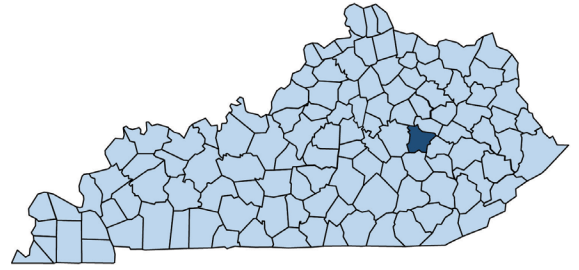


REPORT TO THE PEOPLE



Estill County 2021



DID YOU KNOW... Estill County 4-H had a record number of youth participate virtually in the Cloverbud Club.



Website: <http://estill.ca.uky.edu>



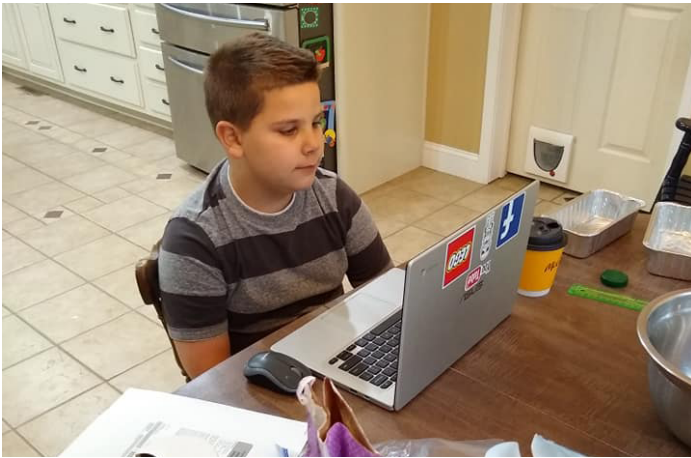
Facebook: Estill County Cooperative Extension

For More Information, Please Contact us at:

Estill County Extension Office • 6067234557 • Estill.EXT@uky.edu

76 Golden Ct, Irvine, KY 40419

4-H Youth Development



A Cooking Club member follows along with the lesson.

150

Number of youth who demonstrated a skill that was learned or improved by participating in 4-H agriculture programming

78

The number of youth who participated in day or overnight, 4-H non-environmental camps at your office, 4-H camp facility, or other location (i.e. project day camps, etc)

Agriculture and Natural Resources

Due to winter storms in February and heavy rains in March, Estill County experienced historic flooding along the Kentucky River and tributaries. Flood stage topped 41.1 feet which shattered the 1939 record of 39.4 feet. Hundreds of acres of farms were flooded. Farm losses included livestock, equipment, and other farm supplies, while farmland was covered by debris and heavy silt. Farmers needed supplies and many donations were secured by local and statewide groups.

In response, Eric Baker, ANR agent for Estill County coordinated with other Extension agents and local producers to get donated hay to impacted farms. Additionally, the ANR agent coordinated hauling and distribution of a trailer load of feed, fencing, seed, and miscellaneous supplies. Twenty-five farmers affected by flooding selected donated items according to need. The first load of donations was successfully distributed. All those receiving donated items were appreciativl.

Our 2020/2021 Virtual Cooking Club had fifteen members who regularly attended our virtual meetings. The club met once a month from October to April. In every meeting, we taught various cooking skills, where the different ingredients came from, and prepared a meal together. By the end of our program, youth were able to demonstrate basic cooking skills. This included following a recipe, safe equipment use, and measuring ingredients. Cooking and teaching virtually definitely had its challenges, but in the end, they were able to classify foods into appropriate food groups and create nutritious meals.

A parent stated, “My child said to give 4-H a thumbs up for that bread. It is delicious! Glad the yeast came in packs of three. We will definitely be making that again soon!” In the end, we not only helped these youth learn about healthy foods and kitchen safety, but provided an opportunity for the whole family to cook a meal together.



Due to flooding, livestock was left with very little ground, and farmers had to come up with alternatives.

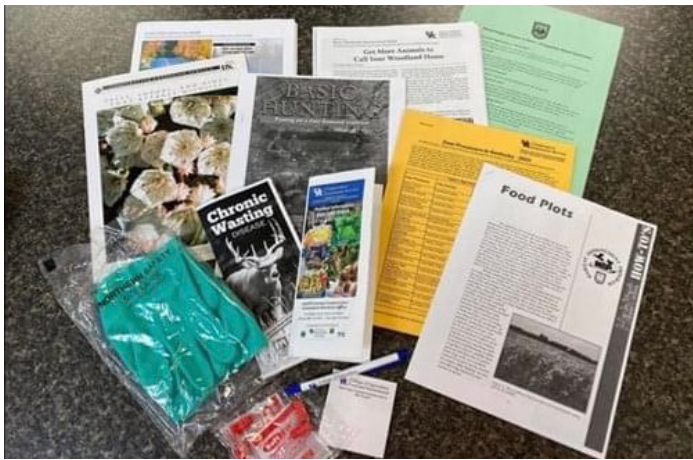
120

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

136

Number of people who applied Extension recommendations for soil fertility.

Family and Consumer Sciences



Materials that were included in the Cook Wild Grab N Go.

80

Number of Cook Wild recipe cards distributed

140

Number of individuals who reported they utilized delivery systems/access points (e.g. farmers markets, CSAs, WIC, food pantries) that offer healthy foods

Nutrition Education

The Estill County Supplemental Nutrition Assistance Program Education (SNAP-Ed) Assistant reached out to the Estill County Housing Authority to inquire about using their meeting room to hold a healthy choices program for the families that live in low-income housing. The program was four weeks, focusing on healthy eating and saving money on the food budget using the required lessons in the Healthy Choices for Everybody curriculum.

A total of four senior citizen adults enrolled in the program, three of them attended every class and finished the program. One participant expressed that they appreciated visual aids, especially the sugar visual aids because she was a diabetic and had trouble figuring out the sugar content of certain foods. Estill County Housing Authority was pleased with the success and invited the SNAP-Ed Assistant to do another program in the fall.

Estill County contains 4,816 acres of the Daniel Boone National Forest and 116,480 acres of woodland habitat. Hunting wild game and consuming game meat is very popular. The University of Kentucky Cooperative Extension ANR agent and SNAP program assistant collaborated to provide 20 grab bags of information and reinforcement items related to wildlife management and consuming/preparing game meat.

Items included in the grab bag were Cook Wild Kentucky recipe cards, nitrile gloves, foam ear plugs, meat thermometer, knife sharpener, 2021 Food & Nutrition Calendar, cutting board, Extension ink pen and notepad, Cook Well magnet, pot holder, Basic Hunting booklet, 2020 KY Deer Processor listing, wildlife food plots, Chronic Wasting Disease bulletin, Blue Tongue Disease bulletin, publication Trees, shrubs, and vines that attract wildlife, publication Get more animals to call your woodland home, and bulletin on Avoiding deer collisions.

EAT BETTER FOR LESS

BRING A FRIEND
AND JOIN US FOR:

HANDS-ON ACTIVITY

+

COOKING DEMOS

+

TIPS AND TOOLS

=

FUN!

PROGRAM PERKS:

- Get new recipes to use at home
- Money-saving tips at the grocery
- Prepare great tasting foods your family will love
- Kitchen tools to help you prepare food at home



Flyers were made and distributed to each family that lived in the housing authority, 200 flyers

50

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

20

Number of individuals who reported improved knowledge, opinions, skills, or aspirations regarding the safe storage, handling,

NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



Website: extension.ca.uky.edu



Facebook: @UKCooperativeExtension



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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

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