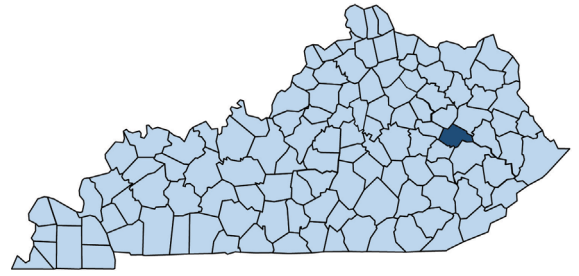


REPORT TO THE PEOPLE



Wolfe County 2021



DID YOU KNOW... 348 senior commodity boxes are assembled and distributed by Wolfe Co. Extension Office each month.



Website: wolfe.ca.uky.edu



Facebook: @wolfecountyextension

For More Information, Please Contact us at:
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Family and Consumer



Recovery Run 5K Participants

15

Number of community partners that have gained awareness of the problem and impacts of substance use in the community as a result of Extension efforts

746

Number of program participants reporting adoption of physical activity practices

According to the National Institute on Drug Abuse, people who are recovering from a substance use disorder have found it difficult to maintain their sobriety during the COVID-19 pandemic. Most have uprooted their routine and are lacking social support, which are essential to maintaining a healthy recovery.

Wolfe County Cooperative Extension, Family Resource and Youth Service Center, and the Agency for Substance Abuse Policy partnered to host Wolfe County Recovery Week. The events that were held during Recovery Week were meant to keep people motivated to stay actively involved in their recovery. These events included socially-distanced yoga, a community-wide road clean-up, a virtual Recovery Celebration, and a virtual 5K run/walk. A total of 369 people participated and over 65,000 people were reached.

Agriculture and Natural Resources

In response to COVID and the desire to continue programming, the Wolfe County ANR Agent offered a weekly virtual program for clients. The series was titled, “Mountain Monday Zoom Series” and it invited participants to “explore various topics impacting farming, natural resources, gardening, agriculture, and more in the mountains.” The series began in February and continued through April. Topics included: Small Ruminant Management, Preparing for Spring Gardening, Calving & Calf Health, Diagnosing Problems in the Home Lawn, Fruit Tree Grafting, Marketing at the Farmers Market, Raised Bed Gardening, Pond Management, Mushrooming & Foraging 101, and more. The series was a great success with many of the sessions having over 20 attendees. Participants indicated that they enjoyed the topic(s) and have gained valuable knowledge. The sessions were recorded and are available on the Wolfe County Extension YouTube page for later viewing.



Logo used for marketing Mountain Monday

97

Number of people who gained knowledge in consumer and home horticulture including: native plants, disease and pests, composting, site analysis, and proper maintenance

245

Number of people who increased knowledge of farm health and safety practices (i.e. farm safety days, disaster preparedness, equipment demonstrations, farmers dinner theater

4-H Youth Development



Clip Taken from Safety Video

3000 Number of youth who gained an understanding of the role of agriculture in the production of food, fiber, and wood products

3000 Number of youth who participated in education related to family and consumer sciences

As the pandemic hit, the plans for our bi-annual Pumpkin Days was well underway! This day encompasses 1500 Headstart - 1st grader's attending a day of activities, recipe tasting and stories all centered around a pumpkins. They even take a trip to the pumpkin patch to pick their very own pumpkin.

As fall approached the hopes of hosting the day in-person at the Robinson Station for Appalachian Resource Sustainability diminished. Agents were determined to make this event possible for our kids. Together we made video lessons of safety measures, pumpkin patch tours, activities, and how-to videos of making different pumpkin recipes. The lessons and videos were collected onto the One Drive for easy sharing throughout each county. Here, we partnered with FRC to provide a pumpkin for each child and all of the materials needed to complete all the activities in the bag!

Nutrition Education

During the COVID-19 pandemic, in-person classes would be unsafe to attend. The Wolfe County Supplemental Nutrition Assistance Program-Education assistants decided to partner with the Kentucky Agency for Substance Abuse Policy and offered classes through virtual platforms. Private Facebook groups were created to provide educational content to participants. Each assistant received a \$500 grant from ASAP to purchase ingredients for 10 families to have seven meals and delivered research-based information from the Healthy Choices for Every Body curriculum which taught participants how to access food and ways to stretch food dollars during a pandemic. Surveys were collected on all participants data. The combined results of both assistants displayed 72% budgeted enough money for food purchases; 95% ate more red, orange, and green vegetables; and 72% improved their food resource management.



Family Meal Ingredients

64

Number of individuals who reported eating 4-6 servings of fruits and vegetables daily

64

Number of individuals who report preparing more healthy home cooked meals

Community Economic

In March 2021, many counties in Eastern KY saw historic flooding. Homes destroyed, vehicles damaged, livestock swept away. The agents and staff of the Wolfe County Extension Office wanted to help their neighboring counties by acting as a centralized location to receive donation items for victims of the flood. Over the course of several weeks many items were brought to the Office. Employees put together over 200 cleaning kits for affected households. Kits were taken to drop off points in the flooded counties and directly to flooded homes.

The Office also served as a centralized location to receive agricultural items. Farmers were able to pick-up hay, livestock feed, and fencing. ANR agents in the affected counties also came to pick-up supplies to give to their producers. Donations were received from across the state, and the nation. In total, over \$150,000 in donations were received by the Office.



A trailer load of supplies getting ready for delivery to farmers.

98

Number of Extension empowered individuals engaged in coalitions or organizations to address a significant community issue

78

Number of individuals who gained knowledge related to financial management

... 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.
- **3,898** 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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