

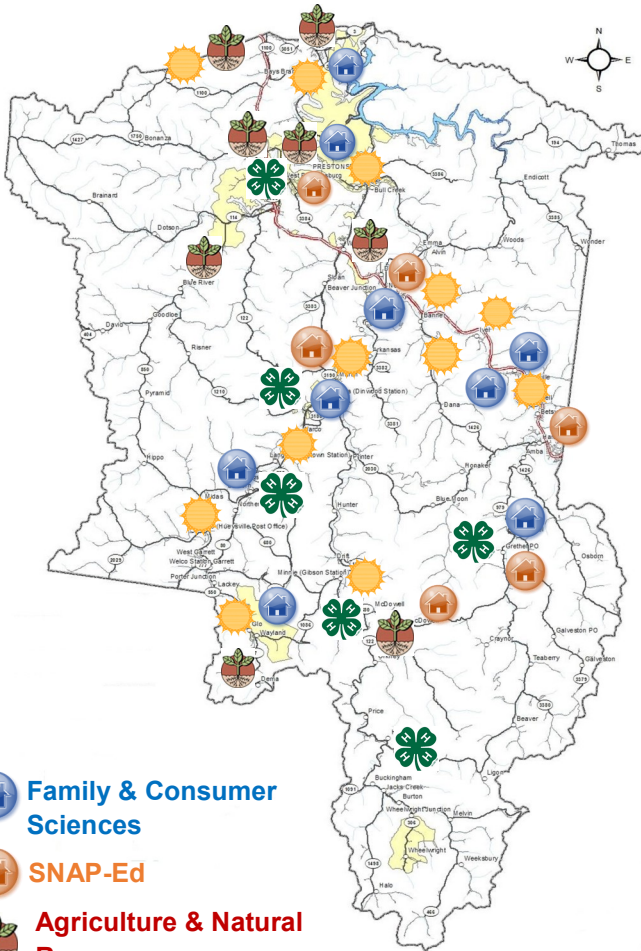
# REPORT TO THE PEOPLE

## Floyd County 2024-2025

# KENTUCKY COOPERATIVE EXTENSION



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



- Family & Consumer Sciences
- SNAP-Ed
- Agriculture & Natural Resources
- 4-H Youth Development
- Extension Leaders



Judge Executive Robert Williams swore in Rebial Reynolds and Beth Jones on the Floyd County Extension District Board.



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



Floyd County Extension Office  
3490 KY Route 321, Prestonsburg, KY 41653  
(606) 886-2668 Fax: (606) 886-1458  
Email: [floyd.ext@uky.edu](mailto:floyd.ext@uky.edu) Website: [floyd.ca.uky.edu](http://floyd.ca.uky.edu)

Social Media: <https://www.facebook.com/FloydExt>  
<https://www.facebook.com/4hfloydcoky>  
<https://www.facebook.com/floydfcs/>

### 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.

## Youth Ag Days



Floyd County Extension hosted our first ever Youth Ag Days. 170 students in third and fourth grade attended. During their day the students rotated through three different lessons. During the Honeybee lesson led by the 4-H Agent, Beekeeper Association President Mike Hackworth and member Chris West, youth learned the importance of honeybees and why they are important to our food system and how to become a beekeeper. They were able to try four types of honey. During their second session they visited the KY Dept. of Ag Mobile Science Activity Center: Each class had the opportunity to do one of the following Biodegradable Corn Plastic, Ice Cream in a Bag, Gluep, and Soybean Lip Balm. During these activities youth learned to make the connection between the agricultural source to commonly used products. Our third session was Farm to

Table led by our FCS Agent, 4-H Teens and SNAP Assistant. Students participated in hands-on culinary lessons. They learned about hand washing, youth knife skills, and food safety. They also prepared their own recipe and learned about MyPlate and the vegetables we grow. After lunch students then had the opportunity to rotate through three short sessions.

The Great Pumpkin led by Extension Volunteer and State Fair Giant Pumpkin Winner Dwight Slone talked to the students about growing giant pumpkins. He also gave each student two pumpkin seeds from one of his pumpkins. Students also were able to learn about chickens from our staff assistant Megan Goble and raising alpaca and using their wool to make clothing from Ashlee Osoway. The last short session was on Dairy Cows led by our 4-H Agent Assistant, 4-H Teen Members and Ag Agent. Students had the opportunity to learn about Dairy Cows and got the opportunity to learn how to milk a cow "Cloverbelle." Third grade teacher Hannah Newsome from BLES had this to say about Youth Ag Days.



