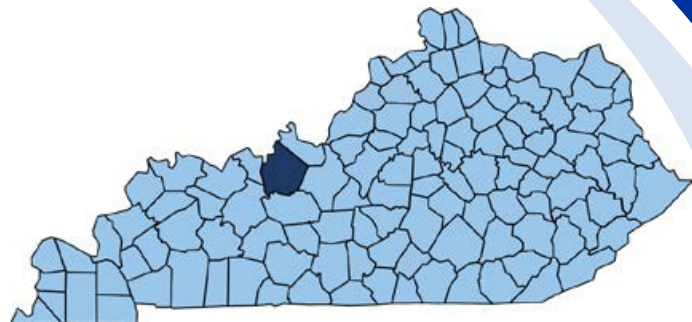


BRECKINRIDGE COUNTY

REPORT TO THE PEOPLE



Breckinridge County
Extension Office

College of Agriculture, Food and Environment

2022



Did you know...

The Kentucky FFA Leadership Training Center resides in Breckinridge County

breckinridge.ca.uky.edu  breckinridge.EXT@uky.edu  (270) 756-2182



FAMILY & CONSUMER SCIENCES

FCS PROGRAM Supports Youth Mental Health

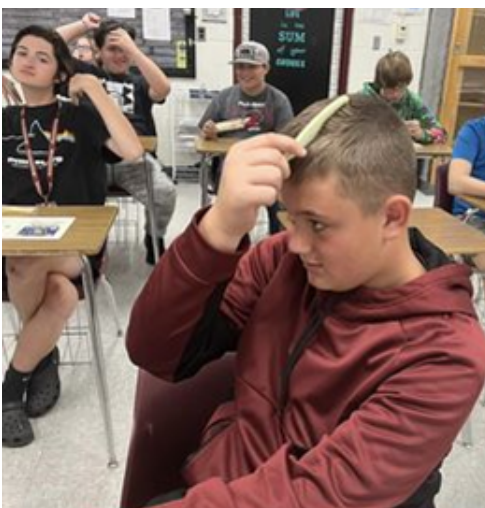
336

individuals who gained
increased knowledge of how to
respond to mental health
concerns

Major Program: Substance Use and Mental Health – FCS

Author: Lynette Allen, Health and Human Sciences Extension Agent

Following the covid pandemic, mental wellness continues to a topic of concern for youth and adults. Local schools are addressing this need by reaching out to agencies to provide support with school enrichment programming. In partnership with the Breckinridge County Middle School, the FCS agent provided educational presentations on improving self-esteem and



*Youth practice self-care with
personal hygiene kit supplies*

wellness with personal hygiene and nutrition lessons during the 2022 and 2023 school years.

As part of a monthly mental wellness day, the 2-part program, It's Cool to be Clean and My Plate-Be My Best was shared with 480 middle school students. Through group discussion and learning activities, youth gained the understanding of how good personal hygiene can improve self-esteem and support resiliency for day-to-day living. To further encourage, self-care, a nutrition lesson was shared on healthy eating and physical activity, which also aids in stress management and depression prevention. Youth got to sample a simple muffin recipe that included pumpkin and taste mango to demonstrate that eating healthy can taste good.

In addition to the agent's presentations, support and resources were secured with the University of Kentucky Extension program to provide the Botvin Lifeskills

program. School and Extension staff received the certification to implement the workbook series that teaches decision making skills to encourage positive lifestyle choices by youth. With follow-up discussion, youth were able to identify stress management tips which included eating healthy, exercising, and taking pride in their appearance. The mental wellness days and the Botvin Lifeskills program provided the opportunity for youth to share concerns, reach out to others and gain knowledge and skills to support their friends, family, and themselves.

240

youth who experienced improved social skills and/or self-efficacy

COOK TOGETHER, EAT TOGETHER

Supports Family Mealtime

Major Program: ...

Author: Lynette Allen, Health and Human Sciences Extension Agent

Eating more fruits and vegetables is important 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.

To promote healthier, home-cooked family meals, Cook Together, Eat Together, was offered at the Breckinridge County Cooperative Extension Office with families enrolled with the Early Head Start program. Five families gathered for four sessions to practice food preparation skills, recipe tasting and eating together a family. Adults and youth participants enjoyed being together while sharing about their day and enjoying the food they had cooked together. Mobile cooking stations provided the opportunity for all participants to gain hands-on learning. As a result of the program, all participants reported improved cooking skills and trying the new recipes at



home. Also, parents reported the intent to cook more at home. The program introduced Extension programming to young families and additional cooking sessions are scheduled for the new school year. Cook Together, Eat Together provides a connection for two community agencies to partner and support the families of Breckinridge County for a healthier future.



AGRICULTURE & NATURAL RESOURCES

FARM SAFETY Hosting 200 students across the county

Major Program: Health

Author: Carol Hinton, Agriculture and Natural Resources Extension Agent

We are back in the schools for some fantastic programming. We surveyed the schools in the fall months to determine the level of interest to bring the Progressive Ag Foundation Farm and Home Safety event back to the schools. The committee met; they were energetic to get back in the schools. We worked through the schools, the KY FFA Leadership Training Center to host the event indoors.

