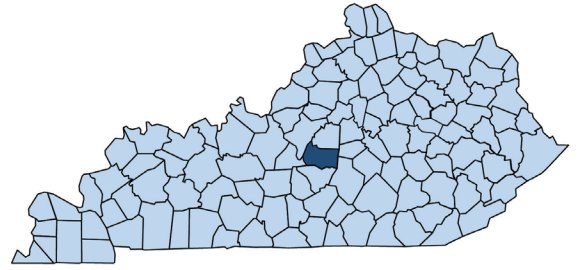


# REPORT TO THE PEOPLE



## Marion County 2021



**DID YOU KNOW...** Over 200 students participated in the virtual 4-H speech contest this year, with one winning state.



**Website:** [marion.ca.uky.edu](http://marion.ca.uky.edu)



**Facebook:** <https://www.facebook.com/MarionCounty4H>

**For More Information, Please Contact us at:**

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416 Fairgrounds Road, Lebanon, KY 40033**

## Nutrition Education



Marion County Extension Partners with the Family Resource Center to help teach how to “Eating Healthy & Get Moving”.

75

Number of youth who participated in education related to family and consumer sciences

50

Number of recipe cards distributed

## 4-H Youth Development

In response to COVID-19, the office developed 4-H To Go Kits and informational packets that helped to keep youth and clients informed and involved with 4-H and Extension programs during the pandemic. Over 2100 informational packets were distributed through Central Kentucky Community Action in their monthly food distribution including recipe cards, youth Chop Chop Newsletters, and Staying Healthy Newsletters.

Approximately 200 4-H To Go Kits were distributed to students who were learning remotely with NTI Days to provide engaging, hands-on activities where youth learned by doing! Kits included no-sew fleece pillows, bird feeders, salt crystal hearts, bouncing bubbles, foaming frosty snowmen, 4-H Binary code ornaments, and string art ornaments. Parents who picked up the bags were asked to complete a registration form so that they could receive future 4-H information.

Juanita Herron, EFNEP Assistant, teamed up with the Family Resource Coordinator for a summer day camp called Eating Healthy & Get Moving. The Nutrition Assistant provided resources about My Plate so that the students can be educated on the different food groups and how much of each food they needed to eat each day. Sandwich boards and music were provided so that the students could learn about the food groups and Get Moving at the same time without realizing they were actually learning or exercising.

Grab bags were also supplied to the students that contained water bottles to use to stay hydrated while they were moving even after the day camp ended. This partnership allowed the students within the community access to ways to eat healthily and get moving. The knowledge that the students gained during the day camp will spread throughout the community because each student will share that knowledge with their family and friends.



Students enjoy making bird feeders provided by 4-H To Go Kits.

75

Number of youth who participated in education related to family and consumer sciences

50

Number of youth who participated in project, activity, or event for science, engineering, and technology projects (PRACTICE)

## Agriculture and Natural Resources



A beautiful display of products at the Lebanon KY Farmer's Market.

300

Number of individuals more likely to buy a Kentucky fruit or vegetable as a result of receiving a Plate It Up! Kentucky Proud recipe card or sampling a recipe

450

Number of clients who advocated for agriculture and/or environmental issues locally

## 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.

During the 2020 market season the Lebanon, KY Farmers Market saw growth in product diversity, the number of vendors, and clientele. Several new vendors joined the market this season, some setting up weekly, others setting up on occasion, in addition to many returning vendors. The diversity of products also increased at the Market this year. New and returning vendors added new products that have never been offered before at the market. Hemp, candles, arts and crafts, and larger production of vegetables all helped in the markets growing success.

Many locals turned to the market to find products that weren't available at the store, due to Covid shortages. Once clientele visited the market for the first time, many became returning customers. Vendors also made arrangements to accommodate customers who were concerned over the Covid-19 situation and customers seemed pleased with the selection and prices being offered at the local market.



# 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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