

COOPERATIVE  
EXTENSION  
SERVICE



College of Agriculture,  
Food and Environment

When you support  
Extension, low  
income people  
learn to grow and  
prepare food and  
increase access and  
intake of fruits and  
vegetables which  
reduces hunger and  
improves the health  
of the community.



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# EXTENDING KNOWLEDGE *Changing Lives*



Stacy White, Agriculture and Natural Resource Agent in Bell County works with the Bell County Forestry Camp Inmates at one of two community gardens.

## Bell County Extension Improving Access to Healthy Foods

*Bell County Extension is a partner in the GROW Appalachia project providing gardening expertise and nutrition education to participants at Henderson Settlement and inmates at the Bell County Forestry Camp.*



The **GROW Appalachia** project has been made possible by funding from John Paul Mitchell Systems who has a desire to address hunger in Appalachia. Being deeply sensitive to the challenges facing Appalachian families, the objective is to **teach people to grow their own food**. The funding is managed by Berea College who recruited the **Henderson Settlement**, a United Methodist affiliated mission institute in Frakes, Kentucky and the **Bell County Extension Service** to work as partners.



*The gardens produced over 700 pounds of vegetables in one summer.*

Two gardens were developed under the direction of Stacy White, Extension Agent for Agriculture and Natural Resources. Inmates from the Bell County Forestry Camp were able to produce **over 700 pounds of vegetables** during the summer.

Nutrition, food preparation and food safety classes were provided to inmates and local residents by Rebecca Miller, Bell County Family and Consumer Sciences Agent, and Gail Brock, Program Assistant for the Supplemental Nutrition Assistance Program (SNAP) Education.

Participants were encouraged to increase their fruit and vegetable consumption to reduce the risks of cardiovascular diseases and other chronic diseases that are prevalent in Appalachia.

As a result, participants became more physically active, increased the variety of foods they were eating, and chose food that was lower in saturated fats and cholesterol; limited sugar and salt and reported feeling better.

**Extension Nutrition Education Programs reached 228 residence in Bell County in 2013. Of those completing the series of lessons, 85% plan meals in advance and 56% no longer run out of food before the end of the month. (2013 NEP Report)**



*Inmates practice preparing healthy recipes to encourage increased fruit and vegetable consumption.*