The Lincoln County Cooperative Extension Service conducted the Tailgating 101 program. This program was a joint effort of the Lincoln County Extension Office, the Lincoln County Farmers Market, and the Lincoln County Cattlemen’s Association. Goals for this program included increasing participation in the local Farmers Market and increasing the use of locally grown fresh vegetables, fruits, and meat in our recipes, while having fun tailgating. We demonstrated how to tailgate safely by following proper food safety practices. Participants learned how to prepare salads and dips using fresh vegetables from the market that day.

Kentucky Proud Plate It Up recipe cards were distributed as were other incentive items, such as stress management footballs and cooking accessories. The Cattleman’s Association grilled locally grown beef burgers and served them with fresh tomatoes and onions from the farmers market. Participants enjoyed the burgers outside—just like tailgating. 300 people, including 15 youth, participated in the event. There were more than 187 indirect contacts as well. The number of people shopping and purchasing fruits and vegetables at the Farmers Market increased during the event. The majority of participants tasted the foods prepared and even discovered that they liked a new food. Everyone loved the event and enjoying some time relaxing at the local Farmers Market!

For More Information, Please Contact us at:
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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.
Youth Travel the world with 4-H
Lincoln County 4-H created an international environmental citizenship project to aid members in their practice of leadership skills, responsibility, and problem solving. Youth involved in the program participated in several service-learning projects both locally and with EF (Education First) Tours. The culminating event involved youth traveling on a 9-day cultural immersion and service tour of the Dominican Republic. Youth participated in service-learning projects at two Dominican Republic public schools, toured a family-run farm, learned about the culture and history of the indigenous people of the island, and experienced cultural immersion. After returning from the trip, youth were surveyed and reported the following information:

- 100 % reported their participation helped increase their knowledge about the world and helped them gain a new perspective about a culture different than their own
- 83% improved their communication skills and gained a greater sense of life purpose as a result of the program
- 100% reported that the program and corresponding trip challenged them to open their minds to things that are new and different.

School Enrichment 4-H Yoga for Kids

- 83% of those who traveled said the trip changed the way they view the world

One youth who participated reported the following:

“The opportunity to travel to has opened my eyes to new cultures and the differences between others and my own culture. I loved meeting new people and trying new things.

Enrichment Programs bring 4-H to the Classroom

School enrichment programs allow 4-H activities to be conducted with hundreds of youth across the county. With lessons focusing on Government, Science, Engineering, Technology, Diversity, Etiquette, Service Learning, and Leadership, Lincoln County 4-H School Clubs serve all 4th and 5th grade students in all public elementary schools. Six monthly lessons are planned, aligned with core-content, and evaluated. At the conclusion of the 2018-19 program, evaluations from nearly 600 youth indicated the following:

- 86% of students understand how basic elections work
- 94% report knowing how to set and achieve a goal
- 88% report following proper manners when eating in public space
- 72% showed another person how to do something they learned to do for themselves
- 85% reported helping with a 4-H service project
Family and Consumer Sciences

Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families. To help strengthen the financial, physical, and social well-being of families, our educational programs focus on: Making Healthy Lifestyle Choices, Nurturing Families, Embracing Life as We Age, Securing Financial Stability, Promoting Healthy Homes and Communities, Accessing Nutritious Food, and Empowering Community Leaders. Family and Consumer Sciences Extension made over 7700 contacts with individuals and families.

Media Programming Efforts:
- County Agents Corner on WPBKFM Radio
- Information in the Interior Journal
- Information on the Lincoln County Facebook page and the Family and Consumer Sciences webpage

Extension Homemakers Programming Efforts:
Members of the Lincoln County Extension Homemakers Association are very diverse and capable leaders who are not afraid of a challenge.

- 141 members and 14 clubs in county
- 1 KEHA State Chairperson; 1 Area Secretary; and 1 Area Chairperson
- 1 International Club in the Philippines--members have a feeding program for their community and have taught water filtering classes using equipment provided by our county association
- 1 International Club in county; 1 deaf quilting special interest club in county
- Members plan, conduct educational programs and community outreach efforts. Events include the Back Pack Program, Ovarian Cancer Tea, Knocking It Out of the Park membership recruitment, Veteran’s Appreciation Event and others.

