

EXTENDING KNOWLEDGE *Changing Lives*

IN JEFFERSON COUNTY

Extension provides practical education you can trust by helping individuals, families, businesses, and communities solve problems, develop skills, and build a better future.



The overgrown garden created a learning environment for students as they cleaned and restored the garden.

Reigniting Urban Farming- Fern Creek High School

Fern Creek High School, in Jefferson County, has over 1,400 students with more than 50% qualifying for free or reduced price school meals. Approximately 10% of the students, accompanied by a teacher, will visit the urban farm on the school campus daily.

The urban farm was on hiatus until the summer of 2017. Then, a new English teacher with a background in commercial, organic vegetable farming joined the faculty, agreeing to reestablish its production. The teacher enlisted the assistance of the Cooperative Extension Service through the Horticulture and 4-H Youth Development Agents. Collaboration of the three entities created educational programs in the garden as well as a Fern Creek High School 4-H Club.

Educational programs include an advanced placement course for environmental studies to bring the garden back to life.

Program Efforts

- 6253** - Number of youth who apply the skills learned in 4-H and in other activities at home, school or in the community
- 6302** - Number of participants engaged in home and consumer horticulture programming
- 1729** - Number of youth who have engaged in a community project related to natural resource conservation
- 1612** - Number of youth who demonstrate a skill that was learned and/or improved by participating in a 4-H ANR project, program, event or activity
- 915** - Number of individuals who made lifestyle changes (diet, exercise, managing stressors, etc.) for the purpose of improving their health
- 800** - Number of individuals reporting an increase in awareness of local food systems
- 800** - Number of individuals who completed soil tests as needed
- 618** - Number of hours KEHA volunteered for Extension activities/events

Students identified and evaluated plant health. The Vegetable Disease Extension Specialist for Plant Pathology taught the students to identify plant disease and create disease management plans. An Extension agent with fruit tree expertise guided the students in the rehabilitation of the apple trees. Students learned to graft tree stock, which is a specialized skill integral to fruit tree production. New additions to the farm include chickens, a green house, and low tunnels over raised beds.



The Extension Plant Pathology Specialist and Jefferson County Horticulture Agent conducted programs at Fern Creek High School.

Using UK Extension resources, the students developed a school-year-centric planting plan. By using UK plant growing guidelines, the students were able to harvest enough from the garden to create a salad for their first farm-to-fork experience.

As a result of Extension's programming, the urban farm is now a thriving and important component of learning at Fern Creek High School. During 2017, Fern Creek High School 4-H Club had 15 members. Four teachers and over 300 students supplemented their education with Extension presentations, resources, and experiential learning experiences.

Nutrition Education Program for Residents in Recovery from Chronic Homelessness

Since 2013, Extension has reached over 200 women in recovery in the Wayside Christian

Mission program and 330 of their children. Wayside Christian Mission's Hotel Louisville serves a unique purpose. The hotel provides typical hotel accommodations, including rooms for travelers with ballrooms for business and family events. As a part of Wayside Christian Mission, Hotel Louisville serves as a clean, transitional living shelter providing housing and education for homeless women and families.

Graduates and current participants in the recovery and training programs primarily staff the hotel. Current program participants can reside in the hotel and participate in education and job training programs, while working in the hotel. Knowing that proper nutrition and managing food dollars could help their shelter population, Wayside Christian Mission partnered with Extension to deliver a Nutrition Education Program to the Sober Living Recovery Program participants. The Nutrition Education Program is a component of Wayside Christian Mission's comprehensive approach to recovery.



"Graduating from the nutrition education program gives the residents a sense of accomplishment. They are usually torn down and this gives them a boost." - Jefferson County Expanded Food and Nutrition Education Program Assistant

Extension's weekly Nutrition Education Program classes conducted at Hotel Louisville utilizes the Healthy Choices for Every Body curriculum and are led by the Expanded Food and Nutrition Education Program (EFNEP) Assistant. The Expanded Food and Nutrition Education Program (EFNEP) is funded by the

National Institute of Food and Agriculture, U.S. Department of Agriculture and is administered by the Cooperative Extension System of 1862 and 1890 Land-Grant Universities. USDA is an equal opportunity provider, employer, and lender.

