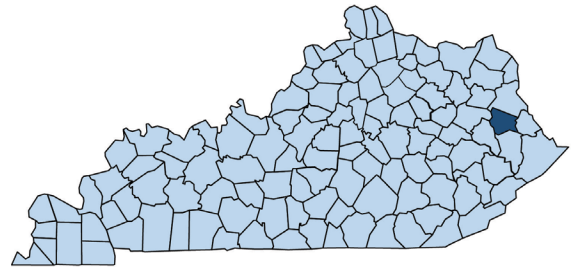


REPORT TO THE PEOPLE



Johnson County 2021



DID YOU KNOW...

In 2021, local farmers market vendors grossed \$18,969 in sales.



Website: johnson.ca.uky.edu



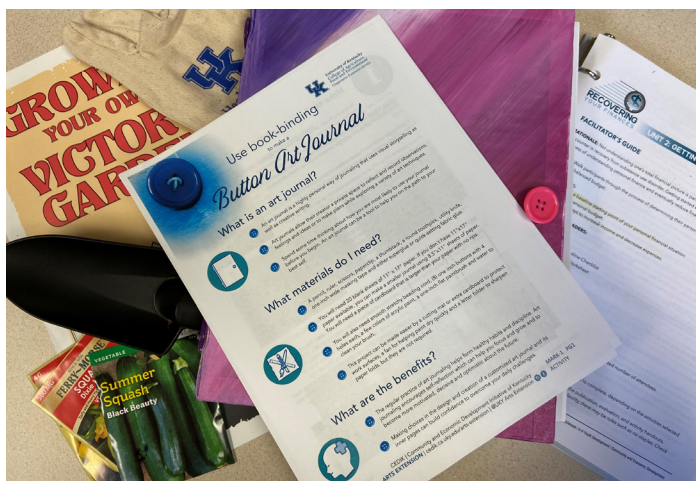
Facebook: Johnson County Cooperative Extension Service

For More Information, Please Contact us at:

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826 FM Stafford Ave., PAINTSVILLE, KY 41240

Family and Consumer Sciences



Hope Comes With Knowledge.

60 Number of individuals reporting increased levels of understanding in the area of communication: how to utilize listening cues (nonverbal, quavisverbal, and verbal) in conversation (listening and inquiry)

1610 Number of hours KEHA members volunteered for Extension activities and events 2004.1 Kentucky Extension Homemakers Association

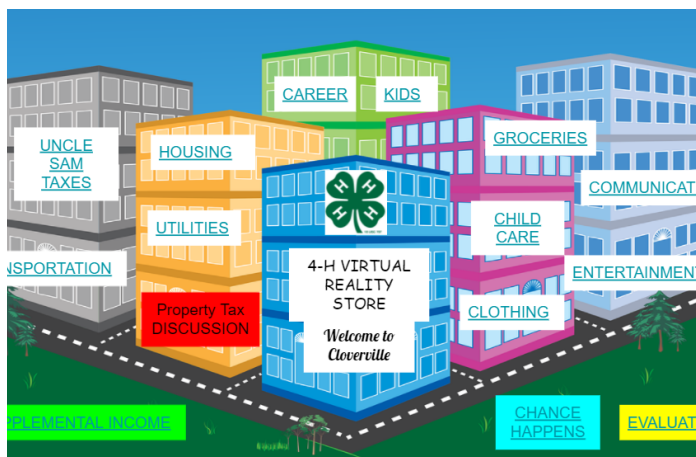
4-H Youth Development

The 4-H Youth Development program switched programming formats to deliver in-person programming virtually when needed during the COVID-19 pandemic. One standout program was the Virtual 4-H Reality Store. In order to follow guidelines and safety measures, the 4-H Agent in Fleming County adapted the in-person program to a virtual format and shared the foundation of that with other counties to utilize. As a result, Johnson County Extension Agent, Dianna Reed, customized this program for Johnson County.

Teachers, the Guidance Counselor, and Youth Service Center Director at Johnson County Middle School, along with the County Agent, worked together to deliver this career and financial planning program to 132 youth.

FCS has addressed substance use disorders through numerous programs, including Recovering Your Finances. This is an eight-part series addressing credit, budgets, priorities, banking, savings, earnings, and wages. Twenty-seven individuals participated in this series, also receiving gardening supplies and other materials. JCFCS helped pilot the Mental Arts Recovery in Ky program with 20 participants. Extension Homemakers filled 30 backpacks with supplies for the homeless and began community awareness about the syringe exchange program.

The FCS Agent created the Life Skills 101 Series of newsletter to be distributed to those who have been incarcerated or in a situation where learning basic skills can be helpful. Additional programs, nonspecific to this topic but helpful, were programs in foods, health, leadership, environment, cultural arts, management, the Positive Employability series and community programs. Check out the FCS Facebook page for more details.



Virtual Reality Store interactive program with 132 JCMS students.

132 Number of youth who participated in college and career education programs

132 Number of youth who practiced financial decision-making skills as a result of what they learned in 4-H

Agriculture and Natural Resources



One Grow Appalachia family produced sunflowers, green beans, and other vegetables with Extension's advice and support.

18

People who gained knowledge in honey production, marketing and proper maintenance

32

People used Extension information to make decisions on site selection, varieties, and /or maintenance of horticultural crops

Nutrition Education

The Johnson County Senior SNAP-Ed Assistant collaborated with the Johnson County Health Department and Farmers Market, to create a new video series titled, Food for Thought. We shopped the market weekly throughout the summer and made healthy food recipe demos. The six videos received over 116K views. Because of the popularity of the videos the Senior SNAP-Ed assistant created a condensed program that would be taught in a three-week span, covering all of the Healthy Choices required topics.

Each class covered two or more lessons with a food demo and in-person trainers who demonstrated Gentle Yoga, Drums Alive, and a popular Line Dance. All 14 enrollees participated in the activities and showed healthy lifestyle changes. As a result of this partnership, we also received approval to apply for WIC vouchers through the Health Department for the 2022 Farmers Market.

In light of the supply chain disruptions caused by the COVID-19 outbreak of 2020, food security was a major issue. Many families began seeking ways to produce their own fruits and vegetables at home. With a grant of over \$13,000 from Berea College, we conducted the Grow Appalachia program with 36 families.

The curriculum included monthly lessons on topics like planning and maintaining the garden, along with incentives that included organic insecticide, garden tools, and trellis material. The ANR program assistant conducted site visits to track the progress of participants' gardens and provide advice.



Fun Nutrition Lessons in our Food for Thought Series.

13103

Number of people reached with Food and Nutrition Video series

76

Number of youth who reported positive changes in food safety and diet quality

NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



Website: extension.ca.uky.edu



Facebook: @UKCooperativeExtension



Twitter: @UKExtension



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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