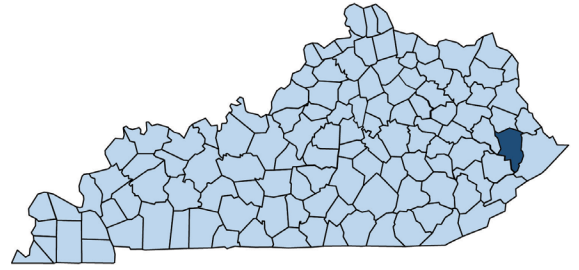


# REPORT TO THE PEOPLE



## Floyd County 2021



**DID YOU KNOW...** Floyd County contains 394,000 acres with elevations ranging up to more than 2,000 feet.



**Website:** <http://floyd.ca.uky.edu>



**Facebook:** @FloydExt

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**For More Information, Please Contact us at:**  
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3490 KY Route 321, Prestonsburg, KY 41653

## Agriculture and Natural Resources



One of the pollinator beds developed by the Extension Master Gardeners.

3715

Participants engaged in home and consumer horticulture programming during the year.

441

Producers implemented sustainable practices as a result of participating in Extension programs.

## 4-H Youth Development

For the past 12 years youth in grades HS- 3rd grade had the opportunity to participate and learn about the chick incubation process. Mrs. Conn's 3rd grade Cloverbud club at PES was our first class to do our 4-H Incubation project. 25 youth observed and collected data on their eggs. Since then, we have had 86 classes and 1720 youth participate. Floyd Co. 4-H supplied the class with an incubator, brooder box, lamp, chick feed, and book to complete the project that was leader led.

Students were able to take chicks home once they hatched or chicks were given to county residents who were interested in raising chickens. One boy was so excited about his chick that his father contacted the Office to get more info on how to make his own brooder box and where to get an incubator to hatch eggs at home. Another young man started to raise chickens and sale the eggs to make money.

The Extension Master Gardeners continue outstanding programs and community service. Ten master gardeners have completed 202 volunteer hours and reached 812 individuals. Community service projects have included gardening at nursing home facilities, senior housing sites, low-income housing centers, and homeless shelter. They are manning an educational booth at the farmers market, providing nutritional and educational resources, and developed plant and tree identification tools to educate groups at local parks. They are continuing the installation of Monarch Waystations to benefit pollinators. They have collaborated with the city of Prestonsburg on installing pollinator beds on walking and biking trails.

Their efforts are recognized by the community and its leaders. The mayor of Prestonsburg honored them at the Annual Arbor Day Program. He commented that they are true leaders in the community, and we could use more like them.



Chick Incubation

200

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

150

The number of youth participated in college and career educational programs

## Family and Consumer Sciences



Matthew and Andrea Slone demonstrate proper cooking techniques.

1302

Number of individuals who reported eating 4-6 servings of fruits and/or vegetables daily

249

Number of individuals who reported improved knowledge, opinions, skills, or aspirations regarding the safe storage, handling

## Nutrition Education

COVID-19 not only effected regular school in Floyd County, it had a big impact on summer school. Many students needed extra instruction to complete assignments. The alternative was summer school. Teachers wanted the students to learn, and also have fun. They contacted the EFNEP and SNAP-Ed Assistants at the Floyd County Extension Office. Together they made plans to work with the kids once a week for six weeks.

The students were taught how important nutrition and exercise are to adolescents. Focusing on what a young body needs to be healthy. Using the nutrition education survey for K - 8th graders as a guide to determine the final outcome. A pre-test was given at the beginning of the six weeks. This data was to be compared with a post-test given at the ending of the six weeks. When all information was collected it was determined that 95% (40 out of 42) youth improved on 1 or more food selection behaviors.

In January 2021, Family & Consumer Sciences continued the Dinner for Two program, but virtually due to COVID-19. A Facebook group was created where nutrition information, the weekly recipe, weekly recipe polls, and a pre-recorded video was posted. The pre-recorded video included the Family & Consumer Science Agent, Andrea Slone and her husband, Matthew Slone. They demonstrated safe cooking techniques and how to cook as a team. Dinner kits were provided to participants and included the recipe, nutrition information, and all major ingredients. The program continued into May 2021 and reached 100 individuals directly through dinner kits and 1,881 indirectly. Participants stayed engaged despite it being virtual. They posted in the group pictures of the recipe and comments such as, "The meals have all been tasty, the ability to make dinner at any time was awesome! My twelve-year-old considers himself a chef now. Thank you for the experience!"



Youth Attended Nutrition Education Summer School Program.

42

Participants showed improvement in one or more food selection behaviors

42

Participants showed improvement in one or more physical activity behaviors

# NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



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



**Facebook:** @UKCooperativeExtension



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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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