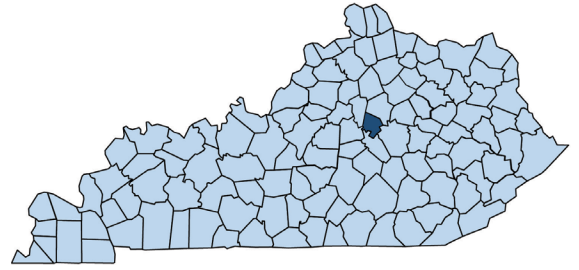


# REPORT TO THE PEOPLE



## Jessamine County 2021



### DID YOU KNOW...

Jessamine County is the home of the first commercial winery in the United States



**Website:** <https://jessamine.ca.uky.edu>



**Facebook:** <https://www.facebook.com/jessaminecountyCES>

**For More Information, Please Contact us at:**

Jessamine County Extension Office • 859-885-4811 • [jessamine.ext@uky.edu](mailto:jessamine.ext@uky.edu)  
95 PARK DRIVE, NICHOLASVILLE, KY 40356

## Family and Consumer Sciences



### Financial Management Program Series for Jessamine County

30

Number of individuals who made a sound financial decision (regarding credit, budgeting, savings, and debt)

30

Number of those who have successfully completed financial management and/or career readiness programs that will help me set future goals

## 4-H Youth Development

Because of in-person meeting restrictions, the Jessamine County Extension Office has moved to incorporate virtual options and independent study pick-up kits. This has allowed clients to stay engaged and provided new opportunities for Extension Programs to involve the entire family. Jessamine County Extension worked together to put together a great week for the entire family. Youth signed up in advance and received an activity kit with a STEM activity and several crafts in it.

Extension posted pumpkin recipes, growing information on pumpkins, and held a pumpkin contest for the community. Also included in the kit was an information packet that contained pumpkin facts and additional recipes. We had 25 youth pick up activity packets for the week. We had 15 folks participate in our pumpkin decorating/carving contest. We received over 500 likes/votes on the pictures. We gained 20 new page likes because of Pumpkin Week.

The Jessamine County Family and Consumer Sciences Extension Agent partnered with Bluegrass Community Action Partnership to host a five-week online series on Financial Management. The sessions were 30-45 minutes and covered basic budgeting, credit repair, saving, scams, and couponing. The program utilized PowerPoint slides to share the information with the class and facilitated group discussions.

The sessions averaged 8-10 participants per session, roughly a 300% attendance increase compared to in-person financial classes. Due to the much higher participation rate, financial classes will continue to be offered online in the future.



Entries in Pumpkin Week Contest

1200

Number of youth who applied the skills they learned in 4-H to home, school, or community

1340

Number of youth who have improved their communication skills by completing a speech

## Agriculture and Natural Resources



Fall Foods Raised-Bed Garden

40

Number of residents reporting an increase in accessing fresh, local foods

80

Number of participants engaged in home and consumer horticulture programming

The Jessamine County Extension Services offered a 4-week online gardening program. The Agriculture & Natural Resources, 4-H & Youth Development, and Family & Consumer Sciences Agents partnered to create a dynamic learning experience. Each week the agents worked together to create a spotlight video as the main lesson for the week. Topics included seeding, raised beds, transplants, and recipes.

In addition, the agents shared Extension publications, food preservation demonstrations, and weekly *Ask the Expert* to answer participants' questions. There were 40 participants, many who were new to Cooperative Extension. The program concluded with participants picking up transplants to start their home garden. Evaluations results from those who completed the evaluation indicated: 100% of participants plan to garden more in the future. All participants anticipate gardening to be a new hobby and hope to save money by growing their own vegetables.

## 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.



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



## University of Kentucky Cooperative Extension

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

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