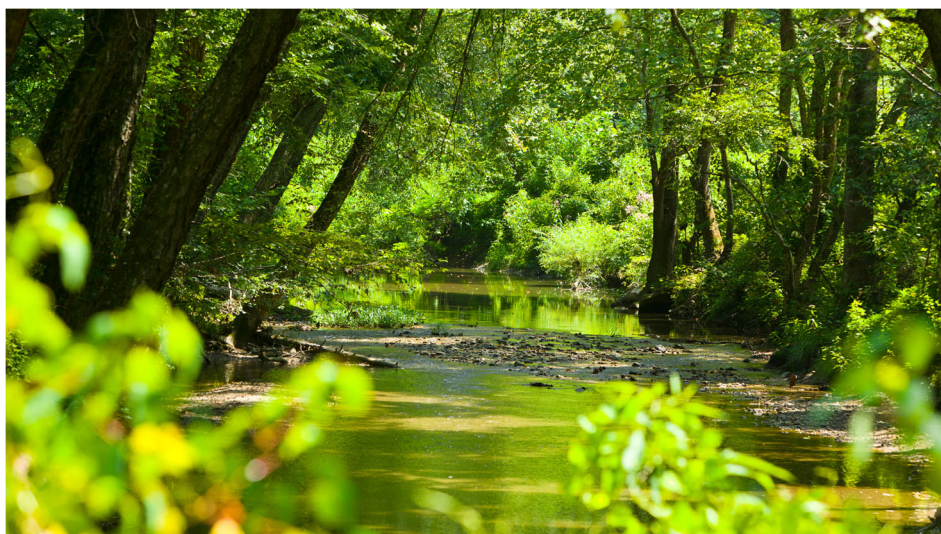


REPORT TO THE PEOPLE

Floyd County 2023



College of Agriculture,
Food and Environment
Cooperative Extension Service



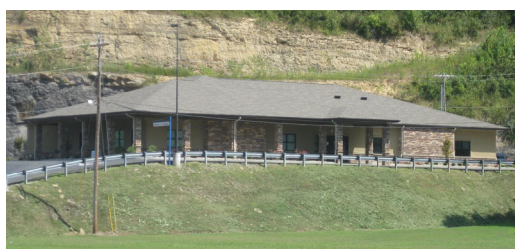
Did you know Floyd County is comprised of over 393 square miles of land and 212 square miles of it are woodlands?



Judge Executive Robert Williams swore in Dwight Slone and Brian Akers on the Floyd County Extension District Board.



Floyd County Cooperative Extension Service Agents and Staff are here to address your needs.



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<https://www.facebook.com/floydfcs/>

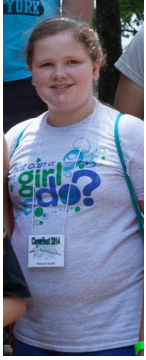
Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

4-H is the Reason I am who I am



“To my third-grade self 4-H was a creative outlet to highlight things I was proud of, to my current self 4-H is a life-long commitment to bettering myself. 4-H means never having to do anything alone, having the confidence to reach your wildest dreams, and to be a leader. Through 4-H I have gained friendship. Previous to my first Teen Council meeting I was extremely shy and introverted. I almost didn’t go but thankfully my mother wouldn’t take no for an answer. If I hadn’t attended, I’m not sure what would have happened to me. It’s hard to look at pictures and remember who I was before 4-H, before I had confidence and supportive peers. At my first meeting I remember an older member named Matt making a point to try to get me to speak, and I did a little. Every meeting after my first I would speak a little more to Matt and a few of the other older members, till eventually I was socializing freely with everyone. It was because of that first meeting attended, and that first friendship made that I have social skills today.

