

COOPERATIVE
EXTENSION
SERVICE



When you support Extension, migrant families become food secure, improve dietary quality, and make lifestyle choices to improve their health.



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EXTENDING KNOWLEDGE *Changing Lives*



Families transplant vegetables into plasticulture to protect plants from cold temperatures, reduce weeds, reduce need of herbicides, and regulate water and fertilization through drip irrigation.

Extension Provides Opportunities for Families with Limited English Proficiency

Russell County Extension addresses the needs of the migrant population by providing access to garden space, equipment for gardening and food preservation, demonstrating effective gardening and food safety practices, and other educational programs.



The **Russell County** Extension staff worked with twelve families with Limited English Proficiency (LEP) to increase their access to fruits and vegetables and increase educational opportunities. The **Agriculture and Natural Resource Agent** conducts horticulture programs for the community garden that serves as a demonstration garden with plasticulture and drip irrigation. The **Family and Consumer Sciences Agent and the Supplement Nutrition Assistance Program (SNAP) Education Assistant** provided access to food preservation equipment and taught proper canning and freezing techniques to the families. Recipes were translated into Spanish and printed in a calendar that serves as a teaching tool for food preparation and food resource management.

In addition to the fresh produce that the families enjoy, 653 quarts of tomato puree, tomato juice, green beans, peppers, tomatillos, corn, salsa, and more were preserved. This is **enough fruits and vegetables for 2,612 meals**, according to recommendations by the Center for Disease Control (CDC).

For 2013, the **SNAP Education Program** in Russell County measured a 97% improvement in diet quality of participating families, and 62% improved food safety practices. Making changes in food choices and preparation is linked to reducing obesity, and risk of diabetes, and some cancers (CDC).

Since completing the nutrition program, the LEP women have formed the Las Latina Extension Homemaker Club. Members are concerned about the quality of life for their families. Their monthly Extension programs address financial management, parenting, health, entrepreneurship as well as gardening and nutrition.

*United States Census Bureau, <http://quickfacts.census.gov/qfd/states/21/21207.html>



Las Latinas Extension Homemakers work with Extension professional to identify the proper technique of preservation based on acidity of the product and follow recommended food safety procedures.

97% improvement of Dietary Quality among Russell County families completing the SNAP Education Program.

-University of Kentucky NEERS Report, 2013



Providing gardening space, allows limited resource families access to fresh produce, opportunities to generate income, and self-esteem.