

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

# Report to the People Menifee County 2024

#### Did you know, in 2024 Menifee County 4-H set a consecutive record number of 76 camper brought to 4-H camp!



4-H Camp 2024 🛞



Website: menifee.ca.uky.edu

### https://www.youtube.com/channel/UC\_z y0A7PHqnIBcSG0mjQlfQ

www.facebook.com/mcocoopextension

For More Information, Contact us at:

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# Family and Consumer Sciences



Menifee County Extension Homemakers continue to rise!

Thanks to our new county van, our Homemakers have been able to participate in programs and events in greater numbers than ever before.

Transportation has often been a barrier for many members, but with the van, they can now attend important training, educational conferences, and community service projects with ease. This has strengthened our Homemaker clubs by increasing participation, fostering new connections, and providing opportunities for members to learn and grow together. The van has also allowed us to expand our outreach, ensuring that more Homemakers can engage in meaningful experiences that enhance their skills and benefit the community. This invaluable resource has truly enriched our extension programming, making a lasting impact on our Homemakers and their ability to stay active and involved.

# **Nutrition Education**



#### Menifee County's First Cook Together Eat Together Program!

Cook Together Eat Together has positively impacted Menifee County families. Led by the Nutrition Education Program Assistant Senior and the Family & Consumer Sciences Agent, the program helped five participants, including parents, grandparents, and children, cook healthy meals together. It aimed to reduce stress and improve eating habits by encouraging family time in the kitchen.

Over six weeks, participants saw a 100% improvement in diet quality, food management, physical activity, and food safety. They learned essential skills like cooking at home, comparing prices, meal planning, checking their pantry before shopping, and making lists. One youth participant enjoyed the hands-on activities and gained valuable kitchen skills he plans to continue using.

# **Agriculture and Natural Resources**



2024 Yak Conference was held in Morehead, KY!

The second Yak Conference was held on October 28, 2023, at Morehead State University. A total of 48 tickets were claimed through the online registration site, which received 140 page views. Participants attended from various locations across the United States. The conference spanned 11 hours, covering topics on general yak husbandry and updates from the Southern SAREsupported producer and on-farm research grant work. A post-program evaluation was conducted, with 12 individuals completing the questionnaire. Among the respondents, 58% indicated that they did not currently own yaks but were interested in purchasing them and sought more information before deciding. The highestrated knowledge gain came from learning about the STOCKET record app, which was new to most attendees, followed by the meat-cutting demonstration and the Match a Yak program. When asked about the usefulness of the conference content, 90% of respondents found the information to be extremely useful. Regarding motivation for ownership, fiber and meat production were the primary reasons for interest in yaks, followed by selling breeding animals. Only two individuals indicated an interest in using yaks as pack animals for pleasure. For current yak owners, the conference encouraged changes in management practices. Attendees planned to implement the STOCKET app for record keeping, explore artificial insemination, improve recordkeeping systems, enhance fiber practices and marketing, utilize the Match a Yak program for mating decisions, develop budgets, improve forage programs, and use weigh tape to estimate body weights.

## <u>4-H Youth Development</u>

At age five, children can begin their 4-H journey as Cloverbuds, gaining valuable experiences through camp, livestock shows, and public speaking under the guidance of positive role models. The KY 4-H Achievement Application helps track their growth over ten years, showcasing their dedication and progress. The 2022-2023 program year marked Menifee County 4-H's first participation in the KY 4-H Achievement Program. Four applications were submitted, resulting in one Gold, one Bronze, and two Clover 1 awards-a strong start for our program. One 4-H'er reflected, "It has influenced me to be a better thinker. innovator, loyal, kind, and serviceminded leader." This highlights the lasting impact of 4-H, and we look forward to even more achievements from our 4-Hers in the future.



Menifee has it's first 4-H achievement award!

# NOTHING IS OUT OF REACH.

#### Healthy Families. Healthy Homes. Healthy Communities.

... just a few ways Extension supports Kentucky

- 23,971 Kentucky youth who participated in a project, activity or event in science, engineering and technology through 4-H programming.
- 4,890 Kentucky producers adopting new technologies in agriculture production.
- 3,399 Kentuckians who improved or maintained health from participating in gardening.
- 3,898 Kentucky families who supplemented their diets with foods they grew or preserve
- 4,161 Kentuckians participating in community trail projects.

#### Cooperative Extension Service

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

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