The encouragement I received from my older peers meant the world to me. After my social skills started to develop, I became interested in camp and Teen Conference. It was the encouragement from my friends in my county that pushed me to go, and the friendships that I made on my trips that inspired me to set big self-goals. To elaborate further the friends, I had made were setting and obtaining such large goals that I had never thought someone my age could reach. They were doing things that they were passionate about and using their connections through 4-H as a tool to help them. With this and the questions I had asked surrounding their goals I found the assurance I needed for my confidence to grow and my goals to skyrocket. Soon enough I had established myself as a strong presence in the Teen Council, I was unafraid to participate and voice my opinions. I gained these behaviors while being a teen counselor at camp during the summers. Being responsible for children forced me to use my voice which was a major push I needed. I found that treating the children with respect earned you their respect, this was a major breakthrough with some of the children’s behavior, and something I made sure to take note of. Through the Teen Council I developed majority of my leadership skills, I was improving my debating skills, speaking up for myself, and encouraging others. When it came time for the previously mentioned Matt to leave for college and leave his position of president of the council, I made known my goal of taking over. With Matts support and the leadership skills I had gained, I was a notable head above my worthy opponents and was graced with the position from my peers, a year later when it came time to re-elect, I was given the honor again.

While serving as the president pre-pandemic I learned the characteristics of a good leader and the importance of communication, which I make a point to use in life outside of 4-H. Being a leader is about communication, getting things done, and presenting your best self to be a role model for others -all of which I learned through 4-H. When I leave to attend University of Kentucky this fall, I know that the skills and friendships that 4-H has given me will last and help me through the upcoming changes in my life. 4-H has opened up so many opportunities for me and offered so many diverse experiences I wouldn’t have had otherwise. It has heavily influenced my life; I am thankful for the wonderful network I have built through my participation in 4-H, and I hope to continue my journey with 4-H for as long as I possibly can. As a member of 4-H I have learned selflessness and leadership, the two most important things anyone can have. To me 4-H is family, and with my 4-H family behind me I know I am ready to conquer the next chapter of my life and achieve my goals. 4-H is the reason I am who I am.” Hannah R



Heather J. Coleman

Heather J. Coleman
County Extension Agent for
4-H Youth Development

In 2022 4-H had a total number of 3,730 club members.

*Floyd County 4-H advises Floyd County 4-H Adult
Council and Floyd County 4-H Teen Council.*

Dinner for Two Continues and Grows Floyd County Families Closer

According to the United States Census Bureau there are 18,623 households in Floyd County, KY with an average of 2.37 persons living in the each household. According to the Youth Risk Behavior Surveillance Kentucky is below the national average of fruit and vegetable consumption among youth. The Center for Disease Control states that adults in Kentucky are also below average of the national fruit and vegetable consumption. According to the United States Census Bureau there are 18,623 households in Floyd County, KY with an average of 2.37 persons living in the each household. According to the Youth Risk Behavior Surveillance Kentucky is below the national average of fruit and vegetable consumption among youth. The Center for Disease Control states that adults in Kentucky are also below average of the national fruit and vegetable consumption. The Floyd County Family & Consumer Sciences Advisory Council and program wanted to continue the Dinner for Two cooking class for couples and families despite the COVID-19 pandemic. Studies have shown that families and couples who cook and eat together have reported to try new foods, eat healthier, and improved relationships (Utter & Denny, 2016).



In 2019, the Floyd County Family & Consumer Sciences program developed a program called “Dinner for Two.” This was a four-week program targeted towards couples and families within the county and offered a free hands-on learning experience. It was encouraged that individuals bring a spouse, partner, relative, or friend to the program to learn how to cook together as a team. Program. In 2021, the Family & Consumer Sciences Program continued the Dinner for Two program, but virtually with the same format as in person. The Family & Consumer Science Agent created a Facebook group where nutrition information was posted along with the recipe, weekly polls where participants could vote on the next week’s recipe, and the pre-recorded video. In 2022, the program continued virtually by popular demand. The 2022 program kept the same program platform as 2021, but monthly instead of weekly. The Facebook group includes nutrition information, along with the recipe, monthly polls where participants can vote on the next month’s recipe, and the pre-recorded video. The Family & Consumer Science Agent demonstrates knife skills and how to prepare each recipe throughout the program. Recipes for each program are pulled from University of Kentucky Cooperative Extension Service sources such as the Plate it Up! KY Proud and the Nutrition Education The pre-recorded video included the Floyd County Family & Consumer Science Agent and her husband. They both demonstrate proper cooking techniques, food safety, and how to cook together as a team. Dinner kits are available for participants to pick up at the Floyd County Extension Office and include the recipe, nutrition information, cooking incentives, and all the major ingredients to the recipe. This way the participants can participate in the hands-on cooking experience as before, but from their homes.