We hosted 200 5th graders across the county along with 75 volunteers, including FFA, Auto Mechanic and HOSA students. We had new presentations and presenters that added life back into the event.

The County sheriff spoke and asked kids if they knew their 911 address. As a committee, we made the decision to have window clings made up for parents, grandparents, and guardians to write their address and put it on the door of their house or a common area so the visiting youth will know where to send emergency responders. The biggest win, after setting up this event, the curriculum coordinator for the county said he can always count on the Extension Service to provide positive interactive events for the youth. Therefore, he has already put us on the books for the Fall of 2022 for the 4th and 5th graders to get everyone ready to roll.

500

Soil samples processed through the office

COMMUNITY Gardens

Major Program: Horticulture, Consumer and Home

Author: Carol Hinton, Agriculture and Natural Resources Extension Agent

The Community Garden program has been running with the assistance of Master Gardeners and the cooperation of the staff at each location. The program helps to put in and maintain raised and/or accessible gardens for community. We had request to increase the program at each site and to set up a couple new places where people gather. The residents even requested their own kind of tomatoes and peppers to raise. Buy in has been fantastic for the community. They are now requesting fall vegetable plants to watch and care for during the cooler months.

The areas we have programs in at this time are: in 2 nursing home facilities, a women's shelter, the detention center, and the 2 adult living centers.

The staff of these facilities assisted by harvesting and preparing the vegetables for the residents.

The Sweet Corn Test plot managed by the Extension Service and helps growers and sweet corn enthusiast to try new varieties. We do taste tests when the corn is ready to pick, then as we are finishing up with a variety the Detention Center Work Release program comes to harvest the rest of the plot and they utilize it in their kitchen.

The program has evolved into a vegetable program, we help them plant and manage raised beds at the detention center and now we have added back the larger garden. We work directly with the inmates and wardens to teach about gardening and the proper harvest time and method. New varieties as well as old are planted each year to compare their disease resistance, production, and taste. Tasha Tucker, EFNEP has a Recovery Bodies class she teaches at the Detention Center and uses the vegetables from our raised beds to show how easy it is to go from garden to table.

We offer other demonstrations at our raised beds at our office as customers drive through the Farmers Market, every Tuesday evening and Saturday mornings. It is truly amazing how surprised people are that a raised bed can produce over 20 pounds of squash with one picking.

We offered a hands-on class on how to choose good varieties and plants and seeds were given out. We have received comments from participants that they have put our recommendations into practice and used the new varieties and their gardens look so much better, and they can't wait for their first tomato of the season.



2917

Hours KEHA Members volunteered in
Community Activities and Events

AGRICULTURE & NATURAL RESOURCES (CONT.)

COUNTRY HAM Project

Author: Carol Hinton, Agriculture and Natural Resources Extension Agent



The Country Ham Project is an excellent avenue to teach the 4-H participants and adults a 'by gone tradition'. The youth must complete the project with two (2) country hams and a speech at the KY State Fair. Breckinridge County had two (2) youth that tied for top placing for their speech.

This program brings together families on a cold January day to cure hams. The bounty of their work is well worth the time that they spend on curing and cleaning up their hams. The hams are removed from the ham house and taken home in August. These hams are used for breakfast, family gatherings and a complete feeling of pride that they have learned how to cure hams like their parents and grandparents did so many years ago.



Breckinridge COUNTY FAIR

Author: Carol Hinton, Agriculture and Natural Resources Extension Agent

The Breckinridge County Fair brought in 50 youth, novice, 4-H and FFA to exhibit beef, swine, sheep, goats, and rabbits. The poultry kids brought pictures of their projects as the Avian Flu prevented them from travelling. The Farm Bureau and Fair Board host the shows and the

Youth Premium Livestock Auction in which 27 youth were eligible. The Premium Auction brought in \$48,589.00 above market price with an additional \$23,000 as added donations to the youth. We are so proud of our youth in completing their projects.

It's Time to Watch your P's and K's

Author: Carol Hinton, Agriculture and Natural Resources Extension Agent

We assist producers in developing a soil fertility program that will net them an increase in yield while remaining economically viable. Farmers were warned of increasing input costs in late 2021. Many farmers in the area and the county rely on soil testing to predict fertilizer inputs for the upcoming year. Our county continually sends in over 2,000 soil tests to the lab at the University of Kentucky. The history of soil testing on many farms in the county

goes back at least 30 years. I have charted the results comparing the same fields year after year, test results, and they are consistent. From time to time, I am asked to review soil results from a commercial company. The fertilizer company wants to run their own tests for farmers in some situations, I use our tools to give a recommendation for fertilizer based on the recommendations in AGR 1, a University of Kentucky College of Agricultural long time researched publication on fertilizer



4-H YOUTH DEVELOPMENT

TREBLE CHORUS 4-H Choir Camp & Veteran's Day Concert



Major Program: Communications and Expressive Arts
Author: Anna Denny, 4-H Youth Development Extension Agent

As a young person progresses in their 4-H career, and in their life as they become an adult, public speaking and performing in front of a audience is inevitable in a professional setting. In the 4-H Treble Chorus, young people in grades 3rd through 5th implement one of the 4-H essential elements of Mastery by learning different performing art skills, such as reading music, playing instruments, and practicing their singing. This 4-H club met twice a month, from August all the way up to November, enhancing their skills and rehearsing until their performance at the Veteran's Day Concert.

