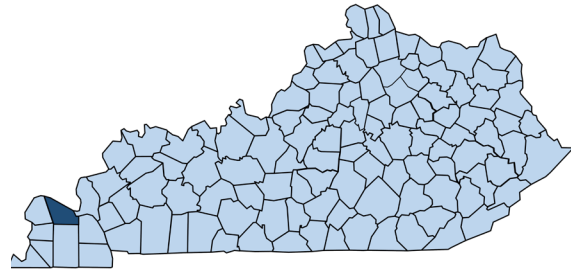


REPORT TO THE PEOPLE



McCracken County 2021



DID YOU KNOW... McCracken County Cooperative Extension Service provided more than 5,000 free “grab & go” bags.



Website: mccracken.ca.uky.edu



Facebook: @TheMcCrackenExtension

For More Information, Please Contact us at:

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4-H Youth Development



4-H Agent Brittany Osborne working with local students

897

Number of youth who applied the skills they learned in 4-H to home, school or community.

1219

Number of youth who demonstrated a skill that was learned or improved by participating in 4-H agriculture programming

Agriculture and Natural Resources

Planting trees provides a multitude of benefits to local ecosystems. These benefits include protecting soil from erosion, protecting water quality, increasing infiltration rates, and providing long term wildlife habitats. In partnership with the McCracken County Soil Conservation District, the McCracken County Cooperative Extension Service hosted a free tree seedling giveaway open to all residents. Three thousand seedlings were distributed at no cost to McCracken County residents. Varieties distributed included persimmon, Shumard oak, cypress, shagbark hickory, pecan, and yellow poplar. Participants were also provided with educational resources related to planting and soil testing. Participants described their appreciation for the program and the services that the Cooperative Extension Service provides to the community. This program resulted in community wide exposure to new and nontraditional Cooperative Extension Service clientele.



Free Seedling Giveaway

72

People who increased profits, reduced expenses, and/or reduced risk related to agricultural enterprises.

106

People who gained knowledge of forage production, management and/or profitability.

Through hands-on, 4-H programming, over 700 students gained awareness of self and others. The 4-H Agent implemented a program allowing youth to discover personality types, communication styles, conflict management, and problem solving. Students reported they understood more about themselves and peers, gaining soft skill knowledge of how to communicate with differing personality types. Grades 3, 4, 6, 7, & 8 received these lessons of overarching communication skills, merged with hands-on supplemental lessons, gave students the chance to apply soft and hard skills that will carry them through life. Additionally, workforce skills such as how to build a resume, apply and interview for jobs were taught. At the end of the year, over 200 8th grade students participated in a mock interview, each student scored a 4 or 5 on a scale of 1-5. Participants and school personnel described extreme appreciation for this 4-H program.

Horticulture



McCracken County Fair 2021

1700 Number of volunteer service hours completed by Extension Master Gardener Volunteers in the county

45 Number of master gardener volunteers who believe they developed skills they can use in other areas of their lives

Need: Horticulture Agent, Assistant, and McCracken County Extension Master Gardeners (MCEMG) faced the challenge of how to conduct the flower show for 2021 McCracken County Fair due to Covid-19. Planning: Solution came via educational-horticulture display, plus showcase of 2020 Virtual Flower Show, also promote 2022 Standard Flower Show, and feature entries created by youth.

Fair Week: At Floral Hall, Agent, Assistant and MCEMG set up a display of Pallet Gardening, from the McCracken County Extension Services Demonstration and Research Garden. Twelve MCEMG set up/maintained the displays at Floral Hall. MCEMG led a class of 24 Youth to create floral designs. The MCEMG donated 120 hours of volunteer time. Due to restrictions of Covid-19 pandemic, about 8,000 Fair participants passed through Floral Hall where horticulture-educational displays were featured.

Family and Consumer Sciences

The McCracken County SNAP-Ed assistant was able to partner with Lifeline Recovery Centers women's campus to promote a healthier lifestyle using the Healthy Choices for Everybody curriculum. The SNAP-Ed assistant held three separate series providing seven sessions each time. Lessons included topics on My Plate, Knowing the Limits of fats, sugars and sodium, Food Safety and Eating Better on a Budget. Upon completion of the Healthy Choices for Everybody series:

- 55% were comparing prices on food more often and were checking cupboards and planning meals before shopping
- 73% were using a meat thermometer, washing hands, and not thawing frozen foods at room temperature
- 75% said they ate more fruit each day
- 83% made small changes to be more active
- 91% made a written spending plan weekly or monthly.

The garden was maintained by residence participants who used the produce in recipes provided by the Nutrition Education Program.



Lifeline Recovery Centers for women maintaining raised garden beds. Where they grew tomatoes and pepper plants.

260 Diet Quality Positive Impact on Family

22 Participants from Lifeline Recovery Center for Women

NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



Website: extension.ca.uky.edu



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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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