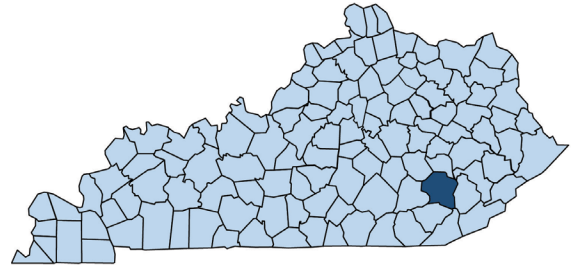


REPORT TO THE PEOPLE



Clay County 2021



DID YOU KNOW...

Clay County 4H'ers submitted 53 projects for the 4H Project Showcase



Website: <https://clay.ca.uky.edu>



Facebook: Clay County Cooperative Extension Service

For More Information, Please Contact us at:

Clay County Extension Office • 606-598-2789 • clay.ext@uky.edu

69 Jameson Road, Manchester, KY 40962

Family and Consumer Sciences



A Traditional Thanksgiving Meal

306

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

165

Number of individuals who reported preparing more healthy home-cooked meals

4-H Youth Development

The goal for Kentucky 4-H is for all youth to have available opportunities that foster positive youth development. With Clay County having a small percentage of racial and ethnic diversity, it is challenging for youth to be exposed to various cultures. The Kentucky 4-H Exchange Program curriculum allows youth to do so by learning about different cultures through food, art, religion and history.

The 4-H Agent implemented a four-week program to provide youth lessons and activities to build connections across different cultures. This allowed youth to gain knowledge on how to work cooperatively with others from various cultures. Fifteen youth participated and became more familiar with Japanese, Hispanic, Brazilian and German cultures. Participants reported: 100% felt more knowledge about the 4 cultures 93% learned a new skill 86% felt more confident when communicating with someone from a different culture

A needs assessment identified substance use prevention and recovery as an urgent priority and its impact on families and communities can be detrimental. The community can provide needed intervention for individuals that have become addicted to drugs. The Family and Consumer Science agent was approached to present a Live Facebook Session on how to prepare a Thanksgiving Meal by a local woman's drug rehabilitation facility.

A traditional Thanksgiving meal was planned and presented via Facebook Live. A grocery list and kitchen equipment list were given to the participants. Ten participants prepared their Thanksgiving meal after watching the agent prepare all the dishes. Agent asked a worker at the facility four months later what the response to the program had been. Her comments; Participants prepared all the food and enjoyed a traditional Thanksgiving meal.



Maddie & Mack putting their cooking skills to use by making a delicious Mexican dish!

274

Number of youth who indicated yes or usually to the Common Measures Experience Survey Question #13 - Is 4-H a place where you have a chance to be a leader?

153

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

Agriculture and Natural Resources



Will Bowling, ANR Agent, collecting samples for 2021 EKHC.

- 45 Number of people who recognize methods to reduce risk and improve farm profit
- 27 Number of people who collected soil samples for testing

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.

Clay County Cooperative Extension Service collaborated with producers across the county to provide entries for the 2021 East Kentucky Hay Contest (EKHC). Extension staff collected hay samples from participating producers, and then provided them with a report detailing the feed value of their hay. In 2021, thirteen Clay County producers entered 33 hay samples into the EKHC. The EKHC delivers good-natured competition, but it also provides an opportunity for on-farm engagement with Extension personnel.

In addition to collecting samples, Clay County Extension staff also used these visits to inform producers about the latest research in forage management. Hay costs are consistently one of the largest expenses on cow-calf operations in Kentucky (estimated at \$88/cow-calf pair in 2021), so management actions that improve quality and utilization of the farms hay resource can lead to improved livestock welfare and increased profitability.



NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



Website: extension.ca.uky.edu



Facebook: @UKCooperativeExtension



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YouTube: @UKAgriculture

... 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



University of Kentucky Cooperative Extension

S-107 Ag Science Center North
Lexington, Kentucky 40546-0091
(859) 257-4302

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