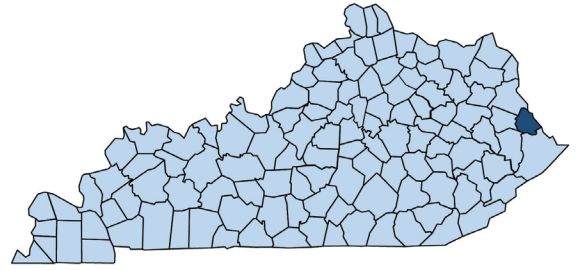


REPORT TO THE PEOPLE



Martin County 2021



DID YOU KNOW... 14,853 pounds of produce was produced in Martin County via the Grow Appalachia Garden Grant



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



Facebook: @MartinCountyCooperativeExtension

For More Information, Please Contact us at:

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Family and Consumer Sciences



Spending the POP Bucks.

500

Number of pounds of food provided to local non-profit organizations

12

Number of people who improved or maintained physical, emotional, or mental health from participating in gardening

4-H Youth Development

While navigating the Covid-19 pandemic, new ways of presenting programs and activities have emerged. We have given families an opportunity to participate in programs safely. Teaming up with Family Resource Centers, Martin County Middle School Library, the 21st Century Learning Grant, and the Martin County Economic Board, we were able to offer a Turkey Trot. The Turkey Trot consisted of families walking a mile loop through Inez together while looking for paper Turkeys. Upon completion, each child received a package full of health and nutrition learning tools.

The Turkey Trot brought in over 100 participants. This kind of socially distanced program has helped us to serve our community while also helping to grow our overall audience. One of our Turkey Trot participants said it was great to see her friends from school even though she didn't get to talk to them. After learning more about 4-H, she now plans to attend 4-H Camp.

The Power of Produce (POP) Club provides a fun opportunity for children to engage in the local food system through conversations directly with farmers, educational games and demonstrations, and exposure to new fruits and vegetables. In addition to participating in educational activities, POP Club kids receive vouchers to spend at the market, allowing them to make their own shopping decisions at the market.

The Martin County Farmers Market participated in the POP Program during National Farmers Market Week, August 2-6, 2021. We had fun games and educational activities for the POP Club kids with over 300 attending the three-day event. Over \$1,500.00 in POP bucks was distributed to purchase fresh fruit and vegetables.



Two siblings and their turkey.

1000

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

400

Number of youth who participated in education related to family and consumer sciences

Agriculture and Natural Resources



Senior Farmers' Market Vouchers

45

Number of growers who gained knowledge in commercial horticulture including: improved pest and disease management, improved soil management, how to interpret a soil test and apply fertilizer accordingly, recommended crop varieties, improved crop management such as trellising, pruning, harvesting, timing of operations, etc.

12

Number of participants in Extension horticulture programs at senior centers, detention centers, or rehabilitation centers

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.

Martin County has 12,500 residents while 37% live below the poverty level with a median income of only \$22,497.00. Residents of the county have a need for fresh fruits and vegetables at an affordable price. The Martin County Extension Service worked cooperatively with the Kentucky Department of Agriculture, Martin County Health Department, and Martin County Senior Citizens Center to distribute WIC vouchers to 150 WIC recipients and Senior vouchers to 80 Senior Citizens. These vouchers could be redeemed for fresh, locally grown fruits and vegetables only at the Farmers' Market. Healthy recipes, cooking, and canning demonstrations were offered during the season to promote the consumption of fresh fruits and vegetables. Senior voucher redemption rate over 92% this year proves we are helping low-income families afford fresh produce.



NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



Website: 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



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