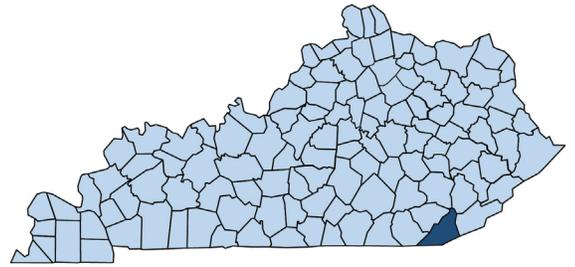


REPORT TO THE PEOPLE



Bell County 2021



DID YOU KNOW... Bell County has 19 pieces of agricultural equipment for the local gardening and farming needs.



Website: bell.ca.uky.edu



Facebook: @BellCountyCES

For More Information, Please Contact us at:
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Family and Consumer Sciences



Clientele enjoys participating in programs to help with mental health through grab and go kits.

93

Number of individuals who reported improved knowledge, opinions, skills, or aspirations regarding the safe storage, handling, preparation, and/or preservation of food

71

Number of participants reporting intention to be more physically active

4-H Youth Development

Bell County 4-H's had the opportunity to attend Camp Feltner 4-H camp for the first time in two years. The campers attended every class session offered this year. Classes included archery, riflery, high and low ropes, fishing, arts and crafts, and nature. During nature class, the campers were able to compare and contrast different reptiles. In fishing class, the youth had to choose an area to fish and then summarize how they did and what they would have done differently next time.

Bell County took 35 youth campers, three teen leaders and six adult leaders. One parent explained that her child, a first-time camper, enjoyed camp so much that she made the following statement; "I wish I could go back to camp and stay the entire summer!" 4-H Camp provides many opportunities to youth, which includes skills that will last them throughout their lives and making lifelong friendships.

The Bell County Cooperative Extension Service provided weekly grab and go kits with lessons on the keys to embracing aging program. This program focused on ways to manage your stress, the power of keeping a positive attitude and keeping your brain active. Twenty participants picked up a series of kits and activities that helped to keep their brains engaged, reduce the stress in their lives, and taught how to take time for themselves.

After the program concluded, an evaluation was given and revealed that 90% chose to handle stress appropriately, 80% indicated that they now take time for themselves daily (30 minutes a day), and 90% stated that because of these grab and go lessons, they have learned or tried something new during this pandemic. One participant stated, "because of the kits and the information in them, it helped to keep my mind on other things and not to worry."



Bell Co. youth camp attendees along with adult and youth counselors.

447

Number of youth who were educated on health and well-being through 4-H programs

30

Number of youth and adults who engaged in volunteer service in their communities through the 4-H program

Agriculture and Natural Resources



Agricultural Equipment Manure Spreader

- 16 Number of people who collected soil samples for testing
- 16 Number of people who applied Extension recommendations for soil fertility

Nutrition Education

During the COVID-19 Pandemic, many Bell County residents began raising their own food and growing their own gardens. The Bell County Nutrition Education Program Assistant used the 2020 Fall Victory Garden Campaign to help educate local families how to raise food in small spaces using small containers, raised beds/flower beds, and pallets.

Seven families participated in the Victory Garden Campaign. Families received vegetable seeds, potting soil, and a gardening calendar. 50% of these families never grew gardens before but 100% never grew in small spaces. 75% chose container gardens while 25% chose raised beds or small flowerbeds. These families were so amazed at how easy it was to grow things in containers. 100% of the families that participated harvested and enjoyed vegetables they planted. One person stated, "I never knew it was this easy and it has cut back on my grocery bill. I will definitely do this again."

Farming equipment is available to all Bell County residents on a low cost rental basis through the Bell County Agricultural Council Shared-Use Equipment Program. This year we acquired five new pieces of equipment. The funds were made available through the Kentucky Agriculture Development Fund from tobacco money and a match from the Bell County KY Farm Bureau.

The new pieces are Hydraulic Posthole Auger, Hydraulic Post Driver, Manure Spreader, ATV Lime Spreader, and a Crowding Tub, Alley, and Trailer.

Most farmers cannot afford to purchase this equipment on their own. Use of the equipment has allowed local farmers to cultivate their farmland and care for their livestock and farms more efficiently.



Vegetables grown by gardening participants.

- 71 Number of participants reporting intention to eat more vegetables
- 71 Number of participants reporting intention to try new foods

NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



Website: extension.ca.uky.edu



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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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