-8:30p

July 28th

2:30p-4:30p **AND** 6:30p-8:30p

Bullitt Co Extension Office
384 Halls Lane
Shepherdsville, KY 40165

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, politics, belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546





Leader Lesson Seminar

Come enjoy some fun with members from across the Louisville Area for this one-day interactive and hands on workshop! Three leader lessons will be presented.

Lunch is included. Registration begins at 9:30a.m.

March 11, 2025
10:00a.m. - 2:00p.m.

Henry County Extension Office
2151 Campbellsburg Road
New Castle, KY 40050

Topics Include:

- How to Get Out of a Mealtime Rut
- Strong Bones for Life: Prevent Osteoporosis
- Healthy Eating Around the World

\$12 PER PERSON
REGISTRATION REQUIRED

SEND YOUR CHECK TO THE BULLITT COUNTY EXTENSION OFFICE to register
payment must received by February 19th

Bullitt County Extension Service
384 Halls Lane
Shepherdsville, KY 40165

Make checks payable to the Bullitt County Homemakers. Payment reserves a lunch & seat for transportation on the van

 College of Agriculture,
Food and Environment
Family Sciences

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

COOPERATIVE EXTENSION



Class Space Limited!

JOIN US TO LEARN HOW TO

Make Your Own Extracts Class RESCHEDULED!

March 20th, 2025

6pm – 8pm

Take home your own vanilla or almond extract!

Class Fee of **\$15** per person, CHECK ONLY made payable to the Bullitt County Homemakers

Please register by calling 543-2257 AND have payment at the Bullitt County Extension Office ASAP.

If you were signed up for the original Feb. 11th class, PLEASE call to register for the new class date so we know you can still make it!

384 Halls Lane Shepherdsville, KY 40165

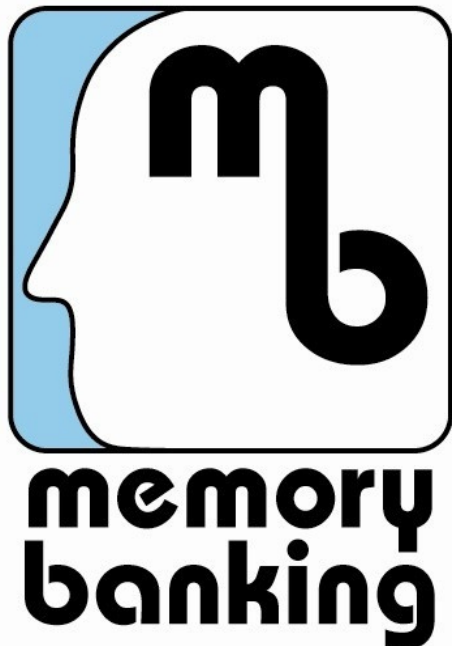
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Got Memories?

If so, the Bullitt County
Extension Office has a
program for YOU!

- Do you have memories that you want to share with family and friends but don't know how?
- Do you want to preserve your stories or the stories of someone you love?
- Are you interested in keeping your memory active?

If you answer YES to these questions, join us for this 3-week program. Learn how to connect your life story, health history and mental health as you leave a legacy. Documenting life story enhances relationships and promotes life quality.

When: Wednesday April 9th at 10:00am
Wednesday April 16th at 10:00am
Wednesday April 23rd at 10:00am

Where: Bullitt County Extension Office located at 384 Halls Lane Shepherdsville, KY

If you plan to attend please call the office at (502) 543 2257 to register.





Jams and Jellies Class

Come learn how to make your
own from scratch!

NEW DATES

April 28th

6pm- 8pm ONLY

April 29th and April 30th

9am-2pm

Please RSVP by calling 543-2257

Equal Education Opportunity

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



University of Kentucky
College of Agriculture,
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