The program provides nutrition education and food preparation instruction, which empowers individuals to improve the quality of their family's diet, overall health and wellness, and their household food security. The women who completed at least six lessons graduated from the program. In 2017, 97% of program graduates demonstrated a positive change in their food group choices and 60% demonstrated an improvement in their food resource management skills. The women can immediately take these new skills back to their family to prepare healthy, delicious meals. These skills are also useful in gaining employment within the hospitality industry.

"In addition, you don't give much thought to good nutrition. This program is very useful to our residents."

-Program Coordinator of Hotel Louisville

Kentucky State University 4-H STEAM Program Incorporates College and Career Readiness

Americana Community Center serves students from over 100 countries throughout the year and has been awarded the Tech Wizards Grant through Kentucky State University 4-H Youth Development Program for the past year and recently received confirmation of grant renewal. The mission of 4-H Tech Wizards is to provide a cultural responsive after school, small-group mentoring program. Tech Wizards capitalizes on youth ages 6-18, interested in emerging technology as a way of involving underrepresented youth and their families in learning basic life and workforce skills and aspiring to post-secondary education, productive jobs and careers, and community engagement.

The Center has served over 30 participants through the Tech Wizards technology

mentorship program. These participants were able to successfully build reading comprehension skills, goal setting, problem-solving, presentation, and public speaking skills as well as decision making. Many of the participants have also gained a healthy curiosity for STEM careers.



Participants created their own shoe to showcase their artistic capabilities.

The incorporation of college and career readiness into STEAM programs has given the participants an opportunity to explore careers in this field which has resulted in them gaining opportunities for field trips to places such as KMAC and the Speed Museum as well as having speakers come in who are in the STEAM career field.

Become a Kentucky Master Naturalist

Jefferson County was chosen as the site for the pilot KY Master Naturalist program. This 40-hour course provided participants with a solid foundation for serving as part of a community of well-informed citizen volunteers with the goal of advancing education, research, and outreach efforts dedicated to the conservation and management of Kentucky's natural resources areas. Upon successful completion of this course, participants will become a certified Kentucky Master Naturalist (KYMN). During the course, participants volunteered a minimum of 40 hours with a local organization focused on natural resource conservation and management.

The first class began August 16th with 22 students and will conclude December 6th. The eighteen topics covered in the course included ecoregions of KY, aquatic macroinvertebrates, botany, geology, water resources, soils, wildlife, invasive species, safety and health, archeology, environmental education and ethics, citizen science, outdoor learning environments, etc.



Kentucky Master Naturalists class with UK and Jefferson County Extension Service

Kentucky was one of only five states without such a program and we were pleased that the Jefferson County Extension Service was chosen to be the first county to host the KYMN program.

As a result of the volunteer hour requirement the 22 students will log over 880 hours of volunteer time working with different groups and agencies on naturalist projects.

Extension Nutrition Education Contributes to Recovery from Drug and Alcohol Addiction

“Hey, it’s the nutrition man! He’s going to teach you all how to eat healthy!” exclaimed a current resident at Wayside Christian Mission upon the arrival of the Supplemental Nutrition Assistance Program Education (SNAP- Ed) Assistant. Extension collaborates with Wayside Christian Mission in Louisville to provide weekly nutrition education programming. Among the programs offered by Wayside are the Men’s Day Shelter, Men’s Permanent Supportive Housing, and the

Sober Living Recovery Center. The participants suffer from alcohol and/or drug addiction. Addiction can lead to malnutrition, digestive problems, and a compromised immune system. It can also destroy self-esteem. The SNAP-Ed Assistant concentrates his presentations on educating participants to make healthy food choices. Since 2016, the SNAP-Ed Assistant has graduated over 75 men at Wayside Christian Mission from the Nutrition Education Program. By reading and understanding nutrition labels, clients learn to make informed decisions on portion size, calories, nutritional value and ingredients. Those suffering from addiction learn to make caffeine-free and sugar-free choices to avoid dehydration and mood fluctuations and help resist craving. In a recent program graduation class, 86% of participants demonstrated an improvement in nutrition label reading.

Their increase in fruit and vegetable consumption aids in rebuilding their immune system and normal digestive functions. In 2017, 71% of program graduates demonstrated an improvement in their diet quality and nutrition. 100% of program graduates demonstrated a positive change in a food group.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
JEFFERSON COUNTY

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Changing Lives*

For more information,
Please contact us at:
200 Juneau Drive, Suite 400
Louisville, KY 40243
(502) 569-2344
Fax: (502) 569-1680
www.ca.uky.edu

