

# MORGAN COUNTY EXTENSION SERVICE



## 2022

COOPERATIVE EXTENSION

**UK** University of  
Kentucky.  
College of Agriculture,  
Food and Environment



# MISSION OF EXTENSION

Our mission, simply stated, is to make a difference in the lives of Kentucky citizens through research-based education. Jointly with our other land-grant partner, Kentucky State University, we take the University to the people in their local communities, addressing issues of importance of all Kentuckians.

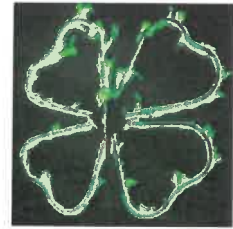


# HIGHLIGHTS



**Alyssa McPherson**

**First Place at the 2022 State Communication Contest.**



**Tessa Frederick & Lucas Cole**

**Were selected at the 2022 Teen Conference to serve on the State Teen Council for 2022-2023.**

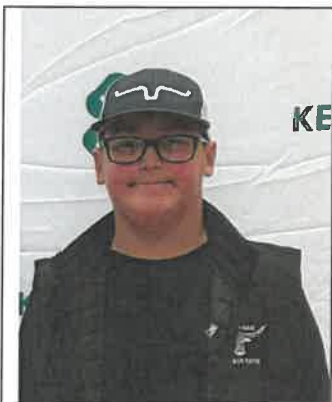


**Ellen Hunley**

**2022 County and District 4-H Communications Winner.**

**Jaxon Sorrel**

**2022 County and District 4-H Communications Winner.**



**Jude Lykins**

**2022 County and District 4-H Communications Winner.**



# DIRECT IMPACT



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## AGRICULTURE & NATURAL RESOURCES



### Grant Benefits Morgan County Farmers Market, Senior Citizens and WIC Recipients

A high percentage of Morgan County's population is eligible for supplemental food assistance including the Senior and WIC Farmers Market Nutrition Program administered by the local health department. The current pandemic has only caused additional food insecurity for many of these families.



Kentucky Extension  
Master Gardener

The ANR agent received a \$2,000 KY Double Dollars grant from Community Farm Alliance which allowed WIC and Senior FMNP participants to double their vouchers up to \$15 per day when purchasing fresh fruits and vegetables at the Morgan County Farmers Market.

As a result of this grant, over 150 WIC and Senior FMNP participants were able to double the amount of fresh produce they were able to provide to their families – plus, farmers nearly doubled their income for the season! Participants and farmers alike were appreciative of the difference these additional dollars made nutritionally and economically.

- 215 Number of people using services including soil testing, insect identification, weed identification, and hay testing.
- 200 Number of farmers who increased knowledge of farm health and safety practices.
- 235 Number of farmers who increased farm profits, reduced expenses, and/or reduced risk.
- 450 Number of farmers who gained knowledge of forage production, management and/or profitability.
- 360 Number of gardeners who gained knowledge in consumer and home horticulture.
- 325 Number of beef producers who gained information on beef nutrition, animal health, genetics, reproduction, and/ or facilities and equipment.

# DIRECT IMPACT



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## AGRICULTURE & NATURAL RESOURCES

### Morgan County Farmer Appreciation Dinner Promotes Safety and Mental Health Awareness

There were 110 farmers, family members, guests and Extension volunteers and staff present. In addition to a free steak dinner, farmers received a “Thank You” bag with ear plugs, safety glasses and gloves reminding them that the community wants to “listen” to their concerns, “see” their hard work and “applaud” them for their efforts – as well as “lend a hand” if needed. The program for the evening emphasized stress and mental health awareness plus safety. Each family received a booklet on stress topics specific to farmers as well as a specialty first aid kit focusing on Amputation/Entanglement injuries. The program closed with a photo opportunity, humorous games, and door prizes to send folks home with a smile after the discussion of difficult topics.

Farmers and their guests expressed how much they enjoyed and learned from the event. They appreciated the opportunity to be back together in a social setting post Covid. With perfect weather, participants enjoyed a great atmosphere of caring, support and neighborliness. Several follow up conversations have indicated that seeds of appreciation and recognition for being a farmer were planted.

One farmer texted an agent stating, “Thank you so much for doing this – it was very nice. It helps to know that your hard work matters.”



# A FOCUS ON YOUTH



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## A 4-H Camp for the Books!!

As Covid 19 remains a part of the new normal and has forever changed the planning of a large group gather, but it felt refreshing to have a traditional 4-H Camping program. The planning for the 2022 camping group understood the importance of giving our local youth a positive experience, due to past emotional and social health disconnect.

The groups' goal was to exceed the expectation numbers set by the state camping program. All agents worked on a promotional plan to implement during school club meetings, videos, and Facebook promotions. Even with the challenges of a normal camping year, lack of the number of campers of the previous year to tell their story to future campers seemed to burden most counties. However, this group accepted the challenge and decided to throw out the old play book for camp and start fresh. Wanted to offer new activities and invest in the future of our camping group.

