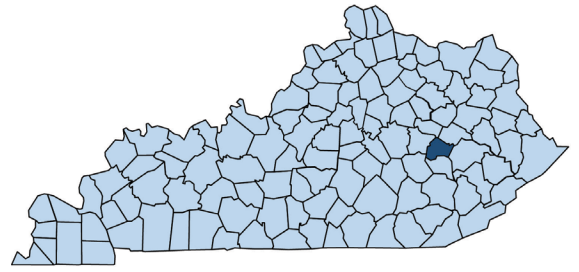


# REPORT TO THE PEOPLE



## Lee County 2021



**DID YOU KNOW...** the Lee County Extension Service Grab-N-Go Bags were so popular they gave out 5,777 projects.



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



**Facebook:** <https://www.facebook.com/LeeCoExtension>

**For More Information, Please Contact us at:**

Lee County Extension Office • 606-464-2759 • [DL\\_CES\\_LEE@EMAIL.UKY.EDU](mailto:DL_CES_LEE@EMAIL.UKY.EDU)  
259 Industrial Park Rd, Beattyville, KY 41311

## 4-H Youth Development



The “Thrill the Grill” Grab-N-Go Project included a cutting board, spice blend, an apron and a

204

Number of youth who gained an understanding of the role agriculture in the production of food, fiber and wood products.

130

Number of youth who were educated on health and well-being through 4-H programs.

## Family and Consumer Sciences

Holidays are often an exciting time of the year. However, the holidays in 2020 came with lots of stress: holiday spending, Covid-19 quarantines, mental, and financial stress. To assist individuals in responding to stress resulting from holiday expenses and Covid-19 related issues the Quicksand Area FCS agents hosted a grab and go Holiday Roadshow program. Emphasis was placed on understanding how implementing holiday budgeting and other cost-saving strategies can help individuals to reduce not only financial stress but also mental stress.

Programs included financial saving, spending tips, recipes, and crafts to do as a family. Program evaluations showed 1,180 crafts were made, 303 recipes were tried, 96% indicated they had made at least one positive financial decision, while 91% of participants implemented one money saving strategy. A total of \$4,700 was saved. The annual holiday showcase provide.

During the time of the COVID 19 pandemic, schools went to online learning, offices closed, and businesses shut down. With everyone being quarantined at home, the Lee County Extension Office used this opportunity as a unique approach to programming. With a team effort from the office, each member played an important role in preparing our new programming method, Grab-N-Go bags. The items within the Grab-N-Go bags vary week to week. Each bag has its own theme and the items inside correspond to said theme. There will be a hands-on activity, educational materials, and a recipe.

The grab n go bags have offered an array of topics such as cooking, stress management, gardening, family time, agriculture, art engagement, cleaning and more. These bags have been a great way to keep families cheerful during this somber time. Since the Grab N Go bags started, the Lee County Extension Office has collected new clientele for future programming.



The Holiday Roadshow Evaluations showed that homemakers saved \$4,000 plus dollars by utilizing the money saving tips provided by the Quicksand FCS Agents.

198

Number of individuals (parents, caregivers, grandparent, or relative) reporting improved personal knowledge

990

Number of individuals who implemented at least one strategy to reduce expenses or manage money.

## Agriculture and Natural Resources



The Extension Service with the aid of local volunteers helped organize and distribute over

18

Number of people who recognize methods to reduce risk and improve farm profit.

18

Number of farmers who increased their knowledge on farm business planning and financial management skills.

## 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.

Lee County was hit hard this past spring from record flooding. Many land owners that owned land close to the Kentucky River System experienced record high waters. From the record flood of the spring of 2021 many farmers lost livestock, equipment, forages, excessive damage to hay and pasture fields, fences, and etc. the estimation was around \$500,000.00 for Lee County.

The Lee County Extension Service along with several other volunteers helped with hay, feed, and fencing supplies. We helped organize and distribute over \$75,000.00 worth of supplies to the over 18 farm families that was effected by the record flood. The Lee County Extension Service assisted farmers with renovation recommendation, fencing systems, barns and building repair recommendations, sanitation recommendations, and disposal of debris.



# 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



## University of Kentucky Cooperative Extension

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

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