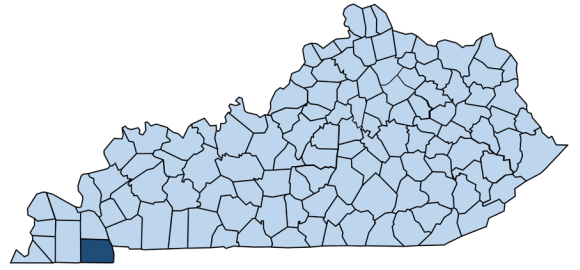


REPORT TO THE PEOPLE



Calloway County 2021



DID YOU KNOW... Calloway County Extension will be celebrating their upcoming Bicentennial in early 2022!



Website: calloway.ca.uky.edu



Facebook: CallowayCounty4H

For More Information, Please Contact us at:

Calloway County Extension Office • 270-753-1452 • DL_CES_CALLOWAY@EMAIL.UKY.EDU

4-H Youth Development



The Buzzy Bees seen performing an inspection on the Extension Office hive and prepping the

12

Number of beekeepers who increased their knowledge on establishing and maintaining hives, honey production, and marketing

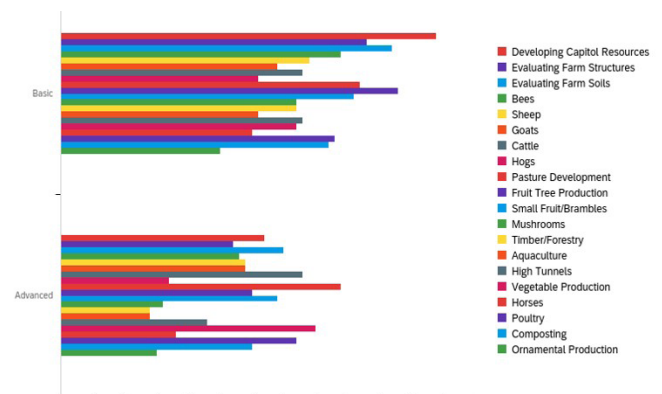
43

Number of youth who demonstrated a skill that was learned or improved by participating in 4-H natural resources programming

Agriculture and Natural Resources

During the 2020 COVID-19 shut down, we saw a large interest in individuals desiring to learn to grow food for themselves and their families. As they learned these new techniques, several families began to ask questions about growing food for sale. In late 2020, a group of agriculture agents in Calloway, Marshall, McCracken, Caldwell, Trigg, Crittendon and Livingston came together to address a rapidly growing trend of small “homestead plus” farms. We developed a series of “entry” level classes based on broad topics including marketing and business planning and marketed those broadly on social media. We also developed a survey to collect data on other, more specific topics that would interest these new clients. We were able to collect complete data on over 100 farms, most of whom were new to extension. 71% of surveys collected indicated that the families had little to no experience farming, and only 5% from a generational family farm.

As we move forward through the COVID-19 pandemic, the Calloway County 4-H Beekeeping Club, The Buzzy Bees, have continued to support our pollinating beehives throughout the county. Before the pandemic hit, youth within the club managed the hive at the Calloway Extension Office and as new hives came in, club families were able to take hives home to manage on their own. The Buzzy Bees currently have 8 hives spread across the county. They have continued to manage their hives with monthly inspections with help from their club leader and online support group. Through online support, they have shared knowledge on Spring swarming, varroa mite management, winter prep and virtual education by beekeeping associations within the state. The club has plans to remodel and expand the apiary area at the Extension Office to allow the ability to provide more hives to the community as well as continue building a sustainable bee program.



Topics of interest that were surveyed to develop the next line up of classes for a summer and fall

97

Number of people who increased profits, reduced expenses, and/or reduced risk

9

Number of people who earned certification to sell or provide samples at farmers market

Nutrition Education



Student learning about the five food groups of My Plate during a LEAP lesson

43

Number of youth who indicated they increased their daily number of servings of fruits and vegetables eaten

52

Number of youth who indicated they made healthy lifestyle choices as a results of what they learned

The Nutrition Education Program of Calloway County delivered the Literacy, Eating and Activities for Primary, curriculum. The LEAP program was part of the Summer School Program at the Calloway County School District as an enrichment program for Kindergarten, First and Second grade. The NEP Assistant, Myrna Vazquez, read the following books: You Are Healthy, The Surprise Garden, The Little Red Hen, Smelly Ghost, Germs! Germs! Germs! and Exercise. Students were able to recognize physical activity, healthy snacks, vegetables, dairy and fruit as well as identify when to wash their hands. 84% of students improved knowledge or gained the necessary skill to choose foods consistent with Federal Dietary Guideline recommendations. 68% of students improved knowledge or gained skill related to handling food safely. A total of 91 students graduated from LEAP.

NUTRITION EDUCATION

Prior to the COVID-19 pandemic according to 2019 data from the Feeding America website, one in seven Kentuckians were food insecure and those aged 50-59 had the highest rate of food insecurity in the nation. During the pandemic, demand on food banks significantly increased as families faced layoffs and cutbacks at work. In response, during the 2020-2021 program year, 78% of SNAP-Ed and EFNEP Nutrition Education Program (NEP) Assistants reported partnering with local food banks to share recipes, newsletters and other materials and resources in food boxes. One SNAP-Ed Assistant reported delivering 100 Emergency Food Assistance cookbooks, 1,250 healthy and easy recipes, 300 Seasoned newsletters and 200 Healthy at Home newsletters to a local food pantry. A recipient said, "I was so happy to see recipes in my food box. Sometimes it's hard to think of ways to use some things you receive. These recipes will help me prepare healthier meals when feeding my family. Thank you." By partnering with food banks, NEP was able to reach hundreds of families throughout Kentucky.



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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