EXTENDING KNOWLEDGE

Changing Lives

IN ANDERSON COUNTY

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

Priority Program Efforts

- A total of 77 people are now involved in addressing significant community issues
- 35 youth made an impact in their community through service projects
- 4 local residents implemented practices that promote sustainable agriculture
- 438 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 15 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 1,002 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 216 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 384 youth and adults demonstrated informed and effective decision-making skills
- 20 individuals incorporated new or additional conservation practices.

The Anderson County Extension Council and agents have been actively working to increase council membership. The membership committee met to focus on recruiting new members that would help broaden our council. Our County Extension Council meets on a regular basis with over 90% attending. This benefits our programming efforts by providing a diverse overview for our Extension efforts.

Our County Extension Council has taken an active leadership role in promoting all Extension programs. The council helps to form our Extension budget and assess county needs. They provide input on educational activities and increase community awareness of Extension programs.

Anderson County Extension Council members have been active with the district leadership forum, in which five participated. Membership took leadership in planning a visit to North Central 4-H Camp. Seven members attended the camp tour, 5 of whom had never been to 4-H Camp.

The Anderson County Extension Council is the essential link between our citizens and the educational programs and priorities of the Anderson County Cooperative Extension Service.
Use of Rotational Grazing Field Day

This field day was held at the David Burge cow-calf operation in Anderson County on July 28, 2014. Mr. Burge explained to the 27 participants how he divided his pasture into multiple paddocks, used a temporary watering system, and implemented control of broadleaf weeds. He also described how these practices improved forage quality and quantity over the group managed with continuous grazing. The rotational grazed acreage resulted in an increased carrying capacity of over 0.5 acre per cow-calf pair. As a direct result of this field day, the local Extension agent has had 10 calls (3 farmers called the next morning) from the participants wanting help designing rotational grazing systems for their operations.

The 2014 National Training Workshop for the AgrAbility Project was held on the David Dennis farm in the spring of 2014.

We had 51 attendees from 32 states, Ireland, Sweden and Brazil, more than at any previous conference. Participants included state and regional AgrAbility projects, National AgrAbility Project leaders, allied health care professionals and presenters. At the farm, conference attendees could see firsthand the adapted equipment that Mr. Dennis uses on his farm.

The Kentucky Cooperative Extension Service is responsible for providing initial and recertification training for private and commercial pesticide applicators. Although the lessons provide participants with a license to purchase restricted-use pesticides, the real value of the training is that the participants learn to protect themselves and the surrounding natural environment.

Farmers Participating in Private Applicator Pesticide Certification.

Cows to the left of the white tread-in post on continuous grazing; cows to the right on rotational grazing.
Open Hands Food Pantry Cooking School

Anderson Country residents struggle with low incomes, and high rates for obesity, diabetes and heart disease. Families with limited resources struggle more with these health concerns. The Family and Consumer Sciences agent partnered with the AgNR agent to conduct a four part, hands-on cooking school at the Open Hands Food Pantry. They were assisted by two Extension Homemaker volunteers. All four teachers were needed to closely supervise 10 individuals who were learning to cook.

One young mother had never prepared anything for her family unless she could cook the frozen food in the microwave. Two other participants had never cooked anything at any time. They relied solely on other people to cook their food or purchased it from fast food restaurants.

7/10 had limited experience with preparing food. Half the class had difficulty following a recipe and most were not familiar with common cooking utensils and measuring. Four classes were held, one each month from January through April. There was no cost for the participant.

7/10 participants attended all sessions. They invited friends to join them so another 5 individuals participated in at least one class. Participants selected recipes to prepare at each class. Everyone prepared a different recipe. Participants enjoyed tasting all the food prepared at the cooking school.

Participants learned to use basic kitchen equipment and tools, plan meals, eat a healthy breakfast, measure properly, use safe knife skills, lower fat when cooking, food safety and developed basic cooking skills. The first three sessions focused on breakfast, lunch, and supper meals. The final session was on economical, healthier desserts.

