

EXTENDING KNOWLEDGE *Changing Lives*

IN MENIFEE COUNTY

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



2015 Menifee County 4-H Campers and Counselors

Priority Program Efforts

- A total of **12** people are now involved in addressing significant community issues
- 21** youth made an impact in their community through service projects
- 18** local residents implemented practices that promote sustainable agriculture
- 35** Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 165** youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 201** citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of **108** individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of **91** youth and adults demonstrated informed and effective decision-making skills
- 19** individuals incorporated new or additional conservation practices.

4-H Youth Development

2015 4-H Camp

Submitted by: Mary McCarty Agent for 4-H/Agriculture

In June 2015, 32 Menifee County kids and adults went to Camp Feltner in London, KY. Campers went for four days and three nights. Campers had many activities to keep them busy throughout the four days. Each camper had four classes that they attended in the morning. These classes ranged from swimming, archery, fishing, recreation, science fun, snap circuits, and many more. In the afternoon campers participated in water Olympics, relay games, Raptor Education, and of course, free swim. Overnight summer 4-H camp teaches 4-Her's responsibility, how to meet new friends, self problem solving, and many more. The cost of camp changes each year because of donation that the Menifee County Extension Office

Speech and Demonstrations

Submitted by: Mary McCarty Agent for 4-H/Agriculture
All 4th and 5th graders in Menifee County participated in either a Speech or Demonstration in their Classrooms. Topics ranged from “How to make chewing gum” to “Brownie making” for demonstrations. Speeches ranged from “Seizures” to the boy band, “Five Seconds of Summer”. Classroom winners went to the County Competition and 10 winners moved on to the District Competition at Mt Sterling. Five Menifee County 4-Hers moved on to state competition. Two received Blue ribbons and three received red Ribbons. All Menifee County 4th and 5th graders learned a value skill by giving their speech or demonstration

Reality Store Teaches Youth about Money Management

Submitted by: Kendyl Redding, Agent for 4-H/FCS



Reality Store Youth Participants

Reality Store is a way for youth to see firsthand how expenses for necessities as well as luxuries must be balanced with the reality of monthly income. This program is designed to help youth realize that their career choice, the education required for a career, and potential lifestyle are all related.

In May 2015, the Menifee County 4-H Agents hosted Reality Store at Menifee Elementary School for the 7th and 8th grade students. Each student was given a career, based on their GPA, and a monthly salary. The students then visited each table or “store” which provided various services such as banking, groceries, insurance, transportation, housing, and utilities. Those who spend wisely have money leftover at the end of the month and for those who make lower salaries or make expensive purchases barely break even or go bankrupt. Students also draw to determine how many imaginary children they have. They are even required to visit the chance

booth where they dealt an unexpected situation, like winning free groceries or flood damage to their house. Reality Store serves as a wake-up call to youth but gives them the advantage to have time to do something about it.

85 students participated in reality store.

- 75% of the youth learned how to budget more wisely.
- 72% learned how to make wise financial choices.
- 77% had a better understanding on the impact of credit card and student loan debt on future finances.
- 96% had a better understanding on the link between career and lifestyle choices.
- 74% had a better understanding on what it takes to maintain a house.
- 75% had a better understanding on the cost to raise a child.
- 73% had a better understanding on the importance of saving for the future.

Agriculture and Natural Resources

Master Cattlemen

Submitted by: Mary McCarty Agent for 4-H/Agriculture

The top agriculture commodity in Menifee County is Beef production. Strong prices of the last few years have raised farming receipts over two million for the county. To help cattle production in the Gateway Agriculture District to continue to excel County Agriculture Agents from Bath, Menifee, Montgomery, and Rowan Counties came togeth-



Master Cattlemen graduates for 2015

er to host Master Cattlemen for 10 nights in the area. Twenty Five participants from the area graduated from the program. Throughout the 10 weeks other beef producers also participated in the program. Evaluations from the local participants were that they gained knowledge on all 10 topics taught in the Master Cattlemen programs. 100% of local producer that participate in at least one night of the program stated that they would at least make one change to their current operation.

Family and Consumer Sciences

Learning to Make Healthy Choices with Super Star Chef

Submitted by: Kendyl Redding, Agent for 4-H/FCS



Learning to make bread with Super Star Chef

With the unlimited amount of quick, ready-made processed food options there are today, it's important to be able to make healthy choices. In July 2015, the Family and Consumer Science Agent hosted Super Star Chef Day Camp at the Farmer's Market Pavilion. Youth participated in educational hands-on activities teaching them food safety and sanitation, knife safety, measuring and cooking tech-

niques, and nutrition.

Six children attended the event.

100% of youth learned something new.

100% could identify MyPlate and its five food groups.

100% had a better understanding of food safety

100% felt more comfortable with using a knife in the kitchen.

EFNEP

Nutrition Education Program 2014-2015 Success

Submitted by: Michelle Brown, EFNEP Assistant

The Menifee County NEP Paraprofessional taught 57 limited resource families how to serve more nutritious meals, to keep foods safe, and to utilize local food resources effectively. 100% of families made an improvement in nutritional quality of their diet.

The limited resource families showed improvement in other areas of the program. These results were calculated by a pre and post survey provided on a federal and state level.

The results listed:

68% graduate families consumed of higher quality because the planned meals using My Plate, considered healthy choices, and used the "nutrition facts" label.

58% increase the frequency of moderate physical activity for 30 minutes per day.

54% families began feeding their children breakfast within two hours of waking up.

50% demonstrated an improvement in safe food handling practices and hand washing behavior.

70% learned to make meals ahead of time using a grocery list as a guide for food selections.

68% shown in food price comparison behavior.

39% fewer families who could not afford to eat properly.

40% were able to use community food resources, such as food pantries, less often due to increased skill at food resource management.



Project Worth Food Pantry

Families Budgeting Food Dollars

Submitted by: Michelle Brown, EFNEP Assistant

The Project Worth Food Pantry and Menifee County Cooperative Extension EFNEP Assistant, collaborated to help with budgeting food expenses for their food pantry clients. It was brought to the Director of Project Worth that most food pantry families were not using their food benefits wisely, by stating of running out of food at the end of each month.

The Menifee County Cooperative Extension EFNEP Assistant taught nutrition education approved lessons to the limited families. The subject taught were meal planning, shopping with a grocery list, and food price comparison behavior.

The results were that the families improved by 40% less of using the food pantry only as needed, as the occasional visit for the lack of food security.

The Nutrition Education Assistant continues to encourage and present management instruction to Food Pantry clients.

Responsible Parenting

Submitted by: Michelle Brown, EFNEP Assistant

The Menifee County Cooperative Extension Nutrition Education Program Assistant collaborated with Gateway Community Agency to offer classes to improve parenting skills. The program was mainly focused on fathers, the entire family was invited to participate in the event.

We integrated both curriculum, 24/7 Father and Nutrition

Education approved lessons. The lessons taught were proper food safety, My Plate and portion distortion with visuals, healthy snacks, and making the better, best healthy choices. The families enjoyed the hands on preparation of chosen recipes. The recipes used were from Nutrition Education Program yearly calendar, My Plate, and Kentucky Proud.

During all activities and lessons, the participants gave positive feedback and great interest for the education materials, and how easy it can be to plan good wholesome family time. Other comments were made to verify they had improved lack of knowledge. They also stated, "they would enroll in other offered programs in the future".

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**The Menifee County
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