

REPORT TO THE PEOPLE



LaRue County 2021



DID YOU KNOW... 96% of Senior Farmer's Market Nutrition Program Vouchers were utilized during the 2021 season.



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



Facebook: LaRue County Cooperative Extension Service

For More Information, Please Contact us at:

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4-H Youth Development



LaRue County teens attend State 4-H Teen Conference.

375

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

210

Number of youth who have done a community service project (Common Measures - CS11)

Agriculture and Natural Resources

The LaRue County Agricultural Development Board helped to administer over \$244,267 in the last calendar year to directly and indirectly make positive impacts to LaRue County farmers. The council funded producers directly through the County Agriculture Investment Program which is administered by the county Beef Producers Group. Investments were made in genetics, fencing, on farm water development, cattle handling, hay storage, diversification, technology, and forage improvement. Educational programs were included as part of the participation in these programs. Adding these new and improved practices to a farm operation yields long term results that add to overall farm profitability. Follow up visits and surveys with producers indicate improvement in herd health, lowered labor costs, more efficient grazing practices, and efficient use of time. As a result, these individuals have shown economic gains as a result of the investment.

Three LaRue County 4-H teens attended the 2021 State 4-H Teen Conference. Of the three, one was a Bronze Award winner, another was a Silver Award winner, and one earned the top honor of the State 4-H Emerald Award. LaRue County had its first State 4-H Officer elected since 1990 and only fourth State 4-H Officer ever. Madison Wilmoth was elected as the 2021-2022 State 4-H President.

Madison credits attending 4-H Camp has helping her come out of her shell. She credits her annual participation in 4-H speeches and demonstrations as building her communication skills. As State 4-H President, she is now serving on the State Fair Board and the Kentucky 4-H Foundation. Hosting the Kentucky 4-H Teen Conference was an attempt to provide a typical cumulative experience for senior-level 4-H members. Due to COVID-19 capacity restrictions the conference was open to only those senior-level youth who participated throughout the program year.



LaRue County farmers learn how to use a high moisture hay wrapper purchased with agriculture development funds.

60

Number of producers willing to adopt improved soil health/quality practices to improve profitability due to extension

75

Number of producers adopting practices to improve grazing infrastructure (fences, water)

Family and Consumer Sciences



Community volunteers load vehicles with boxes of dairy and produce products.

150

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

125

Number of individuals more likely to buy a Kentucky fruit or vegetable as a result of receiving a Plate it Up! recipe card

Nutrition Education

Cool School is a week long summer school program coordinated by LaRue County Family Resource Youth Service Center. LaRue County Extension Service Expanded Food and Nutrition Education Program Assistant conducted a series of classes with 65 LaRue County elementary school students in grades 1 through 5. The goal was to improve their eating habits, reduce consumption of fast food and increase awareness of food safety.

Classes on MyPlate, food safety and hand washing were taught to encourage a healthier lifestyle. Students participated in hands on activities to encourage proper hand washing techniques as well as preparing their own healthy snacks using a variety of fresh fruits and vegetables. Students were willing to sample a wide variety of fruits and vegetables that they had not tried before. One participant stated, "I love spinach, I'm going to ask my mom to buy spinach to use on my sandwiches instead of lettuce."

The LaRue County Extension Office, along with volunteers, distributed dairy and produce boxes to 1000 families in the front parking lot of the office. The Produce and Dairy boxes came from the Kentucky Dairy Development Council as a part of the CARES act. The distribution was conducted drive-through style and no person-to-person contact was made.

All families received Kentucky Proud plate it up recipes that featured the items they were receiving in each box. All of those who drove through to pick up their boxes were also given information about the extension office along with information about upcoming programs. Extra efforts were made to follow COVID protocols at the time. Advertising the event was very successful and our social media posts were viewed over 15,000 times and the event was featured on the front page of the local newspaper.



EFNEP Assistant Patty Holbert teaches students how to prepare healthy snacks.

2200

Dollars in EBT, WIC or Senior benefits redeemed at farmer's market

250

Number of participants gaining access to Extension programming at local farmer's market

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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