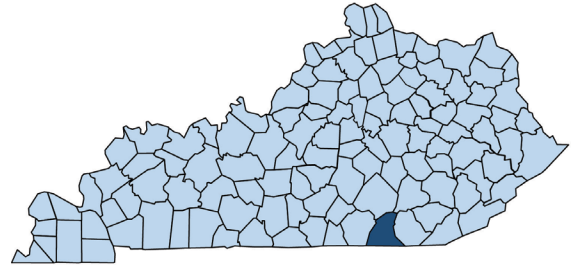


# REPORT TO THE PEOPLE



## McCreary County 2021



**DID YOU KNOW...** McCreary County Extension has given out over 1,300 unique weekly grab & go bags in 2020.



**Website:** <https://mccreary.ca.uky.edu/>



**Facebook:** @McCrearyCoExt



**Instagram:** @mc.extension



**YouTube:** [https://www.youtube.com/channel/UCbJHn1WDP-ZVMVE\\_YITZX0g](https://www.youtube.com/channel/UCbJHn1WDP-ZVMVE_YITZX0g)

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

McCreary County Extension Office • 606-376-2524 • [mccreary.ext@uky.edu](mailto:mccreary.ext@uky.edu)  
141 College Street, Whitley City, KY 42653

## Family and Consumer Sciences



Fairy Gardens Class 2021.

15

Program Indicator text: (2031.1) Number of individuals (parents, caregivers, grandparent, or relative) reporting improved personal knowledge

900

Number of youth who participated in education related to family and consumer sciences (KOSA)

## 4-H Youth Development

Health Rocks! is a 4H curriculum that seeks to reduce tobacco, alcohol, e-cigarette/vaping, and drug use by promoting the development of confidence and communication skills needed by students to make responsible decisions and resist risky behaviors. This program was delivered as part of McCreary County's 4H summer camp in Jabez, KY. Research shows that positive, trustworthy relationships are essential when reinforcing healthy behaviors, including the avoidance of substance use. In 4H, and specifically through this week at 4H camp, students were given the opportunity to develop these healthy, positive relationships. 90% of students indicated in a verbal survey that they had made a new friend during the week. By providing opportunities for students to develop friendships, as well as education on how to be a good friend, the intention is to equip students with the skills and tools to make good decisions and avoid risky behaviors.

The Fairy Garden class was focused on educating adults on the importance of quality time with children and providing the opportunity for parent/child interaction. Parent and child/children were taught the importance of communicating and spending quality time together. Participants were encouraged to use teamwork, communication, and creativity to create unique fairy gardens for each family. Parents indicated they enjoyed spending time together. Youth indicated an enjoyment of working with parent/caregiver. All participants demonstrated the skills taught to create a fairy garden and to communicate and work together as a team. One youth participant went home and made an additional three fairy gardens to give as gifts to grandparents for Mothers Day.



Camp Health Rocks!

200

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

100

Number of youth who indicated they made healthy lifestyle choices as a result of what they learned through 4-H programming (PRACTICE)

## Community Economic Development



Campus Trail Group Hike.

140

Number of volunteer hours devoted to trail development

14

Number of participants involved in community trail projects

In late 2020, a local volunteer approached the McCreary County Extension Office about cleaning up the nature trail located behind the extension office. Her wish was to make this trail usable for members of the public, and to partner with Extension to provide an outdoor learning space for childrens programming. A group of volunteers began the project in early 2021, they put in over 140 hours of labor cleaning up and making repairs along the trail. Funding for the project was donated by our local VFW. We filmed a group hike and informational video on the trail once it was complete. The video reached over 1,000 people, and several came out to hike it that weekend. We later held a 4-H Summer Day Camp, in which the kids used the trail to collect items for nature art, make observations, and explore the creek and different habitats. This trail is a valuable resource that will be used by the community for many years to come.

## Horticulture

McCreary County Extension has partnered with the Scott County, TN Extension Office and Scott Christian Care Center for several years to implement the Grow Appalachia Program through Berea College for both McCreary and Scott County residents. The mission of this program is to provide garden resources and classes, technical assistance to farmers and market gardeners, and facilitate a network of organizations and leaders working to support food security across the region. The classes held this year included Soil Testing and Garden Planning, Organic Gardening, Beneficial Insects, Food Preservation, Healthy Cooking, Extending the Growing Season, Fall Gardening, Successes & Failures, and Edible Landscaping. We were able to provide soil testing, fertilizer, gardening tools, seeds, plants, tilling assistance, and beginning gardening education to 76 program participants. All participants reported learning a new skill associated with this program.



Grow Appalachia Potato Harvest.

1500

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

164

Number of people who used Extension information to make decisions on site selection, varieties, and /or maintenance

# NOTHING IS OUT OF REACH.



Healthy Families. Healthy Homes. Healthy Communities.



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