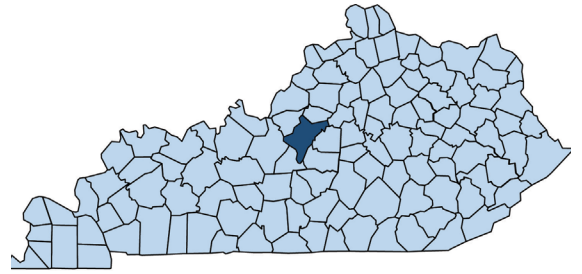


REPORT TO THE PEOPLE



Nelson County 2021



DID YOU KNOW... Nelson County 4-H has had over 20 4-Hers obtain their Gold Award in the 4-H Achievement program.



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



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Agriculture and Natural Resources



Junior Master Cattlemen participants received vaccination coolers to ensure proper temperature control for live vaccines, ensuring safer and more effective livestock vaccinating procedures.

100 Number of people who used Extension Resources in making decisions or employing best practices related to pollinators and/or their habitats.

211 Number of people who gained information on beef nutrition, animal health, genetics, reproductions, and/or facilities and equipment.

Nutrition Education

Cooking with the Community, a 13-part video series, was a collaborative effort with Nelson County Cooperative Extension, 4-H, Nutrition Education Program, Community Education, Backpack Food Program, community leaders & local agencies. The series was distributed via social media and community partners from November 2020-May 2021. The goals were to highlight health tips for youth, introduce a connection between food and agriculture, and connect youth with community leaders and agencies that provide food assistance. Selected recipes correlated with ingredients youth may receive through supplemental food programs and were printed for distribution through youth food distribution programs. The videos had over 2,300 views and were shown in preschool classrooms. Viewers noted they learned a nutritious recipe. Many of the partners were first time collaborators with Extension programming and have become more active in partnering with extension.

Although 90% of Nelson County is farmland, there were only 98 “Farming, Fishing & Forestry” jobs. The Junior Master Cattlemen program was developed to get youth involved in our local agriculture industry. In collaboration between the Nelson County ANR/Horticulture Agent, Robbie Smith, and 4-H Agent, Nicole Howard, this new program was created to give senior Nelson County 4-Hers an opportunity to gain hands on experience in the cattle industry.

Through the monthly program, 4 members received their Beef Quality Care and Assurance Certification. While obtaining BQA certification, members gained knowledge about cattle handling, vaccinating, genetics, and other topics. Members visited local farms and UK for a chute side exhibit and also learned from Nelson County Master Cattlemen. They expressed an interest in being involved in the agriculture industry as well as implementing best practices on their family farms.



Nelson County EMS and other local agencies and community leaders partnered with Nelson County Extension to provide a virtual Cooking with the Community Series.

396 Number of Food Preservation Participants

760 Number of Youth who were educated on health and well-being through 4-H Programs.

4-H Youth Development



Members of the 4-H Helping Hands Project magnified their positive impact on the community by teaching others how to replicate the service projects.

1214 Number of youth who gained an understanding of the role of agriculture in the production of food, fiber and wood products.

179 The number of youth who engaged in volunteer service in their communities through the 4-H program.

Family and Consumer Sciences

The Bread For Life Food Pantry is a “client-choice” food bank with a demonstration kitchen. The Bread For Life Food Pantry Manager noticed that many of their raw meats, vegetables and fruits were being looked over in favor of more “ready-to-eat” products with less nutritional value. When surveyed, clients noted a lack of space, equipment, and know-how for why they chose ready-to eat products. To address this problem, over the course of 4 months, participants in “Lunch @ the Pantry” were presented with ways to make easy meals from the Cook Together Eat Together Curriculum and received tangible resources to make each meal; things like a pots and pans set, pressure cooker, slow cooker, and a glass bakeware set. Through 4 sessions, 12 participants joined for at least 1 session, while 6 participants joined for every Lunch @ the Pantry session. The program provided skills and information, as well as tangible resources to cook at home.

The 4-H Helping Hands Project, developed by the Nelson County 4-H Teen Council, was a weekly virtual club learned about Community needs and how to develop meaningful engagement projects to address those needs. The 20 4-Hers partnered with:

- Community Action to create and donate 60 door draft stoppers and hand knitted scarves to those who receiving heating assistance.
- Local Food Pantries to make up-cycled t-shirt bags and filled them with donated food.
- The Flaget Cancer Center to hand stitch port pillows and donate mask extenders.
- Long Term Care Facilities to hand tie fleece lap blankets and make caring holiday notes.
- Flaget Hospital Emergency Department to create friendship bracelet and care packs with crayons, coloring books and stuffed animals for youth who are hospitalized. Members noted that enjoying the project because it allowed them to help others while practicing social distancing.



Lunch @ the Pantry Participants received cooking equipment to help them prepare nutritious meals at home.

245 Number of youth who participated in education related to family and consumer science.

31 Number of Youth who completed a 4-H Family Consumer Science Project.

Community Economic Development

Community surveys in Nelson County indicated that families wanted more safe activity options in the community. Nelson County traditionally relies on tourism and fall festivals for income and community engagement. Covid-19 greatly impacted our community's ability to engage in traditional festivities. The Nelson County 4-H Bale Trail engaged local farmers and businesses to create fun displays from hay. Community Partners were encouraged to sponsor displays made from hay to create a self-guided driving tour of the county.

Eight displays were sponsored, bringing revenue into the 4-H program, when many other fundraisers had to be cancelled due to Covid Restrictions. Community members enjoyed the trail, shared pictures on social media and tagged friends and family in comments, encouraging them to take a fun family drive to see the displays. Sponsors of the trail noticed an increase in customer engagement.



Local organizations, business and farmers partnered with Nelson County 4-H to provide a community event for families that was safe, even during Covid restrictions.

57

Number of people who have become more effective at facilitation as a result of participating in leadership programs.

72

Number of individuals who are comfortable identifying community problems.

... 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.
- **3,898** Kentucky families who supplemented their diets with foods they grew or preserved.
- **4,161** Kentuckians participating in community trail projects.

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