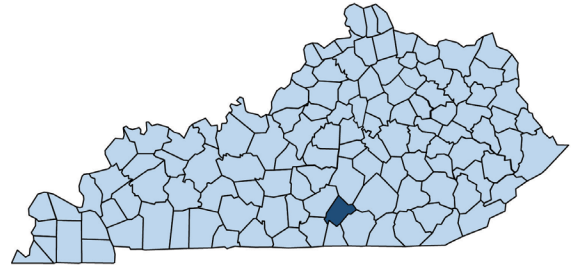


REPORT TO THE PEOPLE



Russell County 2021



DID YOU KNOW... Russell County 4-H Shooting Sports began in the mid-70s with 5 members; it is now the largest club.



Website: <https://russell.ca.uky.edu>

For More Information, Please Contact us at:

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Agriculture and Natural Resources



Russell County Judge-Executive Gary Robertson, ANR Agent Jonathan Oakes, and Emergency Management Director H.M. Bottoms at the Chemical Take Back Day at the Russell County Extension Office.

251

Number of People Impacted by Advisory Councils, community organizations, and other volunteers

115

Number of people who collected soil samples for testing

Family and Consumer Sciences

During the on-going pandemic, the Homemaker Clubs were not able to meet, but that didn't stop them from participating in educational opportunities and community service. Homemaker members participated in the following state FCS programs: Big Blue Goals challenge, estate planning series, and the How of Happiness book club.

Additionally, during the pandemic, the Homemakers made law enforcement appreciation bags, grab and go food bags for EMS personnel, and 28 fidget mats for a local elementary MSD classroom and for dementia residents at the local nursing home. The fidget mats had an approximate value of \$2000.

During this time, the Homemakers also made facial coverings for members of the community, and donated food and needs list items to the local food pantry and children's advocacy center.

For most farmers in Russell County, chemicals are one of the many tools used in agricultural production, from crops, to pastures and livestock. Homeowners and businesses also sometimes use chemicals in gardens, landscapes, and other areas. After receiving many questions about what to do with excess/unneeded chemicals, Russell County Extension, along with Russell County Fiscal Court and Kentucky Department of Agriculture held the first Chemical Take Back Day.

In February 2021, Russell County Extension set up a day for citizens of the county to drop off excess and unneeded chemicals. This allowed residents a place to drop off unneeded chemicals for recycling, instead of being stored on the farm, or residential area. In all, over 200 gallons of liquid chemicals and 150 lbs. of powders were collected and taken for recycling from Russell County, thereby protecting the environment. Collection days will now be held on a regular basis.



Debra Flanagan and Melonie Eubank display fidget mats made by Russell County Extension Homemakers

8

Number of hours KEHA members volunteered for 'Community activities and events

5

Number of KEHA members who utilized knowledge gained through officer training to fulfill a KEHA leadership role at the club, county, area, and/or state level.

4-H Youth Development



156

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

250

Number of hours of service contributed

The Russell County 4-H program offered a hand sewing program over a two month period. Hand sewing is a heritage sewing skill that children have been learning for decades. This skill helps youth develop fine motor skills and improves hand-eye coordination. The youth were provided with resources from University of Kentucky's Family and Consumer Sciences on creative stitchery along with vetted YouTube videos on basic sewing stitches (i.e. running stitch, overcast stitch, back stitch, etc.).

With the first project, the youth created a small tic-tac-toe board. For the next project, the youth used wool felt to make heart hand warmers using rice as the filler. The final two projects were an emoji pillow and llama toy that allowed youth to practice their skills on more intensive projects and use fiber-fill to create three-dimensional items for their home.

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.



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



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