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.

The Menifee County Extension Service is a county resource that is available to all county residents. We have a dedicated staff of trained professionals delivering educational programs in Agriculture and Natural Resources, Family and Consumer Sciences, 4-H Youth Development, and Expanded Food and Nutritional Program (EFNEP).

Our mission is to make a difference in the lives of Kentucky citizens through research-based education from both land-grant institutions, the University of Kentucky and Kentucky State University. We emphasize valuing diversity and capitalizing on its potential to strengthen programs. We are locally-driven, flexible, and responsive. Our goal is to address community issues through collaboration from volunteers by applying knowledge and research-based information.

We hope that you will take time to review the programs highlighted in this report and we look forward to seeing you at one of our programs.

Priority Program Efforts

• A total of 43 people are now involved in addressing significant community issues
• 3 youth made an impact in their community through service projects
• 18 local residents implemented practices that promote sustainable agriculture
• 61 Producers reported an economic impact (i.e., increase in agricultural productivity, increase in higher returns, decrease in expenses) in their agricultural operations
• 9 youth indicated an increase in leadership skills, knowledge or confidence through participation in Extension-related leadership programs
• 155 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 72 youth and adults demonstrated informed and effective decision-making skills
• 45 individuals incorporated new or additional conservation practices.

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.
4-H Youth Development
New Programs Take Off

Last winter two programs were developed and leaders were sent for training in Carroll County. 4-H Livestock and 4-H Horse and Pony Programs were offered because of these leaders in the winter and spring of last year. The Livestock program offered education for Menifee County youth from ages 5-18 on cattle, pigs, sheep, goats, chickens, and rabbits. The Horse program offered education for the Menifee County youth ages 9-18 on the Horse. They learned breeds, parts, digestive system and equipment used. Fifteen 4-H Livestock members received their required six hours of education and two for Horse and Pony. Menifee County was represented at the KY State Fair Novice Sheep Show and at the Kentucky State 4-H Horse Show. Both programs are getting ready to start back up and looking to build from last year's maiden year.

Agriculture and Natural Resources
Gotta Love those Fruit and Veggies

UK Fruit Specialist John Strang at Wayne Coles Orchard teaching fruit tree pruning.

The Bath, Menifee, and Montgomery County Agriculture Agents worked together to plan and conduct a series of Garden and Fruit production classes based on the needs expressed by their clientele. The programs in this six part series were rotated between the three counties involved. The program was six weeks long meeting one night a week.

All topics were taught by the Agriculture Agents and the FCS agents in those counties also helped to present the preservation side of gardening. The educational classes included garden planning, planting, care, maintenance, storage and preservation.

Also, covered was an introduction to home fruit production with a hands on grafting demonstration and an onsite fruit tree pruning demonstration. There was an average attendance of 15-20 at each meeting. In follow-up evaluations, all participants indicated that they learned practices that would benefit their home operations and improve the quality and quantity of their families food supply.
Everyone needs Estate Planning

Every county in District 1 had the option to host an Estate planning workshop over six nights once a week. The Agriculture Agent jumped at the chance to host the Estate Planning workshop for the Menifee County residents. Emphasis was on the estate planning process, including steps to develop an estate plan, establishing goals for an estate plan, specific estate planning tools (Power of Attorney, Trusts, and Wills), the probate process, insurance, funeral planning and gift and estate tax laws. During the six night program eight was the average that participated in the workshop. Participants were surveyed following the classes and 80% had not planned for their farm or business going on past their death. 100 percent reported starting the process of estate planning or revising what they already had completed. Everyone that attended the meeting said they learned something at each session. They also credited the efforts the Cooperative Extension Service for preparing them to take the next steps in proper financial planning.

Family and Consumer Sciences

Food Preservation Improves Food Insecurity

Eating fruits and vegetables daily, is a key component in a healthy diet. However, less than ten percent (10%) of Menifee County adults consume the recommended daily amount of fruits and veggies each day according to data from Kentucky Health Facts. As a result of poor diet and lack of physical activity, over sixty percent (60%) of adults in Menifee County are overweight or obese. Part of the reason adults may not be getting their daily servings of fruits and vegetables could be due to food insecurity. According to Feeding America data, over eighteen percent (18%) of the Menifee County population have experienced food insecurity in 2014. As an attempt to address these issues, Menifee County Extension office held a food preservation workshop for local residents in July of 2016. Clientele participated in a three day workshop, where they learned proper techniques for canning, freezing, and drying food. Participants varied in skill level; some being novice canners and some being experienced canners. Based on pre and post tests, one hundred percent (100%) of participants showed improved knowledge on proper techniques for home food preservation. Several participants showed interest in entering their products in the county level fair for a chance to win a ribbon. Seventy five percent (75%) of participants were new to Extension and showed interest in participating in other Extension programs in the future.

Community Fair Promotes Opportunities for Low Income Seniors

Menifee County Extension Agent for Family and Consumer Sciences and Gateway Community Outreach hosted a community expo event for low income senior citizens in October of 2016. The focus of the event was to inform seniors who are fixed on a low income to become aware of resources they can utilize in the county. Several other agencies were invited to attend, such as Kentucky Home Place, the Health Department, Rite Aid, Kentucky Extension Homemakers, and local pharmacies and clinics.

Community Fair Participate getting his blood pressure checked.
Seniors were able to receive flu vaccines, find out how they can get financial assistance with prescription glasses, dentures, and other medical expenses, and receive information about in-home care. The Family and Consumer Science Agent gave out information about home gardening and did a survey to see how many seniors struggled to maintain their home gardens due to financial constraint. The Menifee County Extension Homemakers gave out information about upcoming events at the Extension office. They informed seniors about the two Homemaker clubs in the county and were able to invite several people to their upcoming meeting. Over one hundred senior citizens attended the community expo. Of those one hundred attendees, over thirty percent (30%) of them expressed interest in home gardening and identified that they needed help with purchasing seeds for their garden. Overall, seniors who attended the expo gained knowledge on resources that are available to them that they did not know about previously. They were able to make connections with several local businesses and community agencies.

**EFNEP**

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.

The Nutrition Education Program standard goals are set 50% or greater to calculate difference in healthier lifestyle changes and scoring the program curriculum is effectually making an impact to program families. The program method of evaluating progress is pre and post survey questions. These questions entails the subjects that would be properly taught and ensure self-confidence of the client. The increased improvement was:

- 82% Resource Management
- 64% Food Safety Behavior
- 70% Diet Quality and Nutrition
- 98% Positive Change in any Food Group

**Teaching Nutrition Education to Children**

The Menifee County Nutrition Education Assistant enrolled 12 youth groups with the contact number of 210 children. The majority of the children were taught on a Kindergarten to a 3rd grade level of Nutrition Education.

The students were offered a different fruit or vegetable during each class visit. The fruits and vegetables were chosen by not commonly seen in our area and rarely grown in Kentucky. The fruit that made the greatest impact was the pomegranate. The majority of the children had never tasted or recognized this particular fruit. They had a through discussion about the usual fruit and surprised by the taste, texture, and the juice pods inside the pomegranate. 90% of the class described how great the taste, would eat it again, and would recognize it the grocery store.

“The Menifee County Extension Office has been a great help to me and my farming family. They are always ready to answer any questions that I have.”

- Robert Doyle