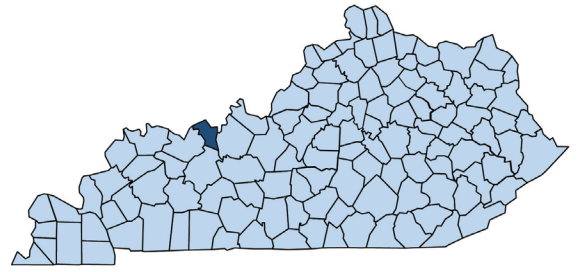# REPORT TO THE PEOPLE

Hancock County 2021

DID YOU KNOW... Hancock County has 321 active farms covering 47,726 acres, as well as a large paper and aluminum industry.

Website: http://hancock.ca.uky.edu/

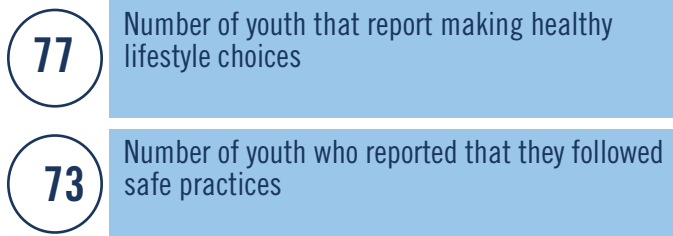**Facebook:** Hancock County Cooperative Extension Service

For More Information, Please Contact us at:
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1605 Us Hwy 60 West, Hawesville, KY 42348

4-H Youth Development

Kaxton Knight plants a tomato in the raised bed garden at the Middle School. The raised beds

| 77 | Number of youth that report making healthy lifestyle choices |
| 73 | Number of youth who reported that they followed safe practices |

The 2015-2020 Dietary Guidelines for Americans recommended educators teach cooking skills, meal planning and label reading. Teaching teens to make informed food and lifestyle choices, helps them to apply these skills at home, which can lead to positive eating patterns and better health. Hancock County 4-H partnered with the Youth Service Center and offered Virtual Teen Cuisine 4-H Club. Each week, members were sent home with the recipes and grocery/kitchen items. Lessons included different kitchen safety, cooking techniques, and nutrition lessons. The members worked simultaneously in their own kitchens.

A written evaluation revealed: *100% learned to measure properly *90% learned to properly hold a knife for slicing *100% learned why and how to wash/sanitize hands The club members planted a salsa garden at HCMS. They were taught basic gardening and will work for the summer to maintain and harvest the garden.

Nutrition Education

Germs are everywhere, is the statement the Expanded Food Nutrition Program Assistant (EFNEP) from the Hancock County Cooperative Extension office used serval times while working with kindergarten-second graders. Several of the students thought they only needed to wash their hands after being inside a restroom.

During the program with the students, EFNEP talked about all the times during the day a person should be washing their hands. We discussed how each time you wash your hands it should be for twenty seconds. By the end of the program 88% more of the students knew, you must always wash your hands before preparing food to stop the spread of germs.

Tate Anderson demonstrates the proper way to wash his hands before handling food!

| 47 | LEAP-Number of Participants |
| 48 | Number of participants reporting intention to eat more fruits |

Agriculture and Natural Resources

Dr. Scott Blair performed Breeding Soundness Exams on bulls. Several producers from different counties participated.

45 — Number of producers who improve genetics by Implementing a crossbreeding program and utilizing Expected Progeny Difference to meet breeding objectives

21 — Number of producers who Develop and implement a herd health protocol and improve animal health practices

Each year cattleman incur significant losses in the cow/calf enterprise due to reproductive failures. The most common reason for this failure is bulls being unviable. Producers should have Breeding Soundness Exams (BSE) completed on each bull twice per year. In an effort to increase Farm Income, The Hancock County Cooperative Extension Service partnered with the local veterinarians to host a program where producers could bring their bulls to a facility and get a BSE completed for a lower cost.

The local cattlemans association promoted the program to its members. Each bull tested to be viable can sire up to 60 calves per year for an annual income of $44,280.00. If a bull were to not be viable, the same value would be a net loss. Producers that participated agree this is a worthwhile investment and asked for the program to yet again be held prior to subsequent breeding seasons.

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.

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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