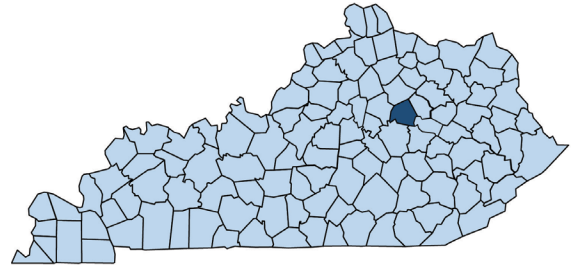


# REPORT TO THE PEOPLE



## Clark County 2021



**DID YOU KNOW...** Over 200 Clark County Homemaker members volunteered 2200 hrs for extension and community activities.



**Website:** [clark.ca.uky.edu](http://clark.ca.uky.edu)



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## Agriculture and Natural Resources



Gardening Class

77

Number of people who gained information on beef nutrition, animal health, genetics, reproduction, and/or facilities and equipment

91

Number of people who gained knowledge in consumer and home horticulture including: native plants, disease and pests, composting, site analysis and proper maintenance.

## Family and Consumer Sciences

During COVID-19 pandemic, concerns were raised by the community regarding the physical and mental health of Clark County citizens. The FCS agent partnered with the local library to develop a book walk in a local park to encourage physical activity and family connections that could increase mental and physical well being. The Book Walk was installed and a kick-off event occurred in March 2021. Over 400 people came to the event and accessed the book walk.

A QR code was installed to read the story out loud and take a survey. Of the respondents, 100% indicated they enjoyed the book walk, 72% brought their young children to participate in the walk with them, and 84% reported increased physical activity by doing the book walk. Anecdotally, a participant reported enjoying the physical aspect of walking/running between the signs to incorporate physical activity into their family time. The books will rotate each month.

As 2021 shifted into more in-person programming, the Clark County FCS Agent and the Clark County ANR agent decided to host a collaborative gardening series, focusing on growing, processing, and preserving your own vegetables. The need for this class was determined based on the new found interest in growing your own food as well as propose possible solution to food shortages discussions that resulted from the 2020 COVID-19 pandemic.

The four night series topics included, preparing to plant, maintenance, harvest, preservation, and post-harvest care. Participants received publications and gardening calendars to help them prepare and plant their garden and Master Gardeners served as co-teachers for the classes. Approximately 20 participants attended these sessions and 100% of the participants reported learning something new about gardening, food preparation and preservation. A follow-up survey will be sent.



Book Walk Kick-Off Event

717

Number of students indicating that they developed a better understanding of the consequences of substance use (legal, health, emotional, and financial)

245

Number of individuals (parents, caregivers, grandparent, or relative) reporting improved personal knowledge

## 4-H Youth Development



4-H Virtual Communications Contest

150

The number of youth who participated in overnight, 4-H summer camp(s)

80

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

## 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.

Spring of 2021 didn't look much different from spring of 2020 as far as the challenges that were faced for Extension Agents and 4-H Staff working with schools and 4-Hers to deliver 4-H speeches because of COVID-19. The approach taken in Clark County was to host a county contest that was promoted to 4th, 5th, and 6th grade teachers. The contest was set up for participants to select a 20 minute time slot and have their speech or demonstration filmed then recordings sent to judges for virtual judging. Eleven youth participated in the county communications contest.

Additionally, two teachers requested offering speeches with their students in school. As a result of those requests, seven 6th graders delivered in person speeches at the middle school and 23 4th graders completed a classroom contest in their elementary school. While this year's 4-H Communications program was vastly different from that of the past, the impact was mighty.



# 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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