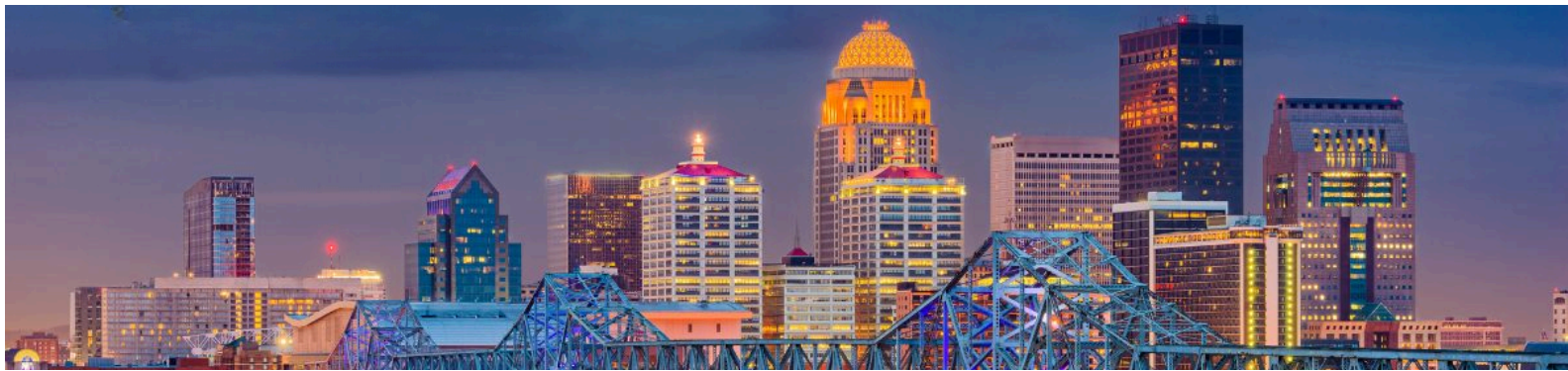


REPORT TO THE PEOPLE



Welcome To Jefferson County Cooperative Extension

The Jefferson County Kentucky Cooperative Extension office serves Jefferson County through a dynamic collaboration between the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment (UKY) and Kentucky State University College of Agriculture, Health, and Natural Resources (KSU). The mission of Cooperative Extension is to provide research-based programming to improve the lives of citizens. This past year our on-site programming has enriched the lives of over 50,936 citizens in Jefferson County through 4-H and Youth development, Family and Consumer Sciences (FCS), Agriculture and Natural Resources (ANR), Horticulture, and Community and Economic Development (CED) topics.

Reach out to the Jefferson County Extension Office at (502) 569-2344 or Jefferson.ca.uky.edu with any questions or to request services.

Look inside this Report to the People for program highlights from the 2023-2024 program year. We look forward to working with the Jefferson County Community in the coming months.

County Impact

PROGRAMS PRESENTED: 1,430

TOTAL PROGRAM PARTICIPANTS: 28,211

CLIENTELE VISITS: 1,233

TELEPHONE CONSULTATIONS: 1,313

COMMUNITY NEWSLETTERS: 31

NUMBER OF VOLUNTEERS: 672

CLIENTELE REACHED BY VOLUNTEERS: 5,157

VOLUNTEER HOURS: 10,049

VALUE OF VOLUNTEER HOURS: \$336,451

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities accommodated with prior notification.

Hispanic Student Union at Fairdale High School

Community Resource Development and 4-H, Kentucky State University



Fairdale High School, located within the Jefferson County Public Schools district, serves a diverse student body, with thirty-three percent identifying as Hispanic/Latinx. The Family Resource Youth Service Center (FRYSC) Coordinator at Fairdale High School reached out to Jessica Marquez, Community Resource Development State Specialist and Patrice Thompson, 4-H Agent at Kentucky State University (KSU), to explore programming opportunities for Hispanic/Latinx students.

During discussions with students, it was discovered that while these students possessed strong leadership potential, many were uncertain about how to channel their abilities in a positive direction. Additionally, students expressed a desire for a supportive, culturally relevant space on campus.

