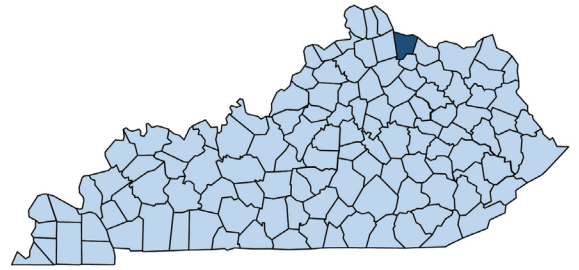


REPORT TO THE PEOPLE



Bracken County 2021



DID YOU KNOW... More than 75 Bracken County families participated in the summer gardening series



Website: <https://bracken.ca.uky.edu/>



Facebook: <https://www.facebook.com/BrackenCountyExtensionService>

For More Information, Please Contact us at:

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4-H Youth Development



Local daycare enjoys gardening project.

30

Number of youth who indicated they increased their daily number of servings of fruits and vegetables eaten as a result of 4-H programs

85

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

When the pandemic hit and people were stuck at home with some restaurants closed or on limited schedules, people began cooking more and more at home. The Air Fryer made a resurgence with the need for people to want that fried food taste at home, but without the fat and calories. With the pandemic some clientele still preferred the virtual class, so both options were offered. This was a class I had taught years before many times. It has remained a popular requested class.

I partnered with Tara McCarty Mason County FCS program assistant, as we are both avid users of the Air Fryer. By offering cooking classes it allows the participants an opportunity to learn new methods of cooking. The Air Fryer is a healthy alternative to traditional frying, by reducing the fat and calorie content.

The impacts of community gardens extend far beyond that of providing fresh vegetables to those involved. A sense of belonging, teamwork skills, stress reduction, and increased physical activity are all benefits of community garden programs. The community gardens the Bracken County Cooperative Extension Service installed were located at the Brooksville Childcare, Brooksville Senior Living Apartments, Brooksville Senior Center, Bracken County Courthouse, and the Bracken County Extension Office.

At Brooksville Childcare, teachers in the various classes are using the garden to educate children on the importance of healthy eating. According to one teacher the children rush to the garden as soon as they get outside and are amazed to see it grow! The Brooksville Senior Living apartment garden is allowing residents to have access to fresh produce they would not be able to get because of limited transportation means.



Air Fryer Class Participants

100

Number of hours KEHA members volunteered in COMMUNITY activities and events

242

Number of recipe cards distributed

Agriculture and Natural Resources



Hay Contest Winners



Knowing the nutritional content of your hay is key to the profitability of any livestock operation. The Bracken County Extension Service has always encouraged producers to test their hay and offered to option of two labs to meet their testing needs. In 2019, Bracken County received an invitation to join the East KY Hay Contest and we did have 2 producers participate.

In 2020, nine producers from Bracken County took advantage of the free program and 38 samples were collected. Even though the program is listed as a contest, the main focus of the program is education and service. Bracken producers had the highest average out of the 15 counties in the program. This is the result of dedicated farmers, following recommendations to produce high quality forage for their livestock and for the hay market.

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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