*"The third-grade students at BLES loved getting the hands on experience provided by Ag Days. The teachers felt it was a great way to provide experiences outside of the classroom that many students may not otherwise be able to receive. Overall, Ag Days provides the students with the ability to connect to the agriculture provided right here, in our area. We hope to attend again next year."*



*Heather J. Coleman*

Heather Coleman  
County Extension Agent for  
4-H Youth Development

**In 2024 Floyd County 4-H had a total number of  
3,952 club members.**

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

### Job Corps. Adults Improve Overall Food Security

This year, the Floyd County Cooperative Extension Nutrition Education Program (NEP) partnered with young adults at Job Corps. The Nutrition Education Program's "Healthy Choices for Every Body" curriculum was utilized. One of the core lessons in this curriculum is "Eating Better on a Budget". This particular lesson is essential to emerging adults because it equips them with practical skills to manage their limited financial resources while maintaining a healthy diet. It is no secret that many young adults are new to budgeting and often struggle to afford nutritious food. This can lead to unhealthy eating habits, as well as food insecurity. Learning how to plan meals, shop smartly, and make affordable, nutritious choices helps them prioritize their health without overspending.

After the program was implemented, 100% of participants (24 of 24) showed improvement in overall food security, such as having enough money to buy food and not needing to eat less so their family could have more. This shows how effective the program was in helping young adults handle food challenges as they become more independent. This improvement in their ability to access and afford enough nutritious food prepares them for a healthier, more stable future.

**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

# Floyd County Dinner for Two

by [Andrea Slone](#)

According to the United States Census Bureau there are 17,333 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 the national average fruit and vegetable consumption. 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.

The program has continued each year since 2019. The program has had an in-person format, virtual, and hybrid. In 2024, the Floyd County Family & Consumer Science Program did all in-person classes with Dinner for Two. A total of 66 individuals attended the programs. 10 have been repeat participants since 2019. The program was conducted three times this year. Each class was held on a Friday evening once in the months of January, February, and March at the Extension Offices. Participants/groups had stations set up for them to cook, learn, and eat together. The Family & Consumer Science Agent demonstrates knife skills and how to prepare each recipe throughout the program. Recipes for each program were pulled from University of Kentucky Cooperative Extension Service sources such as the Plate it Up! KY Proud and the Nutrition Education The Floyd County Family & Consumer Science Agent demonstrated proper cooking techniques, food safety, and how to cook together as a team.

Based on surveys, 100% of participants stated that they learned more about food safety, bonded with their partner, and tried something new during the class. Some individuals made posts on the Facebook page stating:

*“Kevin and I absolutely love this program. We’ve learned to love so many foods that we never would have even tried before. This was my first time making pasta but it certainly won’t be the last. Andi Slone, thank you for all the hard work in putting this together. From all the menu prep, shopping, table set ups, measuring out pre-proportioned ingredients to giving up one Friday evening per month. I’m so appreciative of you!”*

*“It’s a great program. We have enjoyed it so much. Tried new things. And my husband has really learned so much and cooks very well now !”*

*“We really enjoyed it. It was our first time making pasta too! We are eager to try it again. And I did a wonderful job! Rich couldn’t quit eating the salad! Thanks to everyone it was a wonderful experience!”*

*“Had a great time.. Great Recipes... Andi does a wonderful job teaching homemade recipes. Thank you.”*

**This has been the strongest growing program with the Floyd County Family & Consumer Sciences 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.**

# Beginner Beekeeper School



Honeybees are valuable animals. They pollinate about \$10 billion worth of U.S. crops and produce about \$150 million worth of honey each year. Unfortunately, they face serious new problems. Two kinds of mites that are parasites of honeybees were brought into the United States and have spread rapidly. Tracheal mites live in air tubes inside bees, making it hard for them to breathe. Varroa mites live in bee colonies and feed on developing bee larvae (brood).

Both tiny pests attack wild and managed bees and have caused many colonies to die. On top of that, the fierce reputation of Africanized honeybees has attracted negative attention. Many people are working to solve these significant problems.

Bessin, R., Townsend, L.H.. 1996. "Beginning Beekeeping for Kentuckians. University of Kentucky Cooperative Extension. Retrieved 11/04/2024. [ENT-41: Beginning Beekeeping for Kentuckians](#)

The beginner beekeeper school was a vision and developed to address some of the problems that face the declining population of the honeybee and provide the educational resources through experts within this field. A full day of learning was presented, topics included:

- So, you want to be a beekeeper
- Hive components
- Mistakes I made in my first year
- Getting your hives ready for winter
- What to expect your first year
- Raising queens
- Honey harvesting
- Mite Treatments

The main partners for this training were the Floyd County Beekeepers Association. Not only did they provide their expertise, but they also assisted with registration, meal preparation and serving. ANR agents from Knott and Perry County also assisted throughout the day.

The event drew a total of 65 attendees, including 20 females, 45 males, and 6 children under 5. A pre- and post-evaluation survey yielded insights from 50 participants.

### Key findings include:

- 40 attendees currently manage hives (average of 8.85 hives each).
- All 10 non-beekeepers expressed intent to start keeping hives.
- 34 participants (68%) plan to start raising their own queens.
- Every respondent (100%) felt they learned valuable information to improve their hives and increase honey production



**Floyd County Agriculture & Natural Resources advises Floyd County Beekeepers, Farmer's Market, Agriculture Council, & Ag. Development Council**



Chad Allen  
County Extension Agent for  
Agriculture & Natural  
Resources