Together they trained 5 student leaders to create the program *El Brillo Atraves de Mi Cultura* (The Spark Within My Culture). Students used various school event to promote and recruit students using the skills that they learned from the leadership training.

The program was open to all students, with a focus on those of Hispanic/Latinx descent or those interested in the culture. The primary target audience was Hispanic/Latinx students at Fairdale High School who were not already involved in any existing groups.

The student leaders of the program were selected from those who had previously struggled with disciplinary issues, often as a result of a lack of guidance. While some of these students faced challenges, they also demonstrated significant potential for leadership within their community. Their behavior, at times, was a response to feeling disconnected or as a coping mechanism. In addition to fostering leadership development and cultural competence, the program provides a safe space for students to appreciate and celebrate their diverse heritages and cultures.

KSU's Community Resource Development and 4-H programs, in collaboration with JCPS Fairdale High School, launched this initiative, marking the school's first-ever Hispanic/Latinx Student Union. The program is designed to be sustainable, with students taking on leadership roles through a "train-the-trainer" model, ensuring its continuity. This initiative has already provided students with valuable outcomes, including leadership development, career readiness, mentorship, and workforce skills.

Kentucky Nutrition Education Program



The Kentucky Nutrition Education Program (KYNEP or NEP) encompasses two separate USDA programs: The Expanded Food and Nutrition Education Program (EFNEP), and the Supplemental Nutrition Assistance Program Education (SNAP-Ed). Both programs provide educational opportunities for limited-resource individuals and families to acquire knowledge, develop skills, and change behaviors for improved health and well-being.

In Jefferson County, a large percentage of the population is food insecure. The USDA defines food insecurity as a household-level economic and social condition of limited or uncertain access to adequate food. As many as 64% of Jefferson County residents are considered food insecure according to Feeding America.

To help improve the quality of life for limited-resource individuals and families in Jefferson County, our staff of nutrition educators focuses on delivering a variety of seven-lesson curricula that focus on supporting individuals to improve their health outcomes by focusing on dietary behavior change.

Our curricula focus on these four areas:

- Buying and preparing healthy foods.
- Adopting new healthy lifestyle behaviors.
- Developing new meal planning and cooking skills.
- Managing SNAP resources

In 2024, NEP partnered with over 33 different community organizations to provide nutrition education to over 3,354 individuals.

Through participation in ongoing nutrition education programming:

- 90% of adult program graduates made positive improvements in food group choices.
- 80% showed improvement in one or more food safety practices.
- 87% showed improvement in one or more food resource management practices.
- 74% made changes to be more physically active.

Goodwill Rise

Kentucky Nutrition Education Program

- On-going partnership with Goodwill Rise since 2019
- Audience: young adults who were formerly unhoused/housing insecure and/or formerly incarcerated
- 85% of participants reported positive behavior change in the following areas; showing cooking dinner at home, comparing food prices, planning meals before shopping, looking in refrigerator or cupboard before shopping, or making a list before shopping.
- The clients shared how much they saved and were eating healthier meals.



Nutrition Education for Multilingual Louisvillians

Kentucky Nutrition Education Program



- On-going partnerships with Kentucky Refugee Ministries since 2015 and Springdale Presbyterian since 2012.
- Audience: adults who have immigrated to the United States
- Offer bi-lingual and bi-cultural nutrition education to Louisville's immigrant and refugee communities utilizing the Healthy Choices for Everybody Curriculum.

Exit surveys of participants in 2024 have shown the following behavior changes:

- 94% improvement in using meat thermometers and thawing meats properly.
- 100 % improvement in fresh fruit consumption among participants.

Food as Medicine

Family & Consumer Science,
University of Kentucky

The Food as Medicine program at Catholic Charities in Louisville was a powerful initiative aimed at empowering immigrant and refugee communities with essential knowledge about nutrition, food safety, and healthy eating practices. In collaboration with NEP assistant Masha Egorenko, the program successfully engaged 18 participants from diverse cultural backgrounds, making it a truly inclusive and educational experience.