On November 11th, the 4-H Treble Chorus wrapped up the season with a 6 hour Choir Day Camp. The club leader led the group in practice to prepare for their Veteran's Day Concert scheduled for later that evening. Extension staff shared a lesson about flag etiquette and led the youth in writing Veteran's Day cards to local veteran's in Breckinridge County. Also, a local business owner shared a demonstration from Beachy Dogs Training about service dogs, therapy dogs, and dogs used in the military.

Another part of the day camp included the 4-H youth and leaders traveling downtown to the old courthouse and

1153

Hours of youth or adult volunteer related education provided in the county



placing a wreath at the Veteran's monument before signing a beautiful song. Volunteer Homemakers provided lunch and refreshments for the day-long event. To conclude the day, a Veteran's Day Concert was hosted with over one hundred community members in attendance as the Breckinridge County 4-H Treble Chorus performed a series of patriotic-themed songs, and played instruments.

After their first performance at the Veteran's Day Concert, the 4-H Treble Chorus plans to expand their program for performances all year around and expand their enrollment to older 4-H members as well. This was a successful establishment of a strong performing arts 4-H club within the county.

CLOVERBUD Holiday Workshop

205

youth who were educated on health and well-being through 4-H programs

Major Program: Communications & Expressive Arts
Author: Anna Denny, 4-H Youth Development Extension Agent

Breckinridge County 4-H kicked off the first Cloverbud meeting of the 2022-2023 program year with a Holiday Workshop on Thursday, December 15th, 2022. We had a total of fifteen youth members in attendance. This was an informative meeting for parents, as well as a chance for Cloverbud youth to get to know each other, learn the basics of 4-H, participate in fun Holiday crafts, and enjoy decorating cookies together. The children made Scandinavian Christmas Gnomes, and made wooden ornaments.





FOOD & NUTRITION PROGRAM

GROW IT, TRY IT, LIKE IT Program Combats Food Insecurity

Major Program: Health

Author: Tasha Tucker, Supplemental Nutrition Assistance Program Education

According to Feeding America, 14.7% of Breckinridge County children struggle with food insecurity. Food insecure children are likely to be sick more often, recover from illness more slowly, and hospitalized more often. Children who are food insecure also struggle to concentrate and focus and has been linked to higher levels of behavioral and emotional problems from preschool to adolescents, according to the American Academy of Pediatrics. In order to combat this huge issue Breckinridge County Nutrition Education Assistant and Breckinridge County Library partnered to use the Arbor Grant to build and utilize community raised beds at 5 of the local schools. At each school, two to four raised beds were planted, weeded, watered, tended by the children and staff at each school.

Grow it, Try It, Like It curriculum was taught to the kindergarten to third grade children. Kids were also given hands on experience, planting seeds of watermelon, beans, and marigolds. Seeds were used as experiments and further study in the classroom. Children also took the plants home and were encouraged to plant them and make their own garden. Children throughout the community would see the assistant and librarian out in Breckinridge County and tell them how big the plants had grown at the school and the plants that had been planted at home. "For If you give a man a fish, you feed him for the day. and he will eat for a day. If you teach him to fish, you will feed him for a lifetime. "

94%

Of the class showed an increase in making a positive change in choosing one of the five food groups

PROGRAM INDICATORS

210

Master Gardener
hours completed
in the county

665

Clients increased
agriculture
awareness due to
Extension
Programming

336

individuals who
gained increased
knowledge of how
to respond to
mental health
concerns

205

Youth who were
educated on
health and well-
being through 4-H
Programs

203

youth who indicated
they made healthy
lifestyle choices as a
result of what they
learned through 4-H
programming

500

People who
applied Extension
Recommendations
for soil fertility

BRECKINRIDGE COUNTY REPORT TO THE PEOPLE

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[Breckinridge County 4-H](#)

CONTACT US



270-756-2182



cesbreck@uky.edu



1377 S. Hwy 261
Hardinsburg, KY 40143

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



Disabilities
accommodated
with prior notification.

Lynnette Allen

Family and Consumer Science Extension Agent
llallen@ukly.edu

Carol Hinton

Agriculture and Natural Resources Extension Agent
cmhinton@uky.edu

Anna Denny

4-H Youth Development Extension Agent
Anna.Denny@uky.edu