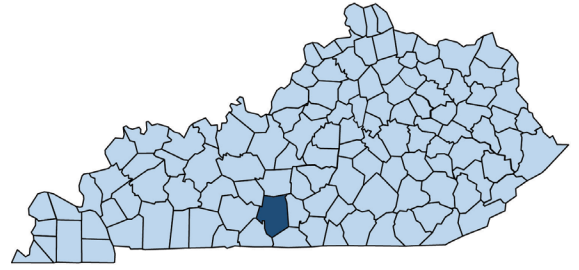


REPORT TO THE PEOPLE



Barren County 2021



DID YOU KNOW... 197 Barren County youth were introduced to the milk-making process through dairy education efforts.



Website: barren.ca.uky.edu



Facebook: @BarrenCountyCES



YouTube: Barren County Extension

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Agriculture and Natural Resources



Available Legacy Dairy products.

197

Number of producers who increased knowledge and understanding of dairy management and/or production through Extension newsletters, social media, programs, and field days

197

Number of youth who gained an understanding of the role of agriculture in the production of food, fiber, and wood products

Family and Consumer Sciences

Farmers markets benefit producers, consumers, and communities. Homegrown local foods are more flavorful, have more nutrients, support our local economies, benefit the environment, promote a safer food supply chain, and build connections between growers and consumers. During the COVID pandemic, with the disappearance of essential products from store shelves, local food sources were and are more important than ever.

To encourage folks to consume more local commodities and to support area farm markets the FCS agent created the SoKY Farmers' Market Guide (2021). 1000+ paper copy magazines were distributed in Barren County and beyond via community partners and several folks accessed the digital copy. Readers were introduced to a variety of concepts including, eating local, MyPlate, using benefits like SNAP, and a market directory for the area. Several readers reported increased awareness of markets in the area.

The Mammoth Cave area is the heart of the dairy industry in Kentucky. Over 50% of the states total dairies and over 75% of the states total dairy cattle are located in south-central Kentucky. Agents from this area joined forces to produce an educational video that not only focuses on dairy production but adding value past the farm gate.

Legacy Dairy owned by the Jones family bottles milk from cattle right on their farm in Barren County. The non-homogenized pasteurized milk is directly marketed through farm markets and a growing number of KY retailers. The video is accessible online (<https://youtu.be/IMJApExF4W8>) and has been shown to 197 youth and counting. It targets elementary school teachers for use in their classrooms and includes factual and industry correct information. The recording is currently in use in several area schools with plans for expanded use in the future. The video was also used in dairy education statewide.



SOKY Farmers' Market Guide.

1000

Number of individuals who reported they utilized delivery systems/access points (e.g. farmers markets, CSAs, WIC, food pantries) that offer

55

Number of people who used Extension resources for marketing, pricing, and/or advertising local foods

4-H Youth Development



4-H Agent with the child and her mother at a community celebration.

- 1 Number of youth who completed a speech or demonstration
- 1 Number of youth who participated in education related to family and consumer sciences

Nutrition Education

According to the State of Childhood Obesity, 23.8% of youth ages 10-17 are obese. To help combat this issue in Barren County the Nutrition Education Program Assistant partnered with area summer camps to conduct programming including, The Boys and Girls Club, Cave City Headstart, Glasgow Independent Schools, Caverna Independent Schools, and Barren County Schools, to reach a total of 143 students. The Nutrition Education Program assistant utilized multiple curriculums to reach each specific audience. The NEP Assistant utilized the Teen Cuisine Curriculum for a hands-on approach to learning about nutritious food options, food safety, and kitchen skills at The Boys and Girls Club. Evaluations provided feedback that 57% of these participants showed improvement in washing hands before eating or touching foods and 43% showed an improvement in their frequency of drinking soda.

As soon as the 4-H Agent saw the promo for the Food Network's Kids Baking Championship, one Barren County 4-H member stood out, Haylin Adams. She was involved in the 4-H Cooking Club and loved to bake. Haylin is a shy, eleven-year-old who makes beautiful baked goods and is always eager to try something new. The 4-H Agent passed the information on to her Mother and encouraged her to apply for the show. After a lot of conversations, interviews, and baked items, Haylin was one of twelve youth from throughout the nation that was selected. The Agent gathered different recipes and baking techniques for her to master before the actual competition began. Each week during the competition, people all over Kentucky and the United States cheered for the girl with the Southern accent. Our community is so proud that Haylin finished fourth in the competition. Haylin gives 4-H credit for getting her involved in this exciting adventure.



Teen Cuisine program at our local Boys and Girls Club.

- 61 Number of participants reporting intention to make healthy beverage choices (e.g., drink less soda, drink less flavored sport drinks)
- 143 Number of participants (LEAP)

NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



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... just a few ways Extension supports Kentucky

- *23,971 Kentucky youth who participated in a project, activity or event in science, engineering and technology through 4-H programming.*
- *4,890 Kentucky producers adopting new technologies in agriculture production.*
- *3,399 Kentuckians who improved or maintained health from participating in gardening.*
- *3,898 Kentucky families who supplemented their diets with foods they grew or preserved.*
- *4,161 Kentuckians participating in community trail projects.*

COOPERATIVE EXTENSION



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