

A total of 82 participated on this Zoom meeting, and comments showed the positive response to this meeting: “Thank you so much for providing this for us!”, “Thanks for hosting this meeting, and for making it free”, and “Good variety of speakers. Thanks for a good session.”

Responses to the survey questions showed the economic value of the participants to not have to pay a registration fee and to pay travel for the employees to attend trainings that could be many miles away from their work location. A total of \$27,842.00 saved was the amount saved.



Extension At a Glance

- 75—Number of people who collected soil samples for testing
- 184 –Number of people gaining knowledge of establishing and maintaining pollinator habitats
- 100-Number of people who improved use of personal protection equipment
- 450-Number of direct contacts made by Master Gardeners
- 77-Number of program participants reporting adoption of physical activity practices
- 600-Number of recipe cards distributed
- 230-Number of hours KEHA members volunteered in community activities and events
- 70-Number of volunteers addressing community issues by assessing needs, developing programs and/or implementing solutions
- 1,700-Number of hours of volunteer service contributed
- 1,438-Number of youth who gained an understanding of the role of agriculture in the production of food, fiber, and wood products
- 1,550-Number of youth who indicated they increased their daily number of servings of fruit and vegetables eaten as a result of 4-H programs
- 1,450-Number of youth who indicated they are interested in learning more about science, engineering and technology projects

*It Starts With Us.*  
*Healthy Families. Healthy Homes.*  
*Healthy Communities.*

Report to the People  
Spencer County • 2023

COOPERATIVE EXTENSION  
  
University of Kentucky  
College of Agriculture,  
Food and Environment  




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**Families at the annual healthfair and readifest**



### **Health Fair & Readifest**

The 2022 Healthfair/Readifest was a collaborative program planned by the Spencer County Cooperative Extension Service and Family Resource/Youth Service Centers. Churches and local businesses donated school supplies.

The goal of this program is to help improve the community's health for adults and youth to ensure they have needed health checkups and school supplies before the first day of school.

Throughout the 2 hour event, adults and children visit over 40 booths where they get various health checks and receive information on health topics. Children receive school supplies including: pencils, crayons, folders, paper, notebooks, backpacks, and markers. This helps reduce the amount of money that families have to spend for supplies, especially in this time of rising prices.

The results for the 2022 Healthfair/Readifest were outstanding.

There were over 900 people that participated, including over 400 children and in-kind contributions for volunteer hours and supplies was \$41,324.

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### **Food Preservation Workshop**

Due to supply chain issues with grocery stores, people want to know what goes into the food they consume to have ways to reduce added fat, sugar, and salt in their diet. The Spencer County Family and Consumer Sciences Extension Agent collaborated with Henry County Family and Consumer Sciences Agent to offer a Food Preservation Workshop in July 2022 with twenty-three participants.



One hundred percent of participants identified research-based methods of home food preservation.

One hundred percent of participants identified foods

that can be easily dehydrated. One hundred percent of the class participants accurately prepared food products using appropriate methods of dehydration to preserve foods, and one hundred percent identified signs of spoilage in home-dried foods. Due to the interest in an evening program, a second program on September 19, 2022, was conducted with twelve participants. One hundred percent of participants identified all home food preservation methods, one hundred percent identified foods that

can be easily dehydrated, one hundred percent accurately prepared food products using appropriate dehydration methods to preserve foods, and one hundred percent identified signs of spoilage in dried foods. As a result of the popularity of the program, future food preservation classes will be offered throughout both of our communities.

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### **Spencer County Youth think that 4-H Camp is the best at Lake Cumberland 4-H Camp**



### **4-H Camp Feels like Family**

The interactions offered at 4-H Camp are important to youth, especially from the isolation by the COVID-19 pandemic. The time we spend with youth in the camp setting offers opportunities for youth.

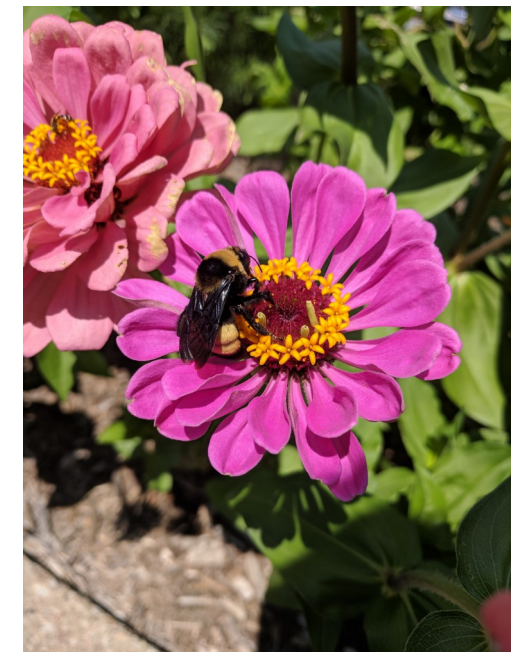
To feel a sense of belonging, have meaningful conversations with caring adults, to practice generosity, group decision-making, and new activities they typically don't have access to at home, and gaining independence by taking on the responsibility of keeping track of their belongings and keeping to the camp schedule.

Spencer County took over 140

volunteers and campers to Lake Cumberland 4-H Camp. It was a wonderful experience and youth got to experience a "normal" camp for the first time since 2019. The campers experienced new opportunities for the first time and loved it! The teens shined, many in this role for the first time. Adults are already planning for 2023 and even recruiting new leaders.

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### **As part of the training, protecting pollinator habitats, such as beehives, was discussed.**



### **Pesticide CEU Update**

Each fall, the Spencer County Cooperative Extension Service hosts a meeting for commercial pesticide applicators to help them receive Continuing Education Units so that they can keep their licenses from year to year.

Topics for the meeting included: Plant Disease Update, Top Pests of 2021, and Safely Transporting and Storing Pesticides.

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