



EXTENDING KNOWLEDGE

Changing Lives

IN MEADE COUNTY

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



Above: "Piggy Bank Contest" entries. Below: Braydin Board's entry represented District 5 at the Capitol Rotunda in Frankfort.

Piggy Bank Contest

One of the most important things anyone can learn in life is how to save money. It's the first step to getting where they want to be. Eleven Meade County youth took the first step towards saving by participating in the 2016 Kentucky Saves Piggy Bank Design Contest. The contest was sponsored by the University of Kentucky, College of Agriculture, Food and Environment and its Managing in Tough Times Initiative.



The Meade County 4-H Youth Development and Family and Consumer Sciences programs along with Extension Homemakers joined together to promote this contest. \$350.00 in donations were collected from local businesses that was presented to grade category winners, each receiving \$75.00 and the overall winner received an additional \$50.00. The Meade County overall youth winner, Braydin Board, won at the district level to represent District 5 and was also chosen as one of the fifteen state winners of the Kentucky contest.

Priority Program

- A total of **483** people are now involved in addressing significant community issues
- **376** local residents implemented practices that promote sustainable agriculture
- **314** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- **1,978** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **317** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **389** youth and adults demonstrated informed and effective decision-making

Culinary Basics

The need for basic food preparation skills were identified by program councils and through clientele request. Many of those who were trying to lose weight identified their lack of knowledge in meal planning and preparation as a barrier.

To meet the needs identified, the Family and Consumer Sciences agent designed a ten-week series, which was optional for the "Weigh to Go" program, and open for everyone focusing on "Culinary Basics." The series utilized Cooperative Extension publications and curriculum and included sessions on basic equipment, knife skills, proteins, fruits and vegetables, spices, marinades and rubs, breads and other related topics. The series offered a broad range of topics. These included basic food science, selection, preparation, storage and general food safety. Attendance was high, with an average of 23 participants. A follow up evaluation revealed all participants felt the program was well worth their time and felt more comfortable planning and preparing meals. Seven participants in both the "Weigh to Go" series and "Culinary Basics" losing an average of four pounds each.



Dr. Rentfrow demonstrating knife skills on a cut of beef.

Improved Conception Rates

With advice from University of Kentucky Animal Science Specialists, the Agriculture and Natural Resources Agent collaborated with a local beef producer and feed dealers to conduct a nutrition program to help improve conception rates in cows and heifers. The objective was to teach producers to use management practices that were practical, simple and convenient, as well as cost effective. The producer's cattle were separated into two groups. One group was fed Mix 30, thirty days prior to and during the breeding season. The second group was untreated, fed pasture grass, and average hay. Forty-five days after the bull was removed, a vet pregnancy checked the herd. The pregnancy check showed the group fed Mix 30 had 10% more animals bred with 25% more of them being bred in the first 30 days. Potentially, the producer will show a net return of \$80 per cow by supplemental feeding prior to and during the breeding season.

4-H Cooking Schools

The 4-H Youth Development Agent conducted a 4-H Cooking School to teach food preparation lessons to 22 youth, ages 9-14. 4-H Cooking School offered ten hours of food preparation and kitchen safety lessons that focused on Plate It Up! Kentucky Proud recipes. Food preparation lessons were taught in the form of a day camp lasting six hours with a program focused on healthy lunch preparation and 4-H Foods Projects.

Topics covered included: proper measuring, kitchen safety & sanitation, measuring math, correct food portion and serving size, safe knife techniques, cooking terminology and tools, interpreting and using a recipe, and using MyPlate to eat a daily balanced diet.

New foods never tried by the participants in the past included: kale, asparagus, green tea, corn muffins and using applesauce as an oil substitute when baking to make a healthier recipe. One hundred percent of the participants of 4-H Cooking School prepared at least one new recipe at home for their families.

4-H'ers excited to attend cooking school.



Join The Club!

With all the changes and testing in schools today there is no time for teachers to teach nutrition in the classroom. Children are going through school unaware of the five food groups and their importance to health.

To help educate youth, the Meade County Cooperative Extension EFNEP (Expanded Food Nutrition Education Program) Assistant conducted a six week Organ Wise Program. The curriculum is based on obesity prevention while introducing the "Organ Wise Guys." They have their own club the students join by learning the clubhouse rules.

The program emphasizes healthy eating and physical activity. Each lesson included a story, video, and a healthy snack.