Safely Preserving Foods:
In order to educate others about safe methods of preserving foods, this Family and Consumer Sciences Agent taught nine food preservation classes with a total of 88 participants. Classes included canning meats, venison, tomatoes, grape jelly, and less sugar needed jams and jellies. 100% increased their food preservation knowledge or skills and feel that they could correctly demonstrate recommended food preservation practices. Participants reported canning 521 pints of fruit, pickles, jams/jellies through water bath canning and 1481 pints of food through pressure canning since attending canning classes. They reported freezing 745 pints of food. 80% of the participants reported sharing this knowledge with others who also reported preserving foods utilizing both canning methods.

Family and Consumer Sciences Programs:
- Diabetes Education Services and Monthly Support Groups
- Meat Cutting Demo
- Leadership Development Program
- Quilting Classes, Retreat, and Overnight Lock-in
- Home Décor & More Multi-County Seminar
- Champion Food Volunteer Program
- Farmers Market Certification Trainings & Programs
- Multi-Function Electric Pressure Cooker Workshop
- Nutrition Education Programs at the Senior Citizens Center, Public Library, High School and Vocational Tech School
- Joint programs with the Alzheimer’s Association
- Physical Activity Programs
- Lunch-n-Learn Programs
- Farmers Market Certification Trainings & Programs
- Risk Management Program
- Stress Management Programs
- Budgeting Credit Management & Adulting
Agriculture & Natural Resources (ANR)

Although the position of County Extension Agent for Agriculture and Natural Resources has been vacant the past year, efforts in this program area have continued. Our office Support Staff, County Extension Agents for 4-H/Youth Development and Family and Consumer Sciences, and many community leaders have worked to make sure the needs of our clients have been met. Services provided include: 559 soil samples, 20 insect identifications, 15 plant disease diagnoses, 5 weed identifications, and 6 manure samples.

Programs included:
Annual Growers Vegetable Seminar, Cow/Calf Meeting, Dairy Meeting, Pesticide Trainings, Chemical Meeting, Area Tobacco Growers Meeting, Area Backgrounders Meeting, Area Forage Meeting, Pasture-to-Pastor Event, Goat Management Programs, High Tunnel Program and Cost-Share Program.

Special thanks to all our LEADERS for helping this year. We could not have done this without your help! You are awesome!

Snap-Ed

The Kentucky Nutrition Education Program provides educational opportunities for limited resource individuals to acquire knowledge, develop skills and change behaviors that lead to improved health and well-being. The Nutrition Education Program for Lincoln County has worked with a wide audience over the past year including the following:

- Lincoln County NEP collaborated and partnered with 12 other community agencies to provide adult and youth education to the community.
- 35 volunteers were utilized during the program year.
- 61 families have graduated the program in the past year.
- 14 total youth groups have been graduated with a total of 269 students.
  * 11 Preschool classes (212 students)
  * 2 Afterschool: Stanford Elementary; K-5th grades (14 students) and Highland Elementary; K-5th grades (9 students)
  * 1 Summer School group: K-12th grades (34 students)

Extension At a Glance

- 176 Number of producers who reported saving money or reducing cost of operation
- 264 Number of youth who apply the skills learned in 4-H and in other activities at home, school or in the community
- 377 Number of individuals actively engaged in collaboration and programs that build community capacity to nurture families
- 198 Number of participants gaining access to Extension programming at local farmers markets
- 189 Number of producers who reported saving money or reducing cost of operation
- 196 Number of youth who apply the skills learned in 4-H and in other activities at home, school or in the community
- 369 Number of individuals actively engaged in collaboration and programs that build community capacity to nurture families
- 152 Number of participants gaining access to Extension programming at local schools
- 137 Number of producers who reported saving money or reducing cost of operation at community events
- 255 Number of youth who apply the skills learned in 4-H

It Starts With Us.

Healthy Families. Healthy Homes.
Healthy Communities.