



# EXTENDING KNOWLEDGE *Changing Lives*

## IN ALLEN COUNTY

Extension provides practical education you can trust by helping individuals, families, businesses, and communities solve problems, develop skills, and build a better future.



*Nancy Owens, NEP/SNAP-ED Assistant, Anna Meador-4-H Youth Development Agent, and Adam Huber-Agriculture & Natural Resources Agent*



**Ann Steenbergen,**  
2022 Allen County Extension Volunteer  
of the Year Recipient

### Program Efforts

- 511 Number of youth with increased experience practicing financial literacy skills.
- 98 Number of participants engaged in home and consumer horticulture programming
- 2500 Dollars reported saved as a result of participating in a financial education program
- 203 Number of youth reporting improved behavior change toward substance use or recovery program.
- 48 Number of people who increased knowledge of wildlife habitat, management, or damage identification or control
- 267 Number of youth who prepared and presented a public speaking presentation to an audience.
- 13 Number of producers who gained knowledge of farm profitability for their enterprise(s) from Extension programming
- 74 Number of youth/adults involved in volunteer service to their community through the 4-H Program.



## Growing Future Agriculturists with an All New AG Academy Program

The AG Academy Program consisted of one day focused on Intro to Agriculture and Local Farms, while days two and three included an immersive overnight field trip exploring production agriculture's role in feeding our nation at Fair Oak Farms. This program reached 15 youth and 6 adults who participated in both local and commercial components.

During the first day of the program, youth toured local farms – Cherry Farms and Bennett Farms where they learned about beef, swine, dairy, lavender, produce and orchard production here in Allen County.



Day two and three of AG Academy, included an overnight trip to Fair Oaks Farms, Indiana to discover their Dairy, Swine and Crop Production educational tours.

AG Academy's goals included: increase understanding of production agriculture, explore agriculture

careers and increase consumer appreciation for agriculture. Other positive outcomes included many first experiences (overnight trip without parent, financial spending independence, etc.), increased desire to learn about agriculture and experience in food preparation.

## 4-H Food & Fun Program Connects Food, Cooking and Agriculture



4-H Food & Fun was a free at-home cooking program that united families in the kitchen and at the dinner table. The goal of the program was to get young people in the kitchen and preparing home-cooked meals, trying new foods, encouraging family time, developing communications skills, and having fun!

The 4-H families who participated received a kitchen utensil kit related to each month's recipes, along with other informational materials. Youth prepared the recipes in the packet as they followed along an agent demonstration via zoom then completed a post-lesson report. 4-H Food & Fun met virtually via zoom March to August in the evenings so families had dinner cooked at the end of each session. Allen County had 8 youth participate in this multi-county program.

4-H, Food, & Fun youth learned about local commodities, gained a better understanding of nutritional information, developed cooking skills, looked at the cost of food ingredients, and helped youth make healthier food choices.



## Seniors Farmers Market Program with Need More Acres

In Allen County 17% of the population are senior citizens. 9% are below income poverty level. The goal of this program is to assist Senior Citizens in receiving a monthly box of fresh produce, protein, grains, fruits, and dairy items that are provided by local producers and supplied from Need More Acres Farm. What started out as a three-month program has been thriving for one and half years. This project serves low-income seniors in Allen County, where the poverty rate is 19.1%.

The Allen County Cooperative Extension Service, Need More Acres Farm, Scottsville Senior Center and Briarwood Senior Living Center partnered to distribute the Need More Acres Senior Boxes to the Senior Citizens of Allen County 58 of those seniors are homebound. The Allen County Cooperative Extension Service made the contacts and go to Need More Acres Farm to pick up the boxes of food and deliver 110 boxes to the senior citizen in Allen County each month. There are 110 Senior Citizens that received fresh produce because of this program. Because this program was so successful with much community support, we have received financial support to offer the program again until the end of 2023.

## Farmers Market Vouchers for Seniors

In Allen County, KY. The Senior Farmers Market

Nutrition Program was being discontinued, so the Allen County Cooperative Extension Service felt the need to step up and keep this wonderful program going for the citizens of our county. The first step to keeping this program alive was to work with the local United States Department of Agriculture Office to get information on how we could keep the Senior Farmers Market Nutrition Program going in Allen County.

In Allen County, 17% of the population are senior citizens, 9% are below the income poverty level. It is important for the senior citizens to receive assistant when possible. The local food pantry was unable to continue the Senior Farmers Market Nutrition Program for the year of 2022. By partnering with the Kentucky Department of Agriculture, 111 seniors received a SFMN card with \$48.00 to spend at the local Farmers Market. When attending the local Farmers Market the seniors are also given \$16.00 in additional funds for a total of \$64.00 for each participant. With the voucher, seniors could purchase fresh, nutritious, unprepared locally grown vegetables, herbs, and honey through October 31<sup>st</sup>, 2022. The seniors of Allen County received a total \$7,104.00 to purchase nutritious foods while helping the local economy and farmers in Allen County. It is very important to not only teach the seniors about nutrition, but to provide locally grown fresh nutritious foods, when possible.





## Extension Working to Meet the Needs of Tornado Victims

In December of 2021, many lives across Kentucky were changed forever. As a fierce tornado ripped across the Midwest and through the entire state of Kentucky, it left many homes damaged or completely destroyed, businesses leveled to the ground, people young and old fighting for their lives in hospitals and even many that did not survive. This was a day, December 10th 2021 that we as Kentuckians, will never forget.

In response to this devastating act of Mother Nature, it was our time, as extension professionals to shine and really give back to the communities that support us so much. The Allen County Extension Service, along with county officials organized a drop off point at the Allen County Extension Office for community members to drop off donations for the areas that were impacted by the tornadoes. With the help of the agents, SNAP-Ed assistant, staff assistants, homemakers and volunteers The Extension Service was able to successfully meet the needs of communities all across the state. In a span of 4 short days there was \$950.00 of monetary donation and over \$6500.00 worth of new and lightly used clothes, food, water, toiletries, tools and baby products received and distributed to communities in need.

## Seed to Sell Program Teaches Youth Gardening & Business Skills

Gardening and farmers markets are a staple in small rural counties in Kentucky and it's no dif-

ferent in Allen County. One thing that we can all agree on is that knowing how to grow your own food can be very important, especially in times when and inflation and the price of goods at the grocery store are going are going up. That's why it is important to start young and learn how to be an entrepreneur!

The Seed to Sell program is designed to teach youth gardening and entrepreneurship skills. This is a joint program between Allen County ANR, FCS and 4-H agents along with the SNAP-Ed assistant. In this program the students attend four in person sessions and two farmer's market days where they attend the farmers market to sell their products that they worked hard all summer to grow! This program teaches students everything from putting the seed into the ground all the way to business planning and selling at the farmer market.

For the 2022 group there were 14 youth enrolled into the program.

Each session the kids come in with a smile on their face and eager to learn. This program is enjoyable for not only the students, but the instructors as well.



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Allen County

*Extending Knowledge, Changing Lives*

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