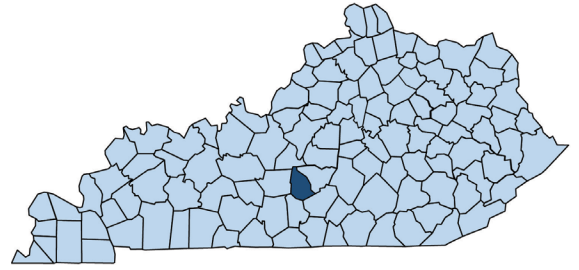


REPORT TO THE PEOPLE



Green County 2021



DID YOU KNOW...

433 Green County youth learned about production of food, fiber and wood in 2021



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



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4-H Youth Development



4-H Garden Club members preserved their homegrown produce for enjoyment in the off seasons.

156

The number of youth and adults who engaged in volunteer service in their communities through the 4-H program

433

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

Family and Consumer Sciences

Bingocize is an evidence-based ten week program that combines a bingo-like game with exercise and/or health education. The goal of Bingocize is to improve and/or maintain mobility and independence, learn and use health information, focus on fall reductions and other health-related behavior, and engage older adults in social settings. Bingocize has many important benefits and reasons to participate.

Recently, the Bingocize Falls Prevention Program was offered in Green County. A total of thirteen participants signed up to complete the program. At the end of the program, participants reported that they felt more confident in their abilities to reduce falls, gained skills to help protect themselves in the event of falling, and felt that they had become steadier on their feet. All participants reported that they would recommend the program to others and would participate again in the future.

With the pandemic having people at home more than ever, there was a great interest in learning gardening skills by our families. Green County 4-H applied for a Kentucky 4-H Foundation grant to establish a garden club for our youth. The \$620 grant purchased seeds, transplants and supplies used in monthly meetings. Twenty-five families signed up to participate. The first educational meeting explained the different types of gardens. 72% of the families chose to grow their vegetables in a raised bed or container garden. The remaining chose the traditional garden plot.

A main educational focus was encouraging the youth to try new vegetables. Another element of the Garden Club was integration with our community's Farmers Market. Three youth have sold their produce regularly at the Farmers Market. The grant paid for each member's set-up fee. The families have enjoyed the Garden Club as it is an activity the entire family can be involved in.



Bingocize participants enjoying the game.

75

Number of participants reporting behavior changes related to healthy, independent or quality aging

234

Number of individuals who made lifestyle changes (diet, exercise, managing stressors, etc.) for the purpose of improving their health

Agriculture and Natural Resources



Forage Field Day participants stand by while a hay wrapper is being demonstrated.

67

Number of people who applied marketing techniques for meat animals

67

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

In Green County, the cooperation of the Extension Service, local agencies and groups make lasting impacts in the community. No better example can be found than the twenty-plus year relationship between the Green County Cooperative Extension Service and the Green County Cattlemen's Association. Since 2000, both organizations have worked conjointly to improve the Green County beef industry.

Through educational meetings, marketing of cattle, administering cost-share programs, and educational tours, the teamwork displayed has helped producers gain valuable knowledge about cattle production, be more profitable, and reinvest in their farming operations. The Green County Cooperative Extension Service and the Green County Cattlemen's Association will continue to cooperate and provide valuable services to Green County farmers and its community.

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.



Website: extension.ca.uky.edu



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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



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