

# EXTENDING KNOWLEDGE *Changing Lives*

## IN EDMONSON COUNTY

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



*Edmonson County youth learning how to properly use a knife during the 3 day Super Star Chef Program*

### **Eating well in Edmonson County**

A well balanced diet is a key factor in overall health for most people. However eating well can sometimes be a challenge. According to the Kentucky Cabinet for Health and Family Services Data Book (2015) 21.2% of Edmonson County families live below poverty and there were 2,191 SNAP recipients. Families also report that they sometimes lack the knowledge to properly prepare nutritious food. The Edmonson County UK Cooperative Extension Office offered several programs through the year to help families stretch their food dollar, gain basic cooking skills and preserve their own food.

During a 3 day Super Star Chef Camp 33 Edmonson County youth gained basic cooking skills. Youth reported that they gained confidence in their food preparations skills and are more likely to try new recipes with fruits and vegetables.

Throughout the summer 14 Edmonson County residents' ages 29-70 participated in hands on food preservation workshops, 120 informational handouts were distributed, and 6 pressure canner gauges were tested. Pre & Post workshop evaluations were given to the individuals in the workshops. The evaluations showed that 100% of the participants that attended the workshops reported that they increased their knowledge, skills and confidence related to food preservation. Five families reported that they saved money by preserving their own food after the workshops.

## Priority Program Efforts

- A total of 100 people are now involved in addressing significant community issues
- 21 youth made an impact in their community through service projects
- 27 local residents implemented practices that promote sustainable agriculture
- 9 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
- 25 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
- 349 citizens (youth & adults) acknowledged utilizing the skills learned through Extension programming
- A total of 132 individuals reported making lifestyle changes (diet, exercise, managing stressors, healthy home practices, etc.) for the purpose of improving their health
- A total of 302 youth and adults demonstrated informed and effective decision-making skills
- 18 individuals incorporated new or additional conservation practices.

## EDMONSON COUNTY LEADERSHIP

### YOUTH CLASS OF 2014-15

For the past 18 years, the Edmonson County Leadership Program has striven to engage and involve citizens of the county in understanding, improving, and empowering the local community. The University of Kentucky Cooperative Extension Service of Edmonson County serves a major role in helping to coordinate and facilitate the program, and in securing funding. The 2014-15 Youth class has 21 members. The High School Sophomores and Juniors targeted by the program are learning many things, from how local and state government operates to leadership skills and proper etiquette for business and social meetings. The session that featured farm tours in the county had a positive rating greater 95% on written surveys. The best example of the lasting impact of this effort is the success of District 19 State Representative Michael Meredith, a past participant in Youth Leadership Edmonson County. His biography on the Kentucky Legislature webpage lists, among his many leadership roles, his continuing role in Edmonson County Leadership Alumni.



Other community educational programs that involve the Extension Service include but are not limited to: **Reality Store, Nolin Lake State Park Eco Day, 4-H Summer Camp Week, the Students Targeting Outside Pressures (S.T.O.P) program,, Private Pesticide Applicator Training, Beef Quality Assurance (BQA) training, 4-H Horse Club, 4-H Cooking Club, Southern Kentucky Pesticide Training, Worm Composting, Y.A.N.K.A (You Are Not A Kid Anymore) & Community Garden Expo.**

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UNIVERSITY OF  
KENTUCKY  
College of Agriculture,  
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**The Edmonson County  
Cooperative  
Extension Service**

*Extending Knowledge,  
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For more information, contact us at:

116 Mohawk Street  
Brownsville, KY 42210

(270) 597-3628

Fax: (270) 597-2948

[www.ca.uky.edu](http://www.ca.uky.edu)