Proper food preparation, sanitation, and safety were at the core of the workshop. Participants were shown how to maintain clean cooking stations, store food safely, and follow USDA food guidelines to keep meals nutritious and safe. This practical knowledge was crucial, especially for families navigating new food systems and dietary practices in the U.S.

To bridge language barriers, three interpreters were present, facilitating clear communication and ensuring that every participant fully understood the lessons. This approach fostered an inclusive learning environment where everyone felt comfortable asking questions and participating actively. The Food as Medicine program beautifully combined cultural sensitivity with essential nutrition education, making a meaningful impact on the lives of immigrant and refugee families.



Puerto Rico Cooking Class

Family & Consumer Science, University of Kentucky

The Puerto Rico Cooking Program was an engaging cultural experience that brought together 26 participants eager to learn about Puerto Rican culture, food, and music. This unique program was not just about cooking, it was about immersing people in the vibrant traditions of Puerto Rico. Participants had the opportunity to explore the rich history behind Puerto Rican dishes, learning how food connects to cultural identity and heritage. The program beautifully combined storytelling with culinary demonstrations.

One of the standout features was the live cooking demonstration of an authentic Puerto Rican recipe. Participants followed along as the instructor prepared the dish step by step, sharing cooking tips and cultural insights along the way. It was a hands-on experience, allowing everyone to get involved and try their hand at making the dish themselves.

It was a beautiful blend of learning, tasting, and celebrating Puerto Rican heritage.

Community Engagement and Building Partnerships for Farnsley- Moreman Community Garden Improvements

Agriculture & Horticulture, University of Kentucky

The problem was infrastructure issues as the Farnsley- Moreman community garden created unsafe gardening space at times. The community garden faced infrastructure issues that caused concern with the gardeners. These concerns were brought to our attention via calls, emails, and at the garden meeting. These concerns were with the road and individuals going to the portion of the garden that was not associated with the garden. Another issue was theft of produce.



The gardeners were also not feeling safe and these issues were brought up and discussed during the onsite garden meeting. Some of these issues discussed at the garden meeting in person were speeding on the roads, the unhoused living in the woods, and drug activity in the back portion of the garden. The gravel road needs repairs and the garden needs more funding for tools.

The educational program response was to look for community partners to help with solutions to these problems that the garden faced. The garden has a wonderful asset for the councilwomen of this district. The Agriculture Agent, Jennifer Palmer met with Councilwoman Cindy Fowler and she reached out to MSD to fix the road and to also block the road so traffic could not pass the garden to the area where illegal activities were taking place. Large logs were placed to completely block the traffic to that area. This also has helped the speeding on the road. She has expressed interest in helping in future funding of the garden and to help with getting an increase in tools to the garden.

The participants/target audience for the garden was the community gardeners. We have over 50 primary gardeners at this location. Councilwoman for the 14th district is Cindi Fowler and this started our working relationship at this community garden to meet our long term goals to create lasting improvements for the Farnsley Moreman Community Garden. These improvements impacted the over 50 gardeners that use this community garden.



Family Engagement Camp

4-H & Youth Development, University of Kentucky

Family Engagement is a full, equal, and equitable partnership among families, educators, and community partners to promote children's learning and development from birth through college and career. Eisenhower and Kerrick Elementary, strive to provide family engagement opportunities that fit this definition!



Over a 3 day weekend, Jefferson County 4-H partnered with the Jefferson County Public School Trauma Care Team, 4-H volunteers, Councilman Khalil Batshon, and parents from both Eisenhower and Kerrick Elementary for a JAM-PACKED weekend full of learning and family fun at Lake Cumberland 4-H Camp!



The JCPS Trauma Team led the day with family engagement activities on the first day. These activities helped families create a safe conversation space and learn how to effectively communicate. The Trauma team provided activities and take-home exercises that helped to guide families to better collaborate. Saturday and Sunday were 2 full days of 4-H Camp "Family Style". Families worked together on adventure hunts, hikes, rock climbing, and low rope exercises. They experienced the 4-H camp highlights such as nightly Sally, bonfires, and outdoor cooking!