This has been the strongest growing program with the Floyd County Family & Consumer Sciences program. This program has reached a total of 80 individuals directly through the program kits and over 2000 indirectly. Participants have been very engaging through the Facebook group and has posted pictures of the meals they have prepared at home and comments such as: “Another delicious dinner for two recipe. Thank you [Andi Slone](#) for doing this program:)”



Andrea Slone

Andrea Slone
County Extension Agent for
Family & Consumer Sciences

*Floyd County Family & Consumer Sciences advises
Floyd County Homemakers, Nimble Thimble Quilt Guild,
Floyd County Diabetes Coalition and Family Consumer
Sciences Advisory Council.*

Demonstration Gardens Increased Involvement



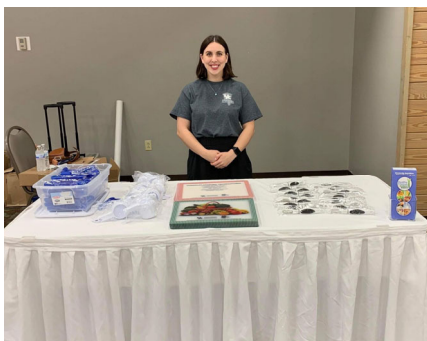
The Floyd County Extension Office added a series of demonstration raised beds and containers at our site. The agent and staff with the assistance of Master Gardeners, and others constructed eight raised beds and numerous containers. Program participants plant and maintained the demonstration gardens. The beds and containers were planted as follows: one as an herb garden, one as a strawberry bed, one for cut flower trials, and the rest for various vegetables trials. We offered hands-on programs on how to construct raised beds, providing basic plans, preparing soil mixtures, soil testing, choosing suitable varieties, weed control options, and identification of common garden weeds, diseases, and pests. Participants learned about the use of stock panels attached to the beds for vining crops to grow up. Harvest records were used to evaluate the crops. The vegetables and herbs were either used fresh or processed and preserved. Some of the vegetables and herbs from the gardens were used for sampling at the farmers market or incorporated into recipes and demonstrations by our SNAP and FCS coworkers. It is truly amazing how surprised people were regarding the amount of produce that was harvested from the raised beds and containers. In addition, the cut flower trials received a lot of attention from farmer market vendors, gardeners, homemakers, and the public. Several individuals would stop by often and check out the progress of the flowers.

*Floyd County Agriculture & Natural Resources advises
Floyd County Beekeepers, Farmer's Market, Extension
Master Gardeners and Agriculture Council.*



Keith Hackworth
County Extension Agent for
Agriculture & Natural Resources

Mountain Recovery Adults improve Food Resource Management Skills



According to Feeding America, hunger is an issue in every community across the Commonwealth. There are 700,000 Kentuckians who are food insecure — which means that 1 out of every 6 of our Kentucky neighbors do not always know if they will have enough food. This is where practicing food resource management skills is so important among our communities.

This year the Floyd County Cooperative Extension Office Supplemental Nutrition Assistance Program partnered with the Mountain Center for Recovery and Hope rehabilitation center. The Healthy Choices for Every Body curriculum was utilized. One particular lesson from this curriculum had a substantial impact on the adults here. That lesson was “Eating Better on a Budget for Every Body: Save More at the Grocery Store”. This focuses on budgeting topics such as cooking dinner at home instead of going out, comparing food prices, planning meals before shopping, looking in the refrigerator and in the cupboard before shopping, and using a grocery list.

After implementing this lesson, ninety-six percent of the adult participants showed improvement regarding food resource management. They learned impactful tips and tricks that they could do to increase their overall food security, all while on a budget.

*SNAP-Ed addresses needs of individuals participating at
Senior Citizens Centers, Rehabilitation Centers, Schools
and other community locations.*



Sarah Spears
SNAP-Ed Nutrition Education
Program Assistant