

# REPORT TO THE PEOPLE



## Meade County 2021



**DID YOU KNOW...** Meade County Cooperative Extension Office is expanding our facilities to meet programming needs.



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

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## Family and Consumer Sciences



Nora cooking along with computer

419

Number of individuals who gained knowledge related of financial management

4000

Dollars reported saved as a result of participation in a financial education program

## 4-H Youth Development

The 2020 pandemic brought all KY 4-H Youth Development programming to an abrupt halt; yet the Meade County 4-H Youth Development program was able to continue provide education opportunities that allowed members to finish out the program year and celebrate their accomplishments.

- \* Fifty youth were able to show their livestock projects at the county fair and 49 sold at the online auction
- \* Thirteen youth exhibited their rabbits and poultry in 20 different classes
- \* 25 project exhibits were submitted for 4-H Cloverville at the KY State Fair.

A \$200 donation from the Garrett Extension Homemaker club provided premium ribbon funds for these youth. One parent shared her appreciation when she stated, "I had told them [her children] to not even expect any type of money for project work this year. So, the fact that they were awarded premium money because of a local donation is a huge surprise and wonderful ending to their projects."

Eating more fruits and vegetables is a critical behavior for health promotion and disease prevention. It has been reported that cooking more meals at home is related to increased fruit and vegetable consumption. A program to promote more health, home-cooked family meals. Cook Together, Eat Together, was offered at the Meade County Cooperative Extension office with 11 adults and 16 youth participants.

Due to Covid restrictions related to interaction and food preparation, the eight-week series was hosted online via zoom The FCS agent adapted the meeting by sending a grocery and equipment list along with the selected recipe to the group each week. Each session focused on food prep skills, food and kitchen safety, and nutrition information on the recipe being prepared. Participants cooked along with the agent and at the end had a main dish or side ready to eat for dinner. Over half the group reported adding more produce onto their meal.



Hadley Stanger's Grand Champion chocolate cake represented Meade County 4-H Youth Development at the 2020 KY State Fair

100

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

60

Number of youth indicated they are interested in learning more about animal science

## Agriculture and Natural Resources



Potential beef producers exhibiting their project animals

564

Number of people who applied Extension recommendations for soil fertility

453

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

## Nutrition Education

During this current Covid-19 crisis, families are faced with the challenge of stretching their income to pay bills and purchase groceries. There is a growing need for knowledge of food budgeting and stretching their food dollars. The Meade County Expanded Food and Nutrition Education Program assistant offered a Healthy Choices for Every Body Facebook Live Program to families that were looking for ideas on how to stretch their food budgets.

The program was provided live, once a week, for seven weeks on Facebook. Topics were offered included nutrition, meal planning, food safety, food budgeting, and physical activity. At the end of the lessons, the assistant conducted a cooking demonstration of a healthy recipe. One participant said, "I liked that it was very informative and gave me great ideas for dinner. I really like how easily I could keep up even just listening in! Thank you so much for taking the time and helping keep us healthy!"

For many youth, showing at the state fair marks the end of their beef project. One intent of the youth beef project is to encourage youth to produce cattle in their adult lives. Therefore, to help foster this desire, the experiences the youth have during their project needs to be real but also positive.

As the superintendent of the State Fair Youth Beef Show, as well as other Extension conducting the show, we can try to make sure this ending finale of their project is as positive as possible. Fifteen CES agents help approximately 150 youth house and show approximately 350 head of cattle over a four-day period. It is the job of the superintendent to help plan the logistics of shows, divide classes for shows, inventory and pass out awards, handle all complaints and concerns, enforce the rules and guidelines, and most importantly help participants and workers have a pleasant experience.



Teaching My Plate on Facebook Live

42

Number of individuals who reported improved knowledge, opinions, skills, or aspirations regarding the safe storage, handling, preparation and/or preservation of food

39

Number of individuals who demonstrated safe handling and preparation and/or preservation of food

# 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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