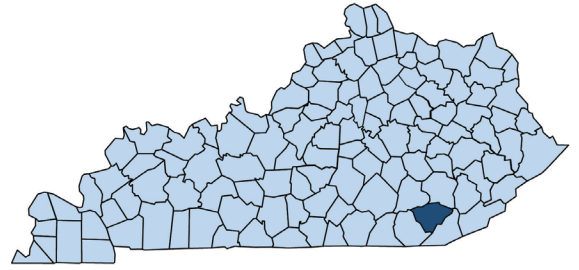


REPORT TO THE PEOPLE



Knox County 2021



DID YOU KNOW... Knox County Cooperative Extension Office gave more than 3500 activity kits to adults and youth locally



Website: knox.ca.uky.edu



Facebook: Knox County Cooperative Extension Service

For More Information, Please Contact us at:

**Knox County Extension Office • (606) 546-3447 • dl_ces_email@uky.edu
215 Treuhaft Boulevard Suite 7, Barbourville, KY 40906**

4-H Youth Development



More than 70 4-Hers received educational kits on baking & eating healthy.

220

Number of youth who were educated on health and well-being through 4-H programs

150

Number of youth who indicated they made healthy lifestyle choices as a result of what they learned through 4-H programming

Agriculture and Natural Resources

By following the Center for Disease Control, Kentucky Department of Agriculture and Knox County Health Department guidelines, the Knox County Farmer's Market had another successful year. The Knox County Farmer's Market outdoor season began in April 2021 and concluded October 2021. On average during peak season we had roughly 300 customers per week. Individual vendor revenues ranged from \$100 to \$1,500 per week. Estimated market revenue for the season is \$22,000.

The market tracks reports for the season that include only SNAP, WIC, Senior and Credit/Debit cards was \$3,910 for 508 customers participating in those programs. The Knox County Farmer's Market had the fifth highest redemption rate among state counties on its Double Dollars incentive program with a rate of 92.14%. On average, the market had 15 vendors at each market.

According to the CDC, empty calories contribute to 40% of daily calories for children and adolescents and most do not consume the recommended amount of fruits and vegetables. In a world full of hectic schedules, the challenge for families and children to eat healthy is difficult. In partnership with the Knox County Family Resource Centers, 4-H partnered for the program Taste of the Week. During the program, 45 youth received supplies and recipes to prepare a healthy snack.

The virtual lessons highlighted healthy eating, foods role in the body, and where food comes from. One hundred percent of participants engaged in preparing a healthy snack such as corn & bean salsa and tried at least two bites of their new snack. 80 percent of participants could identify at least one vitamin/mineral in each food group and correctly describe its role in the body. Parent reports show an increase in youth involvement in food preparation at home.



On average, 15 vendors attended the markets with an average of 300 customers per week.

150

Number of clientele increasing agriculture awareness due to Extension Programming

30

Number of people who attended training on food safety, food handling, food processing, liability, and/or marketing. This includes: PBPT, GAP certification, Farmers Market samples)

Family and Consumer Sciences



In addition to 4-H kits, more than 300 kits were provided to adults and families during the COVID pandemic.

75

Number of participants reporting improved knowledge regarding life span behavior and decisions that affect health and well-being

30

Number of participants who can recognize warning signs of Alzheimers disease and dementia

People are living longer. Kentucky's current population of seniors (65+) is 16.4% (2019 Census Data). In regards to the COVID-19 pandemic, this population is considered the most vulnerable. Knox County Extension was tasked with reaching this audience while social distancing. It was important to the Knox County FCS Council to not only consider the physical health of our seniors but also the mental and emotional health.

In an effort to reach this audience, programming was offered through kits for seniors. Kits were placed separately on tables and seniors were given alternating times for picking up the kits in an effort to encourage social distancing. These kits included relevant information on COVID-19, hand washing, health, nutrition and also an activity or challenge for the week that stimulated the brain. 40 seniors received four kits that included gardening information on raised beds, vegetable seeds, herb garden kits, and puzzles.

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



University of Kentucky Cooperative Extension

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

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