All these changes and additions allowed Morgan County to take on our highest number of campers since 2004. The groundwork for the 2023 Camping program has already begun to ensure growth continues in the Morgan County 4-H Camping program.

4-H is a **community** of **young people**  
 **across America** who are learning  
**leadership, citizenship and**  
**life skills.**

# A FOCUS ON YOUTH



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## 2022 Teen Conference

Morgan County had seven delegates to attend the 2022 Teen Conference. Of the seven, two of the delegates have been selected to serve on the State Teen Council for this upcoming year. The delegates in attendance all want to return in 2023 and two want to attend the Southern Regional Leadership Conference in the fall. Delegates were enthusiastic about the networking opportunities they were involved in and looking forward to implementing some of their new skills and passions. Even one of the delegates, Lucas Cole, was featured in the University News for his work with Podcasting major during Teen Conference. This event has inspired him to bring back what he gained to his community.





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# BUILDING BETTER FAMILIES

## FAMILY & CONSUMER SCIENCES ED

### Bingocize™ – Playing our way to Fall Prevention

Morgan Co. Sr. Citizen center participants enrolled in Bingocize. It focused on fall prevention as they gained knowledge on how to assess fall risk, how medications, reduced vision and hearing impairment may increase fall risks. Exercise increased core strength, balance and overall strength. Twenty-two participants showed improvement in balance and strength. One participant stated, "I am attending whenever the program is offered." Another added, "I don't have to hold on to the wall in the shower, when washing my hair anymore."

### Food Preparation and Preserving the Harvest

18 Youth and parents gained skills in "**Cook Together, Eat Together**", all reported preparing more home cooked meals and eating meals together.

### Home-Based Micro-processing

15 people completed the **Home-Based Micro-processing**, 24 were **home based processing** certified and 20 completed **food handling certification**. These certifications allow for value added processing, selling processed foods, and handling food for festivals and events safely.

**Food preservation and canner gauge testing** allowed more than 256 families to gain skills in preserving food safely and to provide a high quality product to their families.

12 completed the food preparation series, that focused on bundt cooking (other than cakes), slow cooker, air fryer, freezer meals and make it quick.





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# BUILDING

# BETTER FAMILIES

## **FAMILY & CONSUMER SCIENCES ED**

### **Leadership – Serving others in Morgan County**

Extension Homemakers volunteered more than 9132 hours of service to extension and community. In today's economy valued at \$28.54/hr. equals greater than \$260,627.00 to Morgan Co. enrichment. Youth scholarships to promote participation in 4-H camp and higher education was greater than \$1400 this year alone. Assisting with Sr. Food Pantry, served more than 4080 food boxes to more than 340 sr. citizen families.



Locally volunteer serve in many leadership capacities, one ext. homemaker serves in area and state roles of chair, and on the state leadership development committee for KEHA. Another volunteer serves both locally and area wide as treasurer.

### **Cook Together Eat Together**

Eating more fruits and vegetables is a critical behavior for health promotion and disease prevention. Despite the importance of eating more produce, it is also one of the most difficult eating behaviors to change. It has been reported that cooking more meals at home is related to increased fruit and vegetable consumption.

A social marketing program to promote healthier, home-cooked family meals, Cook Together, Eat Together, was offered at the Morgan County Cooperative Extension Service with 8 adult and 12 youth participants. This group was a group of home school Moms and youth in a rural setting, youth ranged in ages 3 - 16, with varied skills in food preparation.

As a result of the program, 92% of participants reported eating more healthy foods such as whole fruits and/or brightly colored vegetables, while 75% prepared healthier homecooked meals. In addition, 61% adopted one or more practices to reduce food shopping costs associated with home-cooked meals such as comparing prices, planning meals, and making shopping lists.

Over the long term, these cooking and eating behavior changes may lead to sustainable changes in cooking and eating norms in a community. As demonstrated by Cook Together, Eat Together, social marketing is a powerful tool to promote changes for the public good.

One Mom reported her daughters, "actually trying new foods and eating a better variety." All youth reported gaining skills and knowledge. Some of their favorite topics included: knife skills ("learning less cuts with a sharp knife, than a dull one"). One adult stated: I have learned to sauté vegetables to enhance flavor in soups, a grandmother reported, "I have been cooking for 50 years and have learned so much today."

# NUTRITION EDUCATION PROGRAM



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The Kentucky Nutrition Education program empowers participants to achieve and maintain good health by encouraging habits such as, eating more fruits and vegetables, choosing low fat and high fiber foods and increasing physical activity within the constraints of a limited budget. Participants learn ways to make healthy food choices, avoid running out of food and prepare and store food safely.

## Nutrition Education Programs Community Contacts:

- ❖ Morgan County Senior Citizens
- ❖ Gateway Headstart
- ❖ Health Department
- ❖ New Vision Recovery Center
- ❖ Cabinet for Health and Family Services
- ❖ Farmers Markets
- ❖ Public Schools



Teen Cuisine lesson with high school Jag Class. Cutlery skills.



# Contact Us



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## EXTENSION AGENTS

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Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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Disabilities  
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with prior notification.