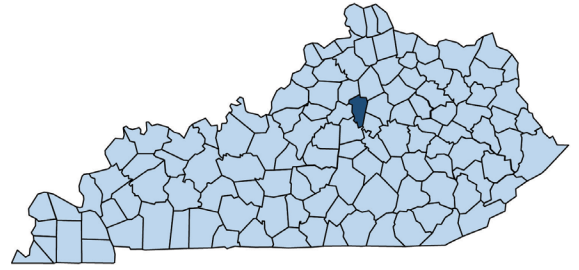


REPORT TO THE PEOPLE



Metcalfe County 2021



DID YOU KNOW...

Metcalfe County had over 50 participants for Forestry Field Day.



Website: <http://metcalfe.ca.uky.edu/>

For More Information, Please Contact us at:
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4-H Youth Development



Go Garden Success

112

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

75

Number of youth who indicate they increased their daily number of servings of fruits and vegetables eaten as a result of 4-H programs.

Family and Consumer Sciences

Metcalfe County FCS Agent created a comprehensive curriculum and evaluation, with the theme of Gardening and Outdoor Activity for Physical and Mental Healthiness. This FCS Agent was the first to travel to all W 7 & 8 Area Counties post COVID, to deliver an approved monthly area Homemaker Leader Training in person, for 64 Homemaker Leaders. These leader volunteers then delivered the lesson to the members of their Homemaker Clubs, in April 2021.

Program evaluation indicated as a result of participating in this leader training the majority of participants: increased awareness of mental health/mental distress issues and tools available to help to prepare to discuss mental health with a healthcare provider, increased ability to implement modified gardening methods and other outdoor activities to improve their physical and mental healthiness and increased their understanding of the benefits of outdoor activities including gardening, walking

The interest in home gardening has grown in the past two years unlike any year since America's patriotic "Victory Gardens" were planted during World War I and World War II. That was the last time in history that food security was under attack until COVID-19 caused the entire world to shut down. The Metcalfe County Extension Service offered a Go Garden for the past two years. The Go Garden stretches across all three program areas, we provide vegetable plants and education on how to care for a family garden.

This practice of cultivating, processing, and providing food for their family has been a great family building time. The youth have reported how rewarding it is to be able to eat food that they have grown. They also reported 96% learned how to care for the plants and prepare a meal.



Gardening and Outdoor Activity for Physical and Mental Healthiness

194

Number of Program participants reporting adopting physical activity practices

112

Number of people who gained knowledge in consumer and home horticulture

Agriculture and Natural Resources



Metcalfe County Farmer's Market

20

Number of farmers and farmer market vendors who gained knowledge on crop diversification

20

Number of growers who diversified crop production

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.

The Metcalfe County Farmers market started using their new facility in August of 2020. The new facility allows for more room and contains amenities that make buying and selling at the market a more enjoyable experience. They operated from April through December.

2020 vendor income exceeded 2019 total income by nearly \$16,000.00. 82.55 % of the Senior Farmers Market Nutrition program vouchers and 32 % of the WIC Farmers Market Nutrition vouchers distributed were redeemed. Metcalfe County Farmers Market provided \$3,464.00 in match on vouchers and SNAP benefits through participation in the Kentucky Double program and \$160.00 in food aid through a locally funded farmers market voucher program in partnership with the local school system. The 2021 market season has been very successful as well, with growth expected again this year.



NOTHING IS OUT OF REACH.



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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



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