

Join Our Adventure

Extension Homemakers is an education and service program to improve the quality of life for members and their families.

Homemakers clubs are a terrific place to make new friends, learn new skills and experience unlimited personal growth.

As a Homemaker, you can:

Make: Every month we discuss cutting-edge issues in foods, health, relationships, consumer protection, crafts and technology. Homemakers enjoy learning new skills at monthly meetings and Extension workshops and programs.

Belong: Make new friends to explore and share community issues, family life, international and diversity awareness, environmental issues and healthy homes.

Serve: Make a difference in our community by sharing knowledge and talents, honoring veterans, helping the homeless, assisting nursing home residents, and other projects. Homemaker Volunteer hours make a big difference in our community

Connect: Clubs have a variety of ways that they get together.

The Fayette County Extension Homemakers program is part of the Family and Consumer Sciences division of the Fayette County Cooperative Extension Service.

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8 a.m. - 4:30 p.m., M - F



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

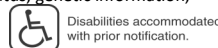
Cooperative Extension Services

4-H Youth Development—Family & Consumer Sciences
Natural Resources—Community & Economic Development
Serving All Kentuckians

The Fayette County Cooperative Extension Service is a partnership between the University of Kentucky, the U.S. Department of Agriculture, and Lexington-Fayette Urban County Government. Our staff is ready to answer questions and address concerns about issues important to you.

We provide information in person, by phone, by mail, at meetings, in newspapers and on radio and television. Visit our office for bulletins and brochures on a wide variety of topics.

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, or physical or mental disability.



Welcome to Fayette County Extension Homemakers



<https://fayette.ca.uky.edu/homemakers>

<https://www.facebook.com/FayetteCoHM/>

(859) 257-5582



Belong

Join thousands of Kentucky women in all that the Extension Homemakers Association has to offer:

- Receive a **monthly newsletter**.
- Get **discounts** on Extension workshops and events.
- Get the latest research on **consumer topics** for you, your family and your home.
- Attend special **cultural arts, culinary, sewing, quilting** programs and workshops throughout the year.
- Learn new skills for **lifelong learning**.
- Join in **community service projects**.
- Meet others with **similar interests**.

Join a Club

Club meetings are informal times of demonstration, discussion, idea sharing and fellowship. Clubs meet monthly during the day or evening at various locations.

Become an Associate Member

Keep a busy schedule and cannot commit to a monthly meeting? By becoming an Associate Member you can still enjoy many of the benefits of membership.

Make

2023-2024 Homemaker Lessons

- Personality Assessment
- Lead Your Team: Health Literacy for the Win!
- Planning Thrifty and Healthy Holiday Meals
- Savor the Flavor: Seasoning with Spices
- Recognizing and Coping with Trauma after a Natural Disaster
- A Guide to Beginner Meal Planning and Meal Prepping
- Savor the Flavor: Building Flavor with Herbs

Serve

Homemakers participate in a number of community service projects throughout the year:

JOY OF GIVING: Gifts are provided for nursing home patients to give to loved ones at Christmas.

MILITARY MISSIONS AND QUILTS OF VALOR: Supplies and memorial quilts are presented to active service military and veterans.

RONALD MCDONALD HOUSE: Collecting aluminum can tabs to raise money for the Ronald McDonald House toys and supplies.

SPECIAL PROJECTS: Each year new and relevant projects are chosen.

Sign Me Up

YES! Make me a Member !
Yearly membership is \$10.00
Make checks payable to Fayette Co.
Extension Homemakers

(check one)

_____ I want to **join a Homemaker's Club** that meets: _____ Daytime _____ Evening
Day of Week _____

_____ I want to be an **Associate Member**
Available for individuals whose time is limited by job, family or other factors

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

E-mail Address: _____

Daytime Phone: _____

Gender: _____ Female _____ Male

Ethnic Group:

_____ Hispanic _____ Not Hispanic

Race: _____ White _____ Black

_____ Asian Other (list): _____

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Signed: _____

Date: _____