After the program families completed an online survey.

- 100% of the participants (both youth and adult) felt this weekend supported family engagement.
- 89% of the participants experienced their first family outing with us.
- 92% indicated that the Trauma Team activities open new opportunities for family communication.
- 90% of the youth indicated they felt they created a better bond with their family.
- 80% expressed more interest in the 4-H Program.
- 90% wanted to participate in more family camping experiences.

We appreciate the Family Resource Center at Kerrick and Eisenhower Elementary for keeping the vision of family engagement at the forefront! We are looking forward to continuing programming with families and both schools.



Middle School Taste Test ✨ ✨ ✨

Urban Agriculture, Kentucky State University

Newburg Middle School recently held a career exploration day, and they invited a Kentucky State University (KYSU) Urban Agriculture Agent to speak about eating local and agriculture career paths. The agent spoke about career choices and explained the importance of supporting local food sources. The main idea was to help them understand the significance of knowing where their food comes from and the benefits of eating locally grown produce instead of imported fruits and vegetables.

To illustrate this concept, the scholars tried persimmons. The tannins found in them help teach the difference between local and imported fruits. Tannins, which can make them taste less delicious, show them why imports aren't always so good. Ripe persimmons don't have that issue. The scholars learned readiness by looking at their ripeness and firmness.

During the demonstration, one student exclaimed, "These fruits are super sweet and taste sugary!" While another student picked a firmer one, her facial expression told a different story. Overall, the career exploration day at Newburg Middle School was an informative and eye-opening experience. It helped the scholars to enjoy eating local. Roughly 80% - 85% were more excited while 15%-20% of the student were not impressed with change.



Seed Savers

Urban Agriculture,
Kentucky State University

Louisville Tool Library is a great place for community to gather, especially if they want to become backyard farmers and start gardens. There has been a monthly seed savers workshop with Jody Dahmer of Beargrass Thunder and Von Barnes of KYSU Cooperative Extension where they demonstrate techniques to saving seeds and preserving a variety of seeds from plants that have produced well around the county. The primary focus of these workshops are to get more growers in the community to produce heat tolerant varieties of annuals so seeds can be saved from those plants and shared with more neighbors.

Von explains, "We were able to get a huge donation. Now



we need more people bringing the seeds they harvested back so we can build up a stronger supply." We are noticing a behavior shift in the frequency of neighbors coming to get seeds and start their backyard farms and gardens. A lot more food is being produced and we are thankful everyone comes to the event to learn.

JAM, BUTTER, AND BISCUITS

4-H & Youth Development, University of Kentucky

Jefferson County 4-H Youth had taken an off day at school and learned how to make some southern delicacies from scratch. Cooking is a life skill and supports math, science, language, social-emotional development, physical development (fine motor skills), and cognitive development.

At 4-H Jam, Butter and Biscuits Day Camp, 18 youth had the opportunity to explore the art of homemade jams, creamy butter, and fluffy biscuits. Our team of 4-H staff guided youth through the process of making these delectable treats from scratch. Participants had to measure ingredients, scale the recipe to match the number of servings vs how many people we were serving, and roll out dough to specific dimensions. They also test the math skills of young chefs.



During the event, youth not only participated in hands-on workshops, where they learned various cooking techniques and recipes. Youth were allowed to make an extra batch of jam and take home the biscuit recipe to recreate at home and enter it into the 4-H Fair.

Whether they were a beginner or a seasoned cook, this event was perfect for any 4-Her who loved food and wanted to enhance their culinary skills. 100% of the participants reported enjoying and liking the program. 35% of the participants felt they were challenged when asked to convert the serving size to match the number of participants. 90% of the participants felt they gained a better understanding of how to read a recipe. Culinary skills increased by 80%, being that most of the participants had never made anything from scratch.

Overall the program was a great success! Many youth expressed interest in participating in our culinary program held in the spring. Participants reported that this experience gave them more confidence in the kitchen.

KENTUCKY  
COOPERATIVE EXTENSION

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