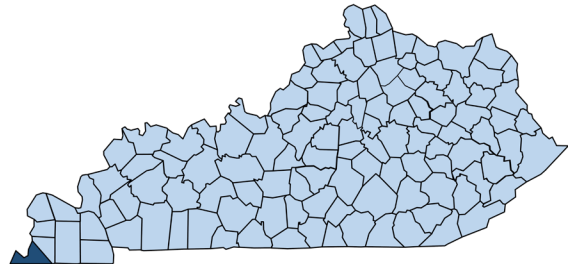


REPORT TO THE PEOPLE



Fulton County 2021



DID YOU KNOW... Fulton County Cooperative Extension provided 65 virtual classes for at home learning this past year



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



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Family and Consumer Sciences



Gardening to Go starter kit

51

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

49

Number of program participants that improved their understanding of substance use by attending Addiction 101

4-H Youth Development

The 4-H Babysitting for Fun and Profit Curriculum is designed for youth interested in learning the responsibilities of babysitting. Six students attended the 4-H Babysitting Clinic and received over eight hours of training. The Four Rivers Academy Health Science teacher and students taught the participants how to administer first aid if a child was choking or stopped breathing. Each student learned how to feed, diaper, clothe and hold a newborn.

Another activity taught students how to decide which toy was appropriate for what age child. They also learned to get important information from parents in case of an emergency. Results from the pre/post test showed that students had gained knowledge. When asked what they learned, 88% said they would feel comfortable administering first aid in the event of an accident. 98% of students said they learned that each child is different and they can't eat the same foods or play with the same toys.

Due to Covid-19, Extension agents had to be creative in designing programs. One of the more positive outcomes of the pandemic has been a revival of home gardening and importance of family togetherness. The Fulton County Extension Agents for Agriculture and Natural Resources, Family and Consumer Science, 4-H Youth Development partnered to distribute forty beginner gardening kits into the community. Kits included vegetables plants, seeds, recipes, canning and gardening publications, nutrition information and more.

Kits were marketed using social media, Extension programs and word of mouth. Posts were viewed over 1600 times and shared 17 times from other community partners. This also presented an opportunity for people to learn more about Extension programs, the educational opportunities, and the various publications we offer. We had some families pick up bags who had not been involved in Extension before and many first time gardeners.



Newly Trained Babysitters in Action

184

Number of youth who indicated they like to learn new things

141

Number of youth who applied the skills they learned in 4-H to home, school, or community.

Agriculture and Natural Resources



Members of the WAVE Ag Committee

75

Number of people who incorporated technology to effectively manage farm operations

25

Number of producers who applied Extension information for grain production related to fertility management, varieties, control of insect, disease or pest and/or sustainable practices

The Four-River West Kentucky Alliance for a Vibrant Economy group wanted to lend a hand to struggling families. To replace the cancelled (due to Covid 19) annual WAVE Ag Day, Project Full Plate was started. They asked agribusinesses and other local businesses to participate and help connect producers with consumers. Local businesses contributed over \$6,000 to the program. This enabled the group to go directly to local producers and farmers markets, buy produce that they were struggling to sell and distribute the product straight to local food banks and senior citizens centers.

In Fulton County, Project Full Plate assisted the Fulton County Senior Citizens Center, Fulton County and Fulton Independent School Systems Backpack Program, Ken-Tenn Food Pantry, and Fulton County ARK. There has been tremendous positive feedback from the program and they are already planning for next years event.

NUTRITION EDUCATION

Prior to the COVID-19 pandemic according to 2019 data from the Feeding America website, one in seven Kentuckians were food insecure and those aged 50-59 had the highest rate of food insecurity in the nation. During the pandemic, demand on food banks significantly increased as families faced layoffs and cutbacks at work. In response, during the 2020-2021 program year, 78% of SNAP-Ed and EFNEP Nutrition Education Program (NEP) Assistants reported partnering with local food banks to share recipes, newsletters and other materials and resources in food boxes. One SNAP-Ed Assistant reported delivering 100 Emergency Food Assistance cookbooks, 1,250 healthy and easy recipes, 300 Seasoned newsletters and 200 Healthy at Home newsletters to a local food pantry. A recipient said, "I was so happy to see recipes in my food box. Sometimes it's hard to think of ways to use some things you receive. These recipes will help me prepare healthier meals when feeding my family. Thank you." By partnering with food banks, NEP was able to reach hundreds of families throughout Kentucky.



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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