

NUTRITION EDUCATION

PCEO partners with the Pendleton County Senior Center (PCSC) to provide a monthly nutrition lesson. Program Assistant Jennifer Brett uses her background as a dietitian to provide an interactive learning environment allowing the participants to apply the information learned to their own lives. Topics change each month, are based on various UK curriculum, and are supplemented by materials from the Academy of Nutrition and Dietetics and other scientific organizations.

According to the NIH, up to 50% of those age 60+ don't eat enough protein and the KY Fact Sheet from Meals on Wheels America shows, < 30% of KY seniors eat 2 or more fruits a day and only 8.2% eat 3 or more servings of vegetables a day. These factors affect seniors' ability to meet nutritional needs, have adequate energy, or manage their medical conditions. To help fill this void Jennifer also partners with local churches and Homemaker groups to provide a hot, nutritious meal during the monthly lesson.



Program Assistant, Jennifer Brett, teaching PCSC members on nutrition topic of the month.



In nice weather, PCSC Nutrition Lesson/luncheon meets at local parks for fresh air and a change of scenery.

FOR MORE INFORMATION, VISIT OR CONTACT US TODAY!



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COOPERATIVE EXTENSION



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REPORT TO THE PEOPLE

PENDLETON COUNTY 2022

NEWSLETTER



Reduce, Reuse and Recycle with the Pendleton County Extension Office

Did you know the PCEO has a large recycling bin located behind the building for community use?



The average person generates over **4** pounds of trash every day and about **1.5** tons of solid waste per year.



Ninety-eight percent of Rumpke's recycled materials are purchased domestically and not exported.



Recycling **one** aluminum can saves enough energy to listen to a full album on your iPod. Recycling **100** cans could light your bedroom for two whole weeks.

Reduce, Reuse, and Recycle are terms we use often at the Pendleton County Extension Office! Behind our office building, a recycling bin is located by the sheds; this is not only for our use, but is open to the public as well! We strive to provide alternatives to increased waste, and this recycling bin option gives us the perfect opportunity to do so. The Extension Office staff encourages others to help keep our community clean!

You can do this by recycling items such as clean paper, cardboard, empty plastic bottles, newspapers, and aluminum cans! Things you cannot recycle are Styrofoam, plastic bags, food waste, paper towels, clothing, or batteries. Recycling is a great way to help reduce pollution in the air, water, and in our environment within our county. Our recycling bin is always open to everyone, and we hope you take advantage of this opportunity to Reduce, Reuse, and Recycle!

KY COOPERATIVE EXTENSION'S MISSION

The Kentucky Cooperative Extension Service serves as a link between the counties of the Commonwealth and the State's land grant universities to help people improve their lives through an educational process focusing on their issues and needs. We emphasize:

- valuing diversity and capitalizing on its potential to strengthen programs;
- being locally-driven, flexible, and responsive;
- identifying and supporting high priority statewide programming thrusts;
- educating people to solve problems, make decisions, and embrace change;
- applying knowledge and research-based information;
- accomplishing work through collaboration, volunteerism, and leadership development;
- fostering an empowered and contributing people;
- developing youth, adults, families, and communities; and
- fostering effective lifelong use of personal and natural resources.

READ MORE >>

4-H YOUTH DEVELOPMENT

4-H is a volunteer-based organization that utilizes funds from fundraisers, sponsors, and donors to offer programming, clubs, and actives to youth at the most affordable prices possible. The Pendleton County 4-H club works with the Kentucky Wool festival to sell drinks for the 3-day event which serves as an incredible fundraiser for the county 4-H program.

This year, the wool festival brought in nearly 20,000 individuals! The festival operates on an October weekend with Friday and Saturday being 10am-10pm and Sunday being from 10am-6pm. Pendleton 4-H operates out of 2 separate drink tents as well as maintains the 4-H Coffee Shack. It takes 100-150 parents, 4-Hers, and volunteers to ensure that all shifts run smoothly and to maintain the pace needed to sell drinks for the duration of the weekend. Pendleton County 4-H sold \$47,877.00 worth of drinks at the 2022 Kentucky Wool festival. This year we raised a total of \$22,000 to go towards our 4-H programs and the youth in this county.

This fundraiser helps youth get out of their comfort zone to help serve the people at the festival. The skills and life lessons taken from the event are amazing for youth experience.



PC 4-H members preparing drink selling stations for the Kentucky Wool Festival

FAMILY & CONSUMER SCIENCES

In 2020, while looking for ways to reach youth and conduct programs amid a pandemic, StoryWalks® were adopted in Pendleton County. Kindergarten readiness, early childhood literacy, increased access to fresh fruits and vegetables, and increased physical activity are the goals we have adapted, grown, and expanded with our StoryWalks®. StoryWalk® is hosted as a one-day event, multiple times per year, with a target audience of youth ages 3-9.

At our first StoryWalk® of each year, the early childhood development committee re-evaluates our kindergarten readiness with a quick survey distributed to families to help us determine our educational focus. We have watched event participation grow with each walk, our last two walks reaching over 150 youth attending, with families numbering almost 500 participants. In the first year, we averaged 100 youth and about 350 total participants.

StoryWalk® plans for Pendleton County are going strong for 2023. We plan to continue four to five walks a year. With each walk, we will look at how we can increase partners and opportunities to offer to those attending.



StoryWalk® participants reading the book "Room on the Broom" as they walk around the PC Athletic Park and stop at give-away tables.

AGRICULTURE & NATURAL RESOURCES

It is estimated that farmers and ranchers receive a mere 14.3* cents of every food dollar that consumers spend. To bring awareness to general consumers on the true cost of shopping on a large scale and the value of shopping local, while also increasing Tuesday market attendance, a breakfast-for-dinner event "The Farmers' Share" was hosted on a Tuesday Night Market at the Pendleton County Farmers' Market by the PCEO during National Farmers' Market Week. Partnering with a local food truck to plan the menu and provide the "breakfast," #lindiecountyagent secured a \$750 Kentucky Proud grant, gathered ingredients from eight local farms to provide a full breakfast at "The Farmers' Share" price of 0.52 cents. Patrons could purchase this rib-sticking meal of two eggs, fried potatoes, biscuits and gravy, sausage, bacon, & milk. ALL 65 meals were sold. Each shopper received a brochure developed by Lindie that shared the importance of shopping locally and awareness of the small profit margins each farm family faces, so they would think a little differently as consumers on their next trip to the grocery store.



"The Farmers' Share" Breakfast, featuring all local Pendleton County Grown ingredients for "The Farmers' Share" price of \$0.52.

COMMUNITY & ECONOMIC DEVELOPMENT

Kentucky 4-H began offering the 4-H country ham project in the 1990s with less than 40 participants for the first year. Now, the state of Kentucky has 1100 4-H youth and 84 counties participating in the 4-H country ham project.

This year Pendleton County offered the country ham project to 4-H age youth along with clover buds, and adults. In January, they receive their hams and are responsible for washing, trimming, and applying a curing mixture to each ham. In addition to the curing process, youth must complete six hours of training in the 4-H livestock certification program to be eligible to submit their ham to the state competition.

New to the county was letting clover buds participate on a smaller scale to help them prepare for when they become old enough to participate in 4-H and partnering with the county Ag agent to coordinate the adult education program, while also securing a few pastured hams from a local farmer. Pendleton County had a total of 28 adults participate in the country ham project.



Ham class members work on preparing their hams for their custom curing rub.

