

EXTENDING KNOWLEDGE *Changing Lives*



IN CASEY COUNTY

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



Producers learning to build a proper brace for a woven wire fence.

Agricultural Programs and Activities In Casey County

Producers from Casey County met on farm for a farm fencing field day. In collaboration with the Casey County Extension Cooperative Office, Casey County Soil Conservation District, Stay-Tuff Brand Fencing, Harne Fencing Company and Burkmann Feeds we were able to bring producers an educational program focused on permanent and temporary fencing systems. Producers learned permanent fencing construction and the importance of building a strong brace system for that structure. A demonstration was held for safe post driving using a hydraulic post driver and a discussion on temporary fencing systems. Producers learned that by having permanent exterior fencing, they could utilize temporary fencing internally to improve rotational grazing. By utilizing rotational grazing they can improve forage quality and wean pounds of beef.



Producers learning how to properly tie two pieces of fence wire together.

Priority Program Efforts

- A total of 54 people are now involved in addressing significant community issues
- 41 youth made an impact in their community through service projects
- 46 local residents implemented practices that promote sustainable agriculture
- 81 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 726 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 1667 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 1167 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 663 youth and adults demonstrated informed and effective decision-making skills
- 128 individuals incorporated new or additional conservation practices.



Top Scorers from September 22nd, 2014

4-H Forestry Field Day

Dr. Doug McLaren and Dr. Terry Conners, two forestry professors from the University of Kentucky, travel all over the state of Kentucky to present Forestry Field Days to different communities. The field day consists of students being taught about tree identification, tree measurement, and compass use and pacing.



Casey County students, their parents and teachers were provided information about the 4-H Forestry Field Day as well as permission forms for the students to participate. The program was set to accept the first 50 permission forms turned in to ensure the program would be effective for the students. Due to overwhelming interest in the event, a second Forestry Field Day was scheduled.



Top Scorers from October 1st, 2014

The students are taught these skills and are then tested on what they have learned. The tests are graded and ribbons are presented to the top scoring students. Casey County is fortunate to have the Central Kentucky Ag/Expo Center, a 160 acre site surrounded by vegetation, as a place to provide education to students and community members. The Ag/Expo Center hosted the 4-H Forestry Field Day at its outside pavilion and allowed instructors and students to walk the grounds to learn about trees and how to use a compass.

On September 22nd, 50 students participated in the 4-H Forestry Field Day with the assistance of 10 middle school students and 10 high school students. On October 1st, the second 4-H Forestry Field Day, 65 students participated in the field day; the middle school and high school students returned to assist with the program. The field days provided the students with an opportunity to learn new skills through hands-on instruction and to reinforce material taught in the classroom.

Students and school officials were very complementary of the program and have encouraged the University of Kentucky and the 4-H Program to offer it again in the future.



Family & Consumer Sciences Programs

Accessing Nutritious Foods



Plate It Up/KY Proud

Health and well-being are issues in our rural community. Accessing and consumption of nutritious foods has a direct effect on the health of local citizens.

Plate It Up/KY Proud recipes and demonstrations were utilized to help promote access and consumption of healthy foods. Multiple newsletters to various audiences were distributed throughout the year featuring Plate It Up/KY Proud recipes and information.

Hands-on classes were utilized for recipe preparation and taste testing by participants. Taste testing and recipe distribution were distributed at several local events. As a result of these efforts, participants reported trying new healthier Plate It Up/ KY Proud recipes in their homes; recognizing labeling and purchasing KY Proud products; purchasing and consuming more fruits and vegetables; being more aware of locally grown products and an increase in home and container gardens.



REACH Cooking School

Family & Consumer Sciences Extension in collaboration with the U.K. School of Nursing research project and grant, Rural Eating And Cooking Healthy (REACH Cooking School) was implemented. Forty-eight participants engaged in a hands-on, year-long learning experience.

Participants have completed six months of hands-on learning. First six months topics include: Kitchen Safety & Cleanliness & Food Safety; Understanding Nutrition Labels; Food



Allergies; My Plate & Serving Sizes; Benefits of Fruits & Vegetables; Lowering Sodium Intake; Baking & Roasting; Getting the Most From Your Fridge & Freezer; Legumes, Nuts & Seeds; Benefits of Dairy; Fiber Rich Whole Grains; Proteins, Lean Meats & Poultry; Cholesterol; Emergency Substitutions, Pantry Mixes & Ingredient Equivalents; Budgeting Food Dollars.

Each month a topic related recipe is prepared by each participant to take home and share with their families. Participants have completed pre-survey and six-month survey and given personal feedback. Surveys show an increase in knowledge in all subject areas. There has been an increase in the awareness and benefits of healthy eating alternatives. There has been an increase in the consumption of "healthy foods" and a decrease in the consumption of sugars, fats, and sodium. Participants report trying new healthier recipes at home, reading labels, making healthier food choices when shopping and budgeting food dollars for healthier food choices as a result of class participation. Participants will complete additional surveys in six more months.

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**The Casey County
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Changing Lives*

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