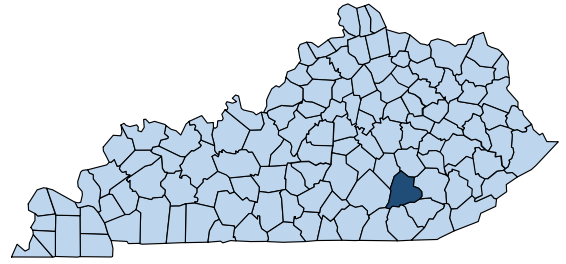


REPORT TO THE PEOPLE



Laurel County 2020



DID YOU KNOW... Laurel County Extension hosted two drive through food distributions in in April and June that provided 783 families with enough food to feed a family of four for a week



JUST A FEW OF OUR PROGRAMS



Fall Garden
Go-Bag



Virtual Beef Bash
Field Day



Cooking through
the Calendar



Solar S'Mores
Go-Bag



Website: laurel.ca.uky.edu



Facebook: @LaurelCountyCES



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4-H YOUTH DEVELOPMENT

4-H believes that it pays to manage money wisely. In the Dollars and Sense program, youth learn the difference in a want and a need, how to create a budget, and to save for the future.

Dollars and Sense is a traveling program for elementary schools. Before the pandemic, we reached 5 schools. Unfortunately, the pandemic forced scheduled plans to change. We developed an interactive virtual version of this program in response. Online Dollars and Sense was a hit with the students able to participate and it allowed us to reach about 70 more students across two schools.

Kentucky 4-H believes that all youth should have opportunities for positive youth development in our four guiding concepts: mastery, belonging, independence, and generosity. Dollars and Sense fosters mastery by allowing students to learn wise consumer practices, decision-making, budgeting, and more with an interactive and hands-on program.

Student participating in online Dollars and Sense

625

Number of youth who indicated they keep trying until they reach their goals

1383

Number of youth who gained an understanding of the role of agriculture in the production of food and fiber

AGRICULTURE AND NATURAL RESOURCES

Sheep production has seen a significant increase across Southeastern Kentucky during the last few years, with Laurel County reporting an increasing number of producers and steadily increasing flock sizes. As a result, the Agricultural Development Council identified the need for educational opportunities, research and increased networking among sheep producers.

The sheep producers observed the many benefits afforded by the Laurel County Cattleman Association to its members and sought to form their own association to offer similar opportunities. The group chose to form as an area organization, to include all sheep producers in Southeastern Kentucky. Organized as the Southeast Kentucky Sheep Producers Association (SEKSPA), the goals of the organization include assisting sheep and wool farmers in the breeding, raising, showing, marketing, and promotion of all breeds of sheep. The initial meeting had 129 participants and over 100 memberships paid. Several educational opportunities are being planned for the future.



Scoville Farms Sheep Farm

400

Number of producers adopting one or more best management practices for optimum forage establishment for pasture or hay

508

Number of those indicating an increased awareness of sustainable agriculture practices

FAMILY AND CONSUMER SCIENCES



Volunteers loading food into recipient's vehicle

3540

Individuals implementing personal health protection practices (screening, immunizations, well-baby care, preventive health practices, etc.)

861

Number of individuals who made lifestyle changes (diet, exercise, managing stressors, etc.) for the purpose of improving their health

As coronavirus emerged into Kentucky, many people's world shattered seemingly overnight. Finding themselves jobless and unable to provide basic necessities like food for their families, they had to look for assistance for the first time. On April 24th and June 26th, with the help of God's Pantry Food Bank, United Way, and the Laurel County School system we offered our first ever drive through food distribution reaching 465 Laurel County families that needed help for the first time. With many hours spent by several volunteers, we prepackaged food boxes each feeding a family of 4 for a week. Those in need drove through different stations in the parking lot to receive food staples, meat, milk, and fruit. Families also received information of food safety, food storage, preparing meals, food preservation and gardening. Families were given much more as Extension worked for several weeks to connect them with services throughout Laurel County, teaching them where to go for additional help.

HORTICULTURE

With the 2020 pandemic the Children's Garden was abandoned due to the closing of the Daycares. The increased interest in producing your own food led us to put the raised beds up for adoption. We had 6 families adopt 3 boxes each. The families were given hand tools, seeds, plants, and educational opportunities. The families grew cucumbers, squash, peppers, tomatoes, watermelon and okra. The families were provided fresh recipes and the opportunity to join in on food preservation zoom classes. The Laurel London Farmers Market was excited to have the young farmers sell any extra produce at the market with no charge.



Participant selling produce at the Farmers' Market

3956

Residents indicating a willingness to support local food markets as a result of awareness raised through Extension programming

5044

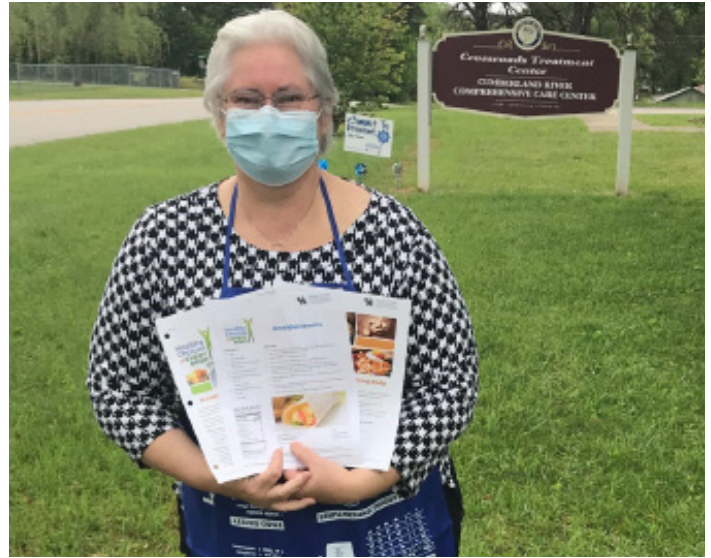
Number of participants engaged in home and consumer horticulture programming

NUTRITION EDUCATION PROGRAM

The Expanded Food and Nutrition Education Program provides programming and education to help limited resource individuals live a healthy lifestyle.

Despite the challenges of the pandemic, 62 adults participated in the Healthy Choices for Every Body series. Of the 22 graduates, 95% demonstrated an improvement in their diet quality; 91% demonstrated an improvement in their physical activity by making small changes to be more active; 51% demonstrated an improvement in their food safety; and 57% demonstrated an improvement in food resource management skills.

Additionally, 120 youth participants gained nutritional knowledge and skills by participating in a series of Nutrition Education Program classes. Nutrition education resources were shared with youth through their teachers during the pandemic to continue to engage them in nutrition education when schools were closed due to COVID-19.



Velma Mullins preparing to distribute materials

2546	Dollars in EBT, WIC or Senior benefits redeemed at farmers markets
1287	Number of individuals who report intention to cook more

... just a few ways Extension supports Kentucky

- **37,770** Kentucky youth applied the skills they learned in 4-H to home, school, or community.
- **5,510** Kentucky producers implemented sustainable practices they learned through Extension programs.
- **6,121** Kentucky families grew a garden using Extension resources
- **17,504** Kentuckians reported improved lifestyles through a focus on proper nutrition, disease and injury reduction and comprehensive health maintenance.

COOPERATIVE EXTENSION



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