

EXTENDING KNOWLEDGE *Changing Lives*

IN BULLITT 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 329 people are now involved in addressing significant community issues
- 951 youth made an impact in their community through service projects
- 83 local residents implemented practices that promote sustainable agriculture
- 34 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 1913 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 1357 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 1012 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 2168 youth and adults demonstrated informed and effective decision-making skills
- 92 individuals incorporated new or additional conservation practices.

Plate It Up for Fruits and Veggies!

According to the Foundation of a Healthier Kentucky, 90% of Bullitt County adults fail to meet the daily recommendations of five servings of fruits and vegetables a day.

The “Plate-it Up Kentucky Proud” program was created to promote Kentucky grown products and markets as well as encourage an increase in consumption of fruits and vegetables. The Bullitt County Family & Consumer Sciences Agent offered a series of food demonstration programs featuring cooking tips, nutritional values, safety and storage information and the Plate-it up recipes to over 100 individuals.

After the series, surveys reported 72% of the participants were likely to buy a Kentucky fruit or vegetable and make the featured recipe at home. Of those who received the recipe card, 79% reported the card contributed to their plan to try the recipe at home and helped them evaluate their nutritional needs. 50% reported a plan to increase their consumption of fruits and vegetables.

Bullitt Co. Homemakers set State Record!

The Bullitt County Homemakers set out this year to make a huge impact on the Kentucky Extension Homemaker Association. Taking the state challenge to increase their membership, the County Homemakers held a membership drive recruiting 83 new members. With this drive, 1/2 of the clubs increased their membership by 50% or more. Bullitt County received both State Awards- for the largest number and the largest percent of increase. That was the first time this had been done since the challenges had been established! The dolls, Ms. Way to Go and Ms E.G.O. (Everyone Gets One), are now spending the year traveling around Bullitt County to all of the Homemaker events. Bullitt County reported to the state a donation of 25,500 volunteer hours to the community at a value of \$418,200.00.

Bullitt County Homemaker Delores Mudd has served on the KEHA Board as the state parliamentarian for the past 3 years. She has traveled all over the state teaching parliamentary procedures at county and



The dolls, Ms. Way to Go and Ms. E.G.O.

state levels to Homemakers and new Extension agents for Family and Consumer Sciences.

In 2015, the Louisville Area hosted the 2015 KEHA state meeting with over 600 in attendance. Representatives from Bullitt County taught 5 educational lessons during the meeting. They reached over 230 KEHA members. KEHA members constantly stopped the teachers during the conference to say the classes were "One of the best ever" taught at the state meeting and how they planned to use it back in their county.

Super Star Chef

The Super Star Chef program was introduced to Bullitt County 4-Her's this past summer. Thirty youth spent three days learning about food and equipment safety, safe food handling, proper cutting techniques, reading a recipe, and basic nutrition. Youth used math, science, and reading skills to make broccoli frittata, salsa, fruit kabobs, pumpkin



Bullitt County 4-Her's learning how to cut fruit properly and used the fruit to make jam.

apple muffins and sautéed vegetables. The majority of the participants had little cooking experience and most had never made "homemade" food products. All participants gained hands-on learning experience.

Fathers learn "Nurturing Skills"

The Bullitt County Extension Service taught a 13 week "Nurturing Fathers" program to 40 inmates in the Substance Abuse program (SAP) at the Detention Center. Using lecture, journaling, play acting, and skits, the participants were taught parenting skills. The evaluation tools assessed the participants on their level of risk for Child Abuse. Results from the evaluations showed:

71% lowered their total risk score for child abuse;
92% committed to fathering without violence;

68% felt prepared to implement "Nurturing" Fathering
57% reported they grew as a person

Administrators for the SAP program and the County Jail found the personal growth among the men to be a huge success!

"I love learning how to be a better father. My kids mean the world to me and learning how to treat them better is perfect in my book. Thank you very much"

Activities in Agriculture

Involving youth in agriculture and educating the public in a farm to table approach continues to be a focus of extension. Programs include:

Lebanon Junction Elementary Youth Garden

Farm Safety Field Day

Youth Farm Field Day



FFA Members teach youth about Greenhouse Management at Youth Farm Field Day

Activities highlighted during the year:

Traveling to Washington D.C. for a team award with Kentucky State University and individual growers to be recognized at the National Epsilon Sigma Phi meeting.

Local Heroes Garden has been fenced and prepared for planting, ready for first responders and military (retired and active).

Extension hosted its first American Beefalo Association national meeting. Local members won several awards.



American Beefalo Association National Meeting

Bullitt County Cattlemen have the largest organizational group of producers utilizing the Extension Service on a consistent basis. Working with their president and the Phase I committee, a program was developed with monthly meetings and educational topics. Sessions have included Pesticide Certification, Pasture Renovation, Backgrounding Cattle, Noxious Weed Control, Beekeeping as Farm Diversification, Silage Nutritional Value and Livestock Facilities. These topics certified producers to receive GOAP funding.

Missouri FFA again visited Bullitt County during the National FFA Convention and was taken on an agri-tourism tour including Slow Poke Farm and Country Corner Greenhouse. Judge-Executive Melanie Roberts made a declaration that it was Missouri FFA Day. Comparisons were made between Missouri Farming and Kentucky Farming.

4H Project Days

During no school days in Bullitt County, 4-H has project days

available to youth.

The project days start in September and continue until July. This past year we had a total of 34 project days for youth. Each year the project days are based on what the youth are interested in and want to learn. Over 1,020 4-Her's were able to

participate in cooking, leather making, photography, cupcake decorating, painting, science experiments, woodworking, and electric. The projects were entered into the 4-H fair and many advanced to the State Fair.



Makayla Troxell practicing different icing designs for her cupcakes.

Gardening Can Heal

Drug abuse and addiction is a growing problem in Kentucky. In an effort to help address this situation the Bullitt County Detention Center participates in a Substance Abuse Program (SAP). SAP is a voluntary



SAP participants plant the garden for the 2015 season.

program that assists substance abuse addicts on the road to recovery by offering a rigorous schedule, parenting skills, healthy lifestyle skills, work ethics and social skills. The Horticulture Program worked with SAP this year to develop and implement a twice monthly gardening program. Teaching participants hands on

and classroom style, individuals learned to grow and maintain a garden. These skills will help them to use a garden as a therapeutic tool to cope with everyday stresses and to grow their own healthy food for themselves and their families.

Growing Together Through Horticulture

Bullitt County Master Gardeners are doing great things in our community. Collectively, Master Gardeners spent 3471 hours working on service projects in Bullitt County last year. They teach Homeowners Toolbox classes at the Extension Office, work with senior centers to provide gardening space, donate hundreds of pounds of produce from our demonstration garden to local services and teach school garden clubs.



Master Gardeners working with an after school gardening club.

Visual Arts

Bullitt County youth were exposed to the new Visual Arts curriculum during a series of day camps. During one of the day camps, youth were able to address and apply painting. Youth understood visual arts in relation to history and culture, redirect and learn how to helpfully analysis each other's work. The Visual Arts curriculum is designed to assist youth in developing artistic skills and abilities for a lifetime of use. We focused on the principle of experiential learning. Youth were also guided by local artists to complete their own work of art. They got see even though they are all looking at the same picture, how similar and different each person's painting looked based on their different approaches to painting.



Bullitt County Youth paint on canvas as part of a new Visual Arts curriculum.

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College of Agriculture,
Food and Environment

**The Bullitt County
Cooperative
Extension Service**

*Extending Knowledge,
Changing Lives*

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