

Breathitt County Extension

Monthly Newsletter

Source: Isaac Hilpp, senior extension specialist for 4-H youth development

If backyard barbecues are on your summer agenda, it's time to fire up the grill and get cooking!

Grilling outdoors can liven up your summer social events with tasty food and fun, and it can also provide a nice break from your regular meal routine. However, safely mastering the art of barbecuing requires careful practice and attention.

In 2022, roughly 5,400 emergency room visits were attributed to charcoal and gas grill accidents, according to data released by the Consumer Product Safety Commission. Follow these grilling safety guidelines to keep grilling injuries from spoiling your next cookout.

- Use grills outside only. Even small grills can create fire hazards and release potentially fatal carbon monoxide when used indoors.
 - Keep the grill away from the house and any flammable materials. It should also be a safe distance from deck railings and overhanging tree branches.
 - Use the right lighter fluid for your grill. Store it away from heat and out of child reach.
 - Establish a child- and pet-free zone. Children and pets should be supervised by someone other than the cook and kids should stay three feet away to avoid burns.
 - Clean the grill well before use. Built-up grease and fat can contribute to fires.
 - Don't overload the grill. Excess fat dripping on the flames can cause major flare-ups.
 - Keep a spray bottle filled with water nearby. It can be used to douse small flare-ups without ruining the food.
 - Never leave your grill unattended. Charcoal grills can stay hot for hours after use.
 - Never add lighter fluid after the flame has been lit. If the flame gets too low, add dry kindling.
- If you use a gas grill, follow these additional safety precautions:
- Make sure the lid is open before lighting it. This prevents flammable gas from being trapped in the chamber, which can cause an explosion.
 - If you smell gas and the flame is off, turn the gas off.
 - If you smell gas and the flame is on, get away immediately. This is a sign that there is a leak. Call the fire department and stay away from the grill.

Kentucky 4-Hers are invited to put their grilling skills to the test at this year's Kentucky 4-H Poultry Barbecue Contest, to be held on July 27 at the Hardin County Extension Office. The contest is open to all Kentucky 4-Hers who register with their county agent in advance. No qualifying events are required, and participants do not need to have a poultry project to participate.

To learn more about barbecue safety tips or to register for the contest, contact the Breathitt County office of the University of Kentucky Cooperative Extension Service.

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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Lexington, KY 40506



FOOD BOX DISTRIBUTION

**JULY 17TH, 2024
PICK UP DAY**

**MUST SIGN UP ON MONDAY JULY 15TH
BY CALLING 666-8812 OR 666-8813
PICK-UP WILL BE AT THE UK ROBINSON WOOD CENTER**

***NEW RULES: CAN ONLY SIGN UP YOURSELF
(ONE FAMILY)
MUST SHOW ID PROOF**



**This program is sponsored by the Breathitt County
Extension Office and God's Pantry.**

HARVESTING HARMONY

A Sustainable Homesteading Series

**Join the Breathitt & Jackson Co. Extension Offices
while we pioneer the path to living a more
sustainable life through a four part series.**



Series 1: Intro to Homesteading

Jackson Co. 1 July 1st 10-3PM

Breathitt Co. July 8th 10-3PM

Meal will be provided. Call to register

Breathitt 606-666-8812

Jackson 606-287-7693

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Lexington, KY 40506



Disabilities
accommodated
with prior notificat

FARM TO TABLE DINNER

FRESH PRODUCE FROM LOCALS FARMS

SEPTEMBER 2024

**LIVE
AUCTION!**
ALL
PROCEEDS GO
TO THE
BREATHITT
COUNTY
FARMERS
MARKET

**\$35 PER-PERSON
OR \$250 FOR
FULL TABLE**



**RESERVATION AND PRE PAYMENT REQUIRED BY AUGUST
30TH. CALL (606)666-8812 FOR HELP WITH RESERVATIONS
OR REGISTER ONLINE [HTTPS://BREATHITT-COUNTY-
FARMERS-MARKET.SQUARE.SITE/](https://breathitt-county-farmers-market.square.site/)**

**September 10, 2024 6PM
The Barn at Sebastian Farms
785 Hwy 3193 Jackson, KY 41339**



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LEXINGTON, KY 40546



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We would like to Congratulate Mary Abbigail Morris and McClellan Sizemore on being chosen as recipients of the 2024 4-H Council Scholarship. Through their hard work and determination, they have proven to be students that Breathitt County 4-H would like to recognize and encourage to continue your educational effort. We look forward to hearing about their successes in all their future endeavors.



Don't miss a thing!