All participants reported that they prepared more food at home, planned at least some meals ahead of time and used a grocery list. Furthermore, all participants were willing to try new recipes and store foods safely. Three participants were selected to join the next series of classes to help others learn food preparation skills.

Healthy Eating and Activity at Preschool - Literacy, Eating and Activity for Preschool

Obesity is a continuing issue for preschool children and those children who are thin are not necessarily healthy. The Family and Consumer Sciences agent partnered with the AgNR agent to teach Literacy, Eating and Activity for Preschoolers at the E.B. Sparrow Early Learning Center (10 classes) and taught the program alone at Head Start (2 classes plus child care.) 195 children were taught each month the importance of eating healthy, moving more, and trying new foods.

Children were introduced to hello bites of new vegetables, fruits, low-fat dairy and legumes (all prepared by the FCS agent.) The AgNR agent read the story most of the time. After the story the FCS agent led the children in a short physical activity. The Mr. Tommy and Ms. Joan Show was presented like a short TV news cast to teach the children more about where food comes from. 98% of the children tried foods at every session. 10 sessions were conducted with each group.

Teachers reported that the children brought healthier snacks to school as a result of the LEAP lessons. In addition to tasting new foods, children also learned about the various foods introduced such as where food comes from and different ways to prepare new food.

At least two children approached the FCS agent while shopping in Wal-mart. They said they asked for fruit and wanted to have the food at home that they tried at school.

Healthy Eating Around the USA

Families eat out more and prepare less food at home. Cooking at home can result in better choices about what and how much you eat. The FCS agent received a grant from the National Association of Extension Family and Consumer Sciences (NEAFCS) for 30 Living Well Cookbooks. American Regional Cooking was developed from recipes in the book. Local foods were featured as well as healthy methods of preparation and meal planning. Two series of sessions were taught for a total of 16 classes. Each participant received a free cookbook if they attended 80% of the classes in either series.

43 women participated in Healthy Eating Around the USA. 5 participants had no previous experience with Extension programs. Marketing Extension was one of the goals of Healthy Eating.

Eighteen participants completed surveys which indicated that the cooking school helped them prepare healthier meals (14/18), taught them food safety (11/18), encouraged them to try new local foods (18/18), how to read food labels (15/18) and how to adapt recipes to be lower in calories and fat (13/19).
Saffell students who were successful in landing their rocket on target.

All 4th and 5th grade classrooms participate in 4-H School Enrichment/Clubs activities. By using this delivery mode, over 1,000 youth in Anderson County are reached annually by 4-H programming. 4-H School Enrichment/Clubs in Anderson County meet on a monthly basis for 7 months during the school year and programs are conducted by the 4-H Agent. Sixteen individual school clubs were established by the 4-H Agent in three elementary schools in Anderson County. 4-H members of these clubs were able to participate in a variety of hands-on educational programs which aligned with Kentucky Core Content and 4-H Curriculum in the areas of Natural Resources, Communication, Health, Family Consumer Science and Economics, Leadership, and Science Engineering and Technology. Examples of these programs include composting with worms, speech and demonstration, states of matter; unlock your leadership potential, fingerprinting and biotechnology, agriculture in the classroom, health, and robotics. In evaluations conducted by the 4-H Agent at the conclusion of the school year, teachers and students reported that the quality and relevance of 4-H programs conducted in their classrooms was excellent. School Clubs continue to be one of the best ways of reaching the youth of Anderson County with 4-H programs.

- $31,000 of grants and resources generated/leveraged in the county.
- 1,350 volunteer hours completed by Cooperative Extension volunteers.

Anderson County 4-H has 2 afterschool Clover Bud groups with a total of 30 youth and had 18 youth and 7 adult volunteers attend 4-H Clover Bud Camp.

The primary goal of the Clover Buds program is to promote children’s healthy development - mentally, physically, socially and emotionally. The Clover Bud program provides an excellent opportunity for children to reach their highest potential because early life experiences, even subtle ones, affect future development.