

Nutrition Education Program Update

Brrr. It's been a cold start to the year so far and although I have enjoyed the snow days and being home with my kids when our office was closed, I am dreaming of a warm spring day with flowers blooming and clear blue skies. Unfortunately with snow and cold comes lots of cancellations and closures so most of my programming for the month was canceled but I was able to start cooking through the calendar at the Estill County Public Library on January 17th. We only had a few brave the cold but we had fun cooking and trying the Split pea Soup. Don't worry, if you would like to try that recipe with me I will be doing Cooking through the Calendar here at the Extension office on January 31st from 12-1pm.

We also have a great new program starting in February. I will be teaching Couples Cooking 101 on February 7th from 6-8pm here at the Extension Office, so bring your Special someone and have a great FREE date night with me. I look forward to what 2025 has to hold for the NEP Program and all the participants and partnerships still to come.

Stay warm.
All the best,

Jessica Webb
Nutrition Education Program
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Extension
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Lunch & Learn Cooking through the Calendar

Join Jessica Webb, Estill County Nutrition Education Program Assistant, for lunch as she demonstrates this months recipe from the Food & Nutrition calendar. We will also talk about food substitutions.

Friday, January 31st


Program will be 12:00 noon - 1:00 p.m.

Estill County Extension Office, 76 Golden Court, Irvine



This program is FREE!
Please call 606-723-4557
to let us know you will be
attending this program.



 Cooperative
Extension Service



Couples Cooking 101

This new class for 2025 with Jessica Webb, Estill County Nutrition Education Program Assistant, will guide couples step-by-step to create healthy, delicious meals for two. Not only will you create a meal to enjoy during this program, but you will learn culinary and food safety skills as well.

Friday, February 7th

Time: 6 p.m. - 8 p.m.

**Location: Estill County Extension Office
76 Golden Court, Irvine**

Limited spots available. Please call 606-723-4557 to sign up for this program no later than Tuesday, February 4th.



For more information contact
Jessica Webb, Estill County
Nutrition Education Program
at 606-723-4557.

