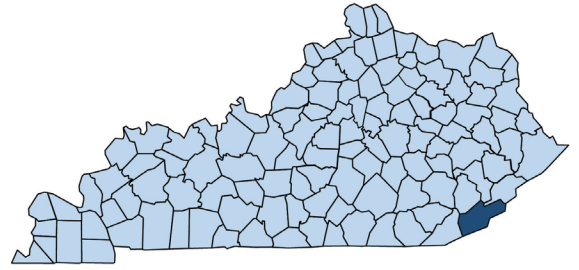


REPORT TO THE PEOPLE



Harlan County 2021



DID YOU KNOW... Harlan County Extension has been providing educational programming for more than 100 years.



Website: harlan.ca.uky.edu



Facebook: @HarlanCountyCES

For More Information, Please Contact us at:

Harlan County Extension Office • 606-573-4464 • harlan.ext@uky.edu

519 South Main Street, Harlan, KY 40831

Agriculture and Natural Resources



Mountain Scenery

150

Number of people who gained knowledge in consumer and home horticulture including: native plants, disease and pests, composting, site analysis and proper maintenance.

16

Number of people gaining knowledge on establishing and maintaining pollinator habitats.

4-H Youth Development

The 24th annual 4-H Environmental Camp was held September 1, 2 and 7 at Martins Fork Lake. The camp consisted of five thirty-minute classes each day led by professionals from various state agencies at an outdoor environment. Fourth grade students from Rosspoint, J.A. Cawood, Wallins, Cumberland, Green Hill, Harlan, Black Mtn. and Cawood schools attended. Fifth grade students from Rosspoint and Green Hill schools attended. Presenters this year were forest rangers from the Division of Forestry, Kyle Clark and Homer Pigman from Division of Fish and Wildlife, Rob Miller from Division of Water Quality, Tim Pennington from Environmental Protection and Extension Agriculture Agents from Whitley County, Stacy White and Clay County, Will Bowling. Over 400 students attended the 3- day event. One teacher said, "Our students appreciate the natural beauty and resources of our area as a result of spending the day outdoors."

As gatherings became restricted, delivery of educational programming required adaptation from both educators and clientele. The method of delivery was changed in March 2020. Agents in Kentucky and Virginia organized a series of educational offerings via Zoom that continues into 2021. At this time, more than 150 Mountain Zooms have been offered. Sessions are led by personnel from, University of Kentucky Extension and Virginia Cooperative Extension, including volunteers and representatives of other agencies.

Attendees, reported adopting the use of cover crops, protection of pollinator species, the use of drip irrigation, a more mindful use of pesticides and the incorporation of safer food preservation practices. As a result, many opportunities for families to learn together, during an unsettling time, were created. Spouses, grandparents, parents and children quite often participated in the series together.



Learning at Environmental Camp

300

Number of youth who know how to follow a recipe to make something to eat

308

Number of youth who indicated they pay attention to how active they are each day

Family and Consumer Sciences



Healthy Living Information

22

Number of individuals who reported preparing more healthy home-cooked meals

50

Number of participants who reported an increase in their fruit and/or vegetable consumption as a result of participating in a Plate It Up! Kentucky Proud Program

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.

Through the pandemic, the Extension office found ways that we could offer programming and valuable information to our communities, even if it were not in person. With the Grab-N-Go program, the Extension office was able to provide programs that participants could stop by the office and grab a bag to take with them. One of the programs focused health and wellbeing. Week one focused on being physically active, in which participants were given water bottles, leg bands, frisbees, and publications on proper hydration and exercise.

The second week focused on body balance and eating healthy. Participants received lunch bags and recipes along with information on eating and balancing. The third week focused on stress management. The kits included a wooden pattern to paint and information on stress management. During this program, 200 Grab-N-Go bags were given out to the community to make an impact on the health of our citizens.



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



University of Kentucky Cooperative Extension

S-107 Ag Science Center North
Lexington, Kentucky 40546-0091
(859) 257-4302

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.