One parent commented, *"My daughter always came home excited to tell me what she had learned from your visit at school that day! She would ask if I had any vegetables she could snack on! Thank you for not only teaching her, but giving our family a kick start to eat healthier!"*

Building and Growing A Local County Fair

The county fair is one of the largest events held annually in Meade County. Each year over 35,000 people attend the seven day event. The economic impact of the event is an estimated \$1.2 million with facility usage adding an additional \$50,000 throughout the year making it a valuable asset to the county.



The new "Home & Garden Exhibit Hall"

The Family and Consumer Sciences Agent worked with the fair manager to secure funds to construct a new Home and Garden Exhibit Hall on the fairgrounds. The \$100,000 grant, along with additional funds allowed were used to construct the building and it was open in time for this year's fair. The building replaced one of the original structures from the 1950's. The new facility is more versatile with both heating and cooling, as well as restrooms allowing year round events. Exhibits totaled 1,310 with \$2100 being awarded in premium funds. Over 100 extension homemaker members volunteer to assist and host throughout fair week.

An official ribbon cutting for the building took place on Tuesday of the fair and included local dignitaries as well as state fair board members and representatives from the Kentucky Department of Agriculture. The state board plans to bring several people to tour the building to use it as an example to improve other fairs across the state.

The Great Pumpkin Pursuit

Agritourism can be a big boost to the local economy. In Meade County there is an agritourism farm that has pumpkins, mums, fall décor, as well as a corn maze. After working with our local giant watermelon and pumpkin grower on his projects, the Agriculture and Natural Resource Agent learned that the official weigh sight for these giant vegetables could be a big draw for tourists. A committee was established composed of tourism, chamber of commerce and extension. A proposal was presented to the Kentucky Giant Pumpkin Growers' Association to move the official national weigh off site to Meade County. It was accepted and the weigh off will be held in Meade County for the next 5 years. Plans for the "Great Pumpkin Pursuit" are under way. This huge community event is expected to draw interest from seven different states.

1200–1400lb. pumpkins



Pasture Weed Control Strategies

Over the last several years drought stress, among other factors, have thinned grass stands in most pasture fields in the county. This has allowed for an abundance of different varieties of weeds to emerge in pasture fields. Education was needed to understand management strategies needed in order to improve pasture quality. The Agriculture and Natural Resource Agent collaborated with an University of Kentucky weed science specialist to develop a weed/pasture management program to demonstrate strategies for weed control in pasture fields. Forty-one producers attended an evening demonstration held on a farm where new practices and programs are in progress. The purpose of the farm meeting was to show some of the herbicide options as one of the possible management practices. Forty one producers attended. Over 50% of the producers expressed some form of positive learning that will help them on their own farms. This ongoing project will continue to add recommended practices for weed control strategies.

4-H Babysitting Basics

Family Magazine reports that 76% of middle school age youth are babysitting either family members or other children. Childcare training provides life skills in parenting. Babysitting is often a youth's first gainful employment experience. The 4-H Youth Development Agent offered two, 10 hour 4-H Babysitting Basics Programs at Stuart Pepper Middle School as an afterschool program.

Twenty-three youth learned about child development and milestones, safety and first aid, toys and activities for children, basic care of infants, toddlers and children, and the business basics of being a self-employed babysitter. On the post self-assessment, 78% of the participants indicated an increase of the following skills: ability to take on more responsibility, more creativity, ability to communicate in front of a group, achieving individually set goals, use of safety practices, and feeling more confident in caring for infants, toddlers and preschoolers. Participants also shared that the following skills had been gained and put to use as a result of participating in this program: safety, healthy food recipes, changing the child's environment to change their behavior, diaper changing, calming an upset child and keeping a child occupied and busy during a babysitting job. Prior to taking the 4-H Babysitting Basics course, about 80% of the youth had not cared for children but felt more prepared after completing the class.



Safely changing an infant's clothes is a basic skill for beginning babysitters

Early Childhood Kids Fest

Early childhood education is critical to development and school readiness of preschoolers. The local school system found only 39% of children



Extension Homemaker President, Janet Hobbs and FCS agent prepping for Annual Kids Fest

are considered ready for Kindergarten when evaluated during registration. The Cooperative Extension Service as part of the Meade County Early Childhood Council, hosted a series of activities and events to educate parents and caretakers of the vital role they play in a child's development. As part of the 4th Annual Kids Fest focusing on children ages birth to five, the FCS Agent presented programs through nutrition education. Children worked on fine motor skills by filling pots, planting and watering tomato seeds then eating cherry tomatoes as part of the experience. Extension Homemakers educated participants about germs and the importance of hand washing. Those attending completed a survey with 88% stating they had learned new ideas on how to interact and teach their children at home.

Efforts continue to meet the needs of educating parents and caregivers on the vital role they play in a child's development.



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