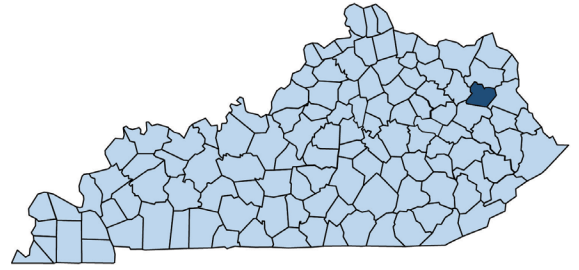


REPORT TO THE PEOPLE



Elliott County 2021



DID YOU KNOW... The Elliott County 4-H Shooting Sports club 12-14 yr old .22 Sport Rifle Team placed 1st in the state



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



Facebook: Elliott County 4-H



Instagram: @elliottcounty4h

For More Information, Please Contact us at:

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2944 South KY 7, Sandy Hook, KY 41171

4-H Youth Development



Youth participating in the Kids Bucks program at the Elliott County Farmers Market

45

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

45

Number of youth who have gained an understanding of ecosystems in Kentucky

Agriculture and Natural Resources

In December, Elliott County Agriculture Extension hosted a Beef Quality Care and Assurance (BQCA) seminar. Menifee Co. ANR agent Mary McCarty was there to administrate the class. The BQCA program enables beef and dairy producers to enhance their product, maximize marketability and strengthen consumer confidence. It allowed the producers in attendance to view and discuss common ways to assure the health and well being of cattle on their farm. Topics for the event covered a BQCA overview, Genetics and Handling, and proper handling and care equipment.



Hay rolls tested for Eastern Ky Hay Contest

350

Number of clientele increasing agriculture awareness due to extension programming

105

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

One of the identified priorities brought up in our stakeholder interviews was a cleaner, safer, healthier community. In response, Elliott County 4-H offered a Kids Bucks program at our farmers market encouraging youth to try new fruits and vegetables and talked about healthy eating habits. We targeted youth ages 5-18 and held the kids bucks program twice weekly from July to August. If kids came to the farmers market and participated in our lessons and activities using MyPlate curriculum to teach about healthy eating, then they got 5 kids bucks. 1 kids buck was equal to \$1. The kids bucks could be spent at the farmers market on a variety of produce provided by our local farmers. We also had special “double dollar” days where kids that participated got \$10 kids bucks to spend at the market. Our local Kentucky Farm Bureau donated \$500 so that we could do this program. Not only did this program teach kids about healthy eating and expose them to where to get local produce, it benefited our farmers who will get paid \$1 for every kid buck they received. After

Family and Consumer Sciences



Some food items distributed during the Food Drop program

300 Number of individuals reporting an increase in awareness of local food systems

100 Number of those who have participated in new activities related to stronger local food systems as a result of local food systems programming

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.

Every month, God’s Pantry from Lexington, KY brings a large quantity of food to our office to be distributed to those in our community who are food insecure. We have a call-in date where anyone who fits within the guidelines can sign up to get bags of food. Mary (support staff) and I take names for call-in and help bag up food to give out. We also get help from the inmates in West Liberty who assist us with unloading the pallets of food, packing bags, and cleaning up. Each person usually gets 4 large bags of food each time. We serve around 70 people monthly with this program.



NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



Website: extension.ca.uky.edu



Facebook: @UKCooperativeExtension



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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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