KEEP UPDATED

Skip the wait and sign up to receive our monthly newsletter today by Email



Call Shauna at 606-666-8812
or email: shauna.hyden@uky.edu



SPACE PROJECT DAYS

**22-23
JULY**

**JOIN US TO EXPLORE SPACE,
HAVE FUN AND MAKE NEW FRIENDS!**

**REGISTER:
606-666-8812**

DAY 1:

GALACTIC QUEST 4-H STEM CHALLENGE

LOCATION: BREATHITT COUNTY EXTENSION OFFICE

TIME: 10:00 - 1:00

DAY 2:

A NEW MISSION AWAITS...

BLAST OFF TO MARS SEARCHING FOR A SUSTAINABLE WATER SOURCE

LOCATION: TRAVEL TO CHALLENGER LEARNING CENTER IN HAZARD, KY

TIME: 9:00 - 4:00

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Disabilities
accommodated
with prior notification.



Come and join
our

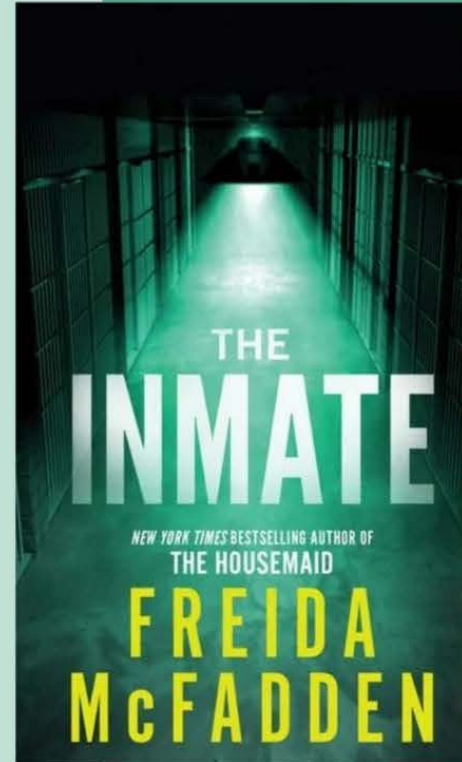
BOOK CLUB

- Meet ups monthly
- Discover New books
- Discussions

July 29th

5PM

Call to register by June 28th
@ 606-666-8812



**BINGO+EXERCISE: A 10-WEEK HEALTH
PROMOTION PROGRAM THAT
COMBINES BINGO WITH EXERCISE.**

EVERY TUESDAY AND THURSDAY @2PM

BREATHITT COUNTY EXTENSION OFFICE

NO REGISTRATION REQUIRED



Flower ARRANGEMENT WORKSHOP

LEARN ABOUT FRESH CUT FLOWERS AND
UNLEASH YOUR CREATIVITY AT OUR
FLOWER ARRANGEMENT WORKSHOP. JOIN
US FOR A BLOOMING GOOD TIME!

SAVE THE DATE

07.18.2024

5PM

Bring a vase or container

Call to register @ 606-666-8812

Breathitt County Extension



Sit & Sew

July 30th, 2024

5:00 PM

Breathitt Co. Extension

Join us for a come-and-go class where you can gather with friends to sew, or just sit and visit. If you want to sew or work on any project you may have feel free to bring your stuff and we'll make sure you have space to work.

visit facebook.com/BreathittCoFCS/

for all FCS programming





Jams & Jellies Workshop

July 11th, 2024

10 am or 5 pm
BREAHTITT CO EXTENSION

Learn to use an automatic jam
maker to make traditional
staples-jams & jellies.
Call to register at 666-8812

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Wally Cat wants you to be a healthy wildcat!

Protect yourself from insect bites.



Bugs like mosquitos can do more than just make you itchy. They can also make you sick. Be safe and protect yourself!



Put on insect repellent

For any skin that is not covered, a repellent that contains 20% or more of DEET should be used. Avoid putting repellent on hands, eyes or mouth. Follow the directions for how to put on and when to reapply.



Cover skin

Wear long sleeve shirts, long pants, and a hat whenever possible. Covering skin can protect from insect bites.

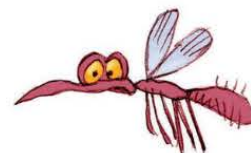


Keep indoors insect free

Make sure rooms used to sleep are screened in or air conditioned. Check to make sure there are no holes in the screen. If there are, repair or replace screen.



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PERMIT 4339

**Breathitt County Extension
Service
1155 Main Street (PO Box 612)
Jackson, KY 41339**

RETURN SERVICE REQUESTED

