

# EXTENSION TODAY

2021-22



## Grant County Report to the People

College of Agriculture,  
Food and Environment  
Cooperative Extension Service

### COUNTY IMPACTS

85 Number of individuals reporting improved knowledge of disaster preparedness (emergency kits; daily water needs; evacuation or sheltering in place plans)

76 Number of people who increased farm profits, reduced expenses, and/or reduced risk

68 Number of people who used Extension resources to identify plant disease

5234 Number of hours KEHA members volunteered in COMMUNITY activities and events

120 Number of participants reporting intention to try new foods because of Recipe for Life

150 Number of participants in the LEAP Preschool program

11 Number of individuals reported increased levels of understanding in identifying estate planning strategies for the family, farming operation, or business



### Boot Camp: The Early Years

Ari Veach

Sending elementary students to Boot Camp sounds harsh, but is common in Grant County. We were and are blessed to have a former 4-H Agent who developed the program and continues to volunteer, serving the future of our community a couple times a year. The program has grown from a couple of students who were recommended for some extra mentorship to now an event where students ask when it's happening and get their forms in early so they don't miss it because it fills up fast. Some of our first attendees are now boot camp mentors to new recruits.

In 4-H Boot Camp, we instill the Seven Core Values of the Army; Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage, into each youth participant. The 4-H program, as a whole, has the same values when working with youth, just not put into those words. The youth demonstrate Personal Courage when they sign up for their first 4-H club. The teamwork and leadership skills taught and learned are Selfless Service. Giving their best is their Duty. Loyalty is being there for others as well as themselves. Honor and Integrity is demonstrated in their every action. The groundwork for Respect is laid out by addressing the instructors with sir or ma'am and being part of a team with one goal: To Make the Best, Better.

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



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# COOKING CAN BE WILD

Ari Veach & Lorie Dunn

Currently 12.8% of Kentuckians live in poverty. Many of these families receive assistance from local food pantries in addition to SNAP benefits. Hunters for the Hungry provides many of these pantries with wild game but many families do not know how to prepare it. The Grant County Nutrition Education program, Grant County 4-H, UK Department of Agriculture and Kentucky Fish and Wildlife collaborated to present a two month long Cook Wild program. The classes averaged 18-22 adults and children with 14 adults completing all of the classes. The program kicked off with a free fishing day at our local Fishing in Neighborhoods (FINS) Lake Pollywog where participants were able to fish with poles and bait provided by Fish and Wildlife who also did a hands on demonstration of how to filet catfish. Throughout the program, participants attended Healthy Choices classes with lessons including My Plate, Know the Limits, Budgeting, Labels, Meal Planning, Food Safety, Physical Activity, and Breakfast.

At each class, participants prepared and sampled Cook Wild Recipes and practiced cooking skills and food safety. Participants had the opportunity to practice using thermometers and 79% now use a food thermometer after receiving one to take home along with other kitchen tools for their own use. They improved their handwashing after practicing with GloGerm. One participant stated "I thought I was doing a good job washing my hands but I need to do better." Hunters Education classes quickly filled.

Representatives from the University of Kentucky, Department of Agriculture taught participants how to field dress a deer safely and how to properly can meat. A Field to Fork lesson on Squirrels was also taught by the Department of Fish and Wildlife which taught participants everything from hunting safety to preparing and sampling a recipe.

As a result of the classes, 70% of participants are exercising more, 93% improved their diets, and 64% are using a written food plan, making a shopping list, and eating vegetables, beans and peas more often. One participant stated, "I'm not afraid to cook deer meat now, the recipes are easy and a friend who hunts will give us meat to help us out." Finally, one participant stated, "I bought a fishing license because it will give us fish to cook and a free activity for me and my family."



# AFFORDABLE SEAFOOD

Asa Conkwright

With the pandemic in force, supply chain issues, and inflation, buying food has become a financial burden. Americans were falling short of nutrient recommendation pre-pandemic and escalation of food prices and scarcity only contribute to the issues at hand. With that in mind, it is important to try to assist participants in achieving those recommendations. This program was created to express the nutritional benefits of seafood and offer some cost-effective ways to increase consumption and take advantage seafood's nutrient dense nature.

This program was taught by FCS agent, Asa Conkwright, and a local fish monger and restaurant owner at the Grant County Public library. In addition to informing participants about nutritional benefits, potential hazards (mercury), purchasing, and cooking of seafood in a way that benefitted participants financially were discussed. Participants were able to taste various seafood items, canned and fresh, prepared in different ways that would be considered cost effective. After the class, 89% of participants reported that they learned the difference in nutrient dense and energy dense foods. and 42% of participants reported learning the importance of eating a variety of seafood. When it came to cooking the seafood, 68% of participants indicated that they learned how time and temperature during cooking can affect the quality of the finished product and 78% of participants reported learning about the necessary equipment used when cooking seafood. 84% of participants reported they were more confident in their ability to cook seafood at home.





# *Recipe for Life Returns*

Lorie Dunn

Kentucky has a youth obesity rate of 23.8% in youth ages 10-17 and 18.9% of all Kentucky's children are food insecure. Grant County Nutrition Education in cooperation with Williamstown Independent School, Grant County Schools, Grant County Family and Consumer Science program, Homemaker volunteers and Spears Free Kitchen presented the Recipe for Life program to 5th graders throughout the county. This is the first year since COVID 19 that students were able to go on a field trip and participate in Recipe for Life. The two day program included hand washing using GloGerm, Think Your Drink, Physical Activity, My Plate and lessons from the Recipe for Life curriculum.

Youth had the opportunity to improve their measuring, knife skills, food and kitchen safety, reading recipes which making five recipes for their lunches. In addition to preparing their own lunches, students also prepared food for the Spears Free Kitchen to help out low income families. Students were able to have classroom style lessons and hands on lessons to improve their nutrition knowledge and kitchen skills. By the end of the program, 89% of the students reported confidence in their cooking skills and 58% reported that they would help prepare meals at home. Also, 50% of students agreed to include more fruit in their diets. One teacher stated, "This is the highlight of the year, the kids come back to class with so much more confidence." A student stated, "I love to cook now, I didn't know that I could cook so many things and can't believe they can taste good and be healthy."

## **Growing Success in a School Garden**

Chris Ammerman

All students in the Grant County School District qualify for the USDA school lunch program. Over the past few years interest in locally grown produce has continued to climb. The art of gardening has skipped a couple generations as the nation's food supply has made it easier to purchase than grow.

Students, teachers, and family resource agents from Sherman Elementary School partnered with the agents from the Grant County Extension Service to start a project this year to improve the freshness of fruits and vegetables served in our cafeteria.

Students were taught seed starting, transplanting and greenhouse management over the past two spring gardening seasons. Eight boys and 4 girls from the 4th and 5th grade students have worked extensively to manage cold temperatures and hot temperature swings to raise produce on a small plot of land provided by the Grant County School District.

Winter crops such as kale, radishes, lettuce, and broccoli were the first ones planted. The farm has many different crops that mature at different times, which is good for the soil and nutrients.

Out of 25 students interviewed in the cafeteria, 24 percent said ingredients from school's farm might cause them to switch from homemade lunches to school-bought lunches. But 60 percent said the changes would not make them more likely to buy the lunch.

At the conclusion of the 2022 school year, plans for an additional greenhouse structure was added for the fall and future growing seasons. It is the intention of the program to teach gardening skills to elementary students for many more years to come.



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