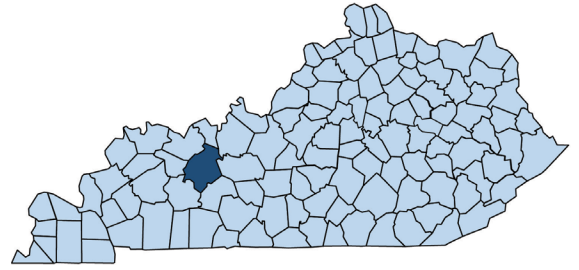


# REPORT TO THE PEOPLE



## Ohio County 2021



**DID YOU KNOW...** Carlie Hanson & Meegan Lane received the Gold Award in the Ky 4-H Achievement Program.



**Website:** <https://ohio.ca.uky.edu/>



**Facebook:** Ohio County Cooperative Extension Service

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1337 Clay St., Hartford, KY 42347

## 4-H Youth Development



4-Hers discuss the country of “Jamaica” during Cultural Night.

**1071** Number of youth who have improved their communication skills by completing a speech, demonstration or other public presentation

**2501** Number of youth that have expressed themselves by completing an art report

## Agriculture and Natural Resources

A multi-county project was started to aid producers in adopting genomic testing to use when selecting traits using maternal parentage for their commercial herds. 240 young commercial cows and heifers, were enrolled in a three county area, with Ohio County enrolling 70 heifers. Agents collected Tissue Sampling Units and recorded data chute-side (BCS, hip height, foot/leg score, coat color, disposition score and udder score), to complement the data returned from Igenity Beef. Participants were provided reference booklets, with data for their herd and mating recommendations matching the operation’s goals. The collective data was used to better understand baselines for the commercial herds in the region and the economic relevance for commercial cow DNA testing. Several producers commented “This new technology, can be used to aid in making better cow/bull mating decisions, thus improving the herds “genetics and longevity.”

4-H fosters an environment where diversity is valued and individuals are encouraged to fulfill their greatest potential by integrating different ideas, beliefs and cultures. Cultural Diversity is important because our communities consist of various cultural, racial, and ethnic groups. 4-H brings the ideal of Cultural Diversity to life.

This 4-H program gave hundreds of young people the opportunity to experience diverse cultures and gain new understanding of the world. Forty-three 4-H clubs participated through presentations, sharing information about culture from around the world. Youth brought each of these diverse cultures into their club meeting. Youth commented, “many of our traditions originated in other cultures.” When our youth go out into the community, many will come into contact with people from different backgrounds.



Taking tissue samples for DNA project.

**133** Number of producers who implement a crossbreeding program and utilize Expected Progeny Difference when selecting bulls

**118** Number of producers adopting practices to improve grazing infrastructure (fencing, water)

## Family and Consumer Sciences



4-Her slices apples during chef club.

**1069** Number of youth who know how to keep their cooking area clean to stop germs spreading

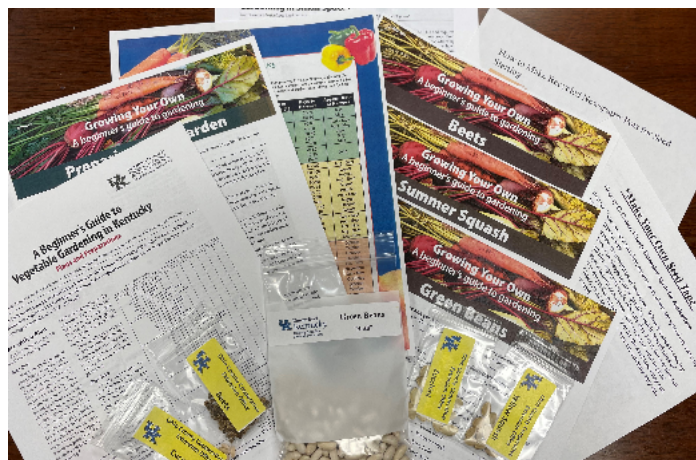
**1062** Number of youth who know how to follow a recipe to make something to eat

## Nutrition Education

The onset of COVID-19 limited people's access to nutritious foods more than it has since the last World War. Many people were off work, so raising vegetables in a garden became more popular. To promote the benefits of gardening, the Ohio Co. Extension Service provided gardening kits to 1000 people thru the Ohio Co. Food Pantry and the Fordsville Food Pantry. We also delivered 70 gardening kits to the Catholic Church and two Hispanic groceries to reach the Hispanic community. This program reached a total of 1085 families. The gardening kits consisted of U.K. Extension & SNAP publications on preparing a garden, how to plant and maintain the garden, seed packets of green beans, cucumbers, beets, yellow squash and zucchini squash, composting basics, and Healthy at Home information. Information about the Beaver Dam Community Farmers Market and canning was also provided, at later distributions.

In response to the COVID-19 pandemic, staff provided nutrition information to the 4-H Chef Club. Youth developed proficiencies in following directions, while learning life skills about nutrition, hand washing, and food safety. Thirty-one youth learned food preparation, measuring skills, kitchen safety and the importance of nutritious foods. Special emphasis was placed on handwashing proper washing of foods, and knife safety.

Surveys revealed, 100% of the youth reported the importance of washing hands before handling food, washing fruits and vegetables before consumption, keeping raw foods separate from cooked foods, and proper cutting techniques. In a follow-up survey, 80% of youth reported implementing learned skills with family members. Youth reported they had made two healthy snacks with their family and 60% of the youth indicated that "learning how to properly wash and prepare fruits, and vegetables" as the most beneficial skill



Materials provided to food pantry participants in gardening kits.

**899** Number of families/caregivers who reported supplementing their diets with healthy foods that they grew or preserved (backyard gardens)

**1722** Dollars in EBT, WIC or Senior benefits redeemed at farmers markets

# 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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