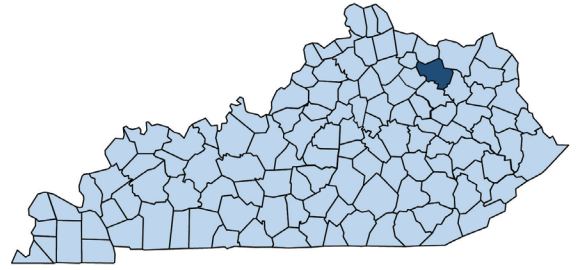


REPORT TO THE PEOPLE



Fleming County 2021



DID YOU KNOW... Fleming County 4-H had 73 Campers/Adult Counselors attend 4-H Camp at 4-H North Central in 2021.



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



Facebook: @FlemingCounty4H

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4-H Youth Development



Fleming Co. Extension Agent for 4-H Youth Development instructs a session of Virtual Reality Store at Ewing Elementary.

41

Number of youth who completed a speech or demonstration.

200

Number of youth who used the skills and knowledge learned in 4-H to conserve natural resources.

Agriculture and Natural Resources

The District 1 ANR Agents hosted a seven series virtual program “Master Haymaker” in winter of 2021. This program came to fruition due to COVID-19 restrictions and the need to continue programming that would enhance the lives of agriculture producers in Eastern Kentucky. The seven sessions covered topics such as: weed control in forages, producing quality hay, warm and cool season forages, soil fertility, marketing hay, machinery options for hay production, and the production of baleage.

The option was given for folks to either attend sessions via ZOOM or watch recordings via DVDs. 95% of the 124 registrants opted to join via ZOOM. Approximately 70% of the registrants for ZOOM, attended all seven sessions. Sixty-six registrants provided feedback on their current management of forages. Approximately 50% of the registrants that provided feedback have 50 acres or less for hay production and 17% of folks have greater than 150 acres.

The Fleming County 4-H Program in collaboration with the Family Resource Center and Youth Service Center Directors annually host the Welcome to Reality Store for the entire 5th and 7th grades in the community. Due to the Covid-19 pandemic the 2019-2020 nearly 100 fifth graders did not have the opportunity to participate in the designated activity based on the time of year the event is hosted. In an effort to offer what is traditionally a large community involved event on a smaller, more virtual scale, the Virtual Reality platform was created.

In this Virtual Reality Store realm, the students complete quizzes to secure their career with their monthly and annual salary information and receive their family dynamic information. Each student utilized their school issued Chromebook to work through the monthly expense spreadsheet at their own pace. NTI and our local FC Performance Academy students accessed this virtual learning.



April Wilhoit, Extension Agent for Agriculture and Natural Resources, demonstrates the hay sampling procedure to get a critical representative sample of each hay lot.

101

Number of people who implemented one or more best practices for improving soil quality/soil health.

277

Number of people who gained knowledge in consumer and home horticulture.

Family and Consumer Sciences



Priscilla Crump, Fleming County Extension Homemaker, measures and cuts out isolation

125

Number of individuals who report preparing more healthy home cooked meals

125

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

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.

The COVID-19 Virus closed many businesses and placed a strain on health care providers worldwide creating a high demand for personal protection equipment for health care workers which included isolation gowns plus cloth face coverings. These items were being requested by health facilities and the general public. Thus, the much needed basic life skills were put into action by Extension Homemakers.

Primary Plus requested homemakers in the region to sew isolation gowns from material provided by them. The Fleming County Homemakers and general public were contacted to help make these gowns. Two Fleming County Homemakers took on the task of cutting out the fabric and making kits for Master Clothing volunteers in District 1 to use. They spent several hours cutting out 95 kits that involved 14 bolts of fabric. Four Extension Homemaker members from Fleming County made a total of 25 gowns.



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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