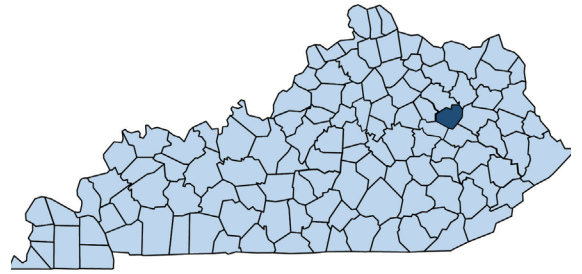


# REPORT TO THE PEOPLE



## Menifee County 2021



### DID YOU KNOW...

Menifee County had 75 4-Hers compete in the county speech contest.



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



**Facebook:** [www.facebook.com/mccoopextension](https://www.facebook.com/mccoopextension)



**YouTube:** [https://www.youtube.com/channel/UC\\_zy0A7PHqnIBcSG0mjQlfQ](https://www.youtube.com/channel/UC_zy0A7PHqnIBcSG0mjQlfQ)

---

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

**Menifee County Extension Office • 606-768-3866 • [mary.mccarty@uky.edu](mailto:mary.mccarty@uky.edu)**

**140 Main Street, Frenchburg, KY 40322**

## Family and Consumer Sciences



Chicken and Dumpling Soup made by Cook Together, Eat Together participating family.

- 10 Number of Individuals who reported eating more healthy foods.
- 10 Number of Individuals that reported preparing more healthy cooked meals.

## Nutrition Education

According to kyhealthfacts.org from 2016 to 2018 in Menifee County, the obesity rate for adults was 52% and overweight percent for adults was 87%. The Menifee County SNAP-ED Assistant partnered with the Project Worth Food Pantry Clothing Room, to present seven lessons from the Healthy Choices for Every Body curriculum to six limited resources families.

Two of the participants showed 100% improvement in diet quality, food resource management, physical activity and food safety. One participant stated she learned a lot from the program. Learning about fats, portion control and healthier food options. She has lost a total of 24 pounds since she started using the information from the program.

The Menifee County FCS agent hosted a virtual Cook Together, Eat Together program. Six families registered and participated in three virtual cooking socials. Families who registered were provided with meal kits that they picked up from the extension office. Meal kits included all ingredients needed to prepare the recipes in approximate portion sizes, along with a copy of the recipe. One surveyed participant stated that her favorite part of Cook Together, Eat Together was Trying new recipes that are healthy! I don't like coconut but couldn't taste it in the granola. I also tried kale in the chicken and dumpling soup and I never would have thought to add kale to soup but it was amazing! Someone else said that they enjoyed spending time with their kids and preparing nutritious meals together. The Cook Together, Eat Together virtual program was an effective way to bring families together, encourage participants to eat more meals at home



Healthy vegetables.

- 18 Number of individuals who reported eating 4-6 servings of fruits and/or vegetables daily.
- 18 Numbers of individuals who reported increased knowledge, skills, or intentions related to using nutrition facts label.

## Agriculture and Natural Resources



Menifee County Farmers Market celebrates 40 years.

48

Number of farmers and farmer market vendors who gained knowledge on crop diversification.

15

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

## 4-H Youth Development

Covid 19 pandemic took things from everyone around the country. For KY youth it took away proms, state sports tournaments, vacations, and for extension programs it took away 4-H Camp. The pandemic brought to the forefront the importance of physical, emotional, and mental health of youth in our communities. According to the CDC ways to help or youth cope during this precedent time is to recognize behavior changes, reinforce preventive strategies, stay healthy, and stay socially connected.

Positives from the 2021 camping experience were #1 all campers participated in every activity. Many returning campers stated that they go to participate in new activities at camp because of the change. With all the struggles of 2021 seeing the campers learn new skills, meet new friends, learning how to be considerate of others, and of course having fun made it worth the week of 4-H Camp

The Menifee County Farmers Market is hitting a milestone in 2021. This will be the markets 40th year in Menifee County. The 2020 market year was tough year because of Covid but the market held tough selling \$35,000 of fresh fruits, vegetables, meats, and other items at the market. Menifee County Extension Agents helped with crowd control and marketing videos to help understand the covid restrictions to customers of the market.

The success of 2020 is from the leadership of the market. Leaders and agents worked together to continue events and market programs at the market. At the first planning meeting of 2020 market leadership introduced a program with Gods Pantry as way to handle the left over produce at the end of sale day. In the first year with a relationship with Gods Pantry the markets provided 494 lbs. of produce for the 2 local food banks. With great leadership steering the market I see 40 more years in its future.



2021 4-H Camp

19

The number of youth who participated in overnight, 4-H summer camps.

75

The number of youth who participated in day or overnight, 4-H Nonenviromental camps at your office, 4-H Camp facility, or other location.

# NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



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



**Facebook:** @UKCooperativeExtension



**Twitter:** @UKExtension



**YouTube:** @UKAgriculture

*... 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**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.