

# Report to the People

## Carroll County • 2022-23

## COOPERATIVE EXTENSION



### *Ohio & Kentucky River Confluence in Carroll County*



The Carroll County Cooperative Extension Service is the local branch of Kentucky Cooperative Extension. Through the University of Kentucky's College of Agriculture, Food and Environment, the Cooperative Extension Service is a comprehensive educational outreach and engagement program.

Our mission is to serve as a link between Carroll County and the Commonwealth's two land grant universities, the University of Kentucky and Kentucky State University, to help people improve their lives through education focusing on their issues and needs.

This grass-roots organization offers educational opportunities in the following program areas: Agriculture and Natural Resources, Family and Consumer Sciences, 4-H Youth Development, and Community and Economic Development. As we reflect on the past year, it has been our goal to introduce new, interesting, and lifestyle-changing programs that will benefit our community for years to come.

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### **For More Information, Please Contact us at:**

Carroll County Extension Office • (502) 732-7030 • <https://carroll.ca.uky.edu>  
500 Floyd Drive, Carrollton, KY 41008

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, or physical or mental disability.

## Family and Consumer Sciences in Carroll County

Family and Consumer Sciences Extension improves the quality of individual and family life through education, research, and outreach. This multidisciplinary field focuses on building assets of individuals and families to address the perennial problems faced across the lifespan.

Family and Consumer Sciences Extension operates within an ecological framework with the basic needs of food, clothing, and shelter at its core. The next level emphasizes well-being with a focus on human development, parenting, resource management, nutrition, health, and aesthetics. At the community level, Family and Consumer Sciences Extension prepares individuals for community and economic development and activity.



*Lunch & Learn Nutrition Program*

Carroll County Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families throughout the county. Our educational programs focus on making healthy lifestyle choices, nurturing families, embracing life as we age, securing financial stability, promoting healthy homes and communities, accessing nutritious food, and empowering community leaders.

Many programs are offered through the Carroll County Extension Service focusing on the above areas. Monthly nutrition lessons are taught at the Senior Center where participants learn about MyPlate, appropriate serving sizes, the importance of starting your day with a healthful breakfast, drinking more water, and eating various fruits and vegetables for a

variety of nutrients. *Lunch and Learn* takes place monthly where a recipe is demonstrated from the KY Nutrition Education Program calendar. Nutritious tips are given out in addition to healthful meal ideas.



*Ovarian Cancer Screening Program*

Extension Homemakers are a big part of Carroll County Extension. With over 50 members in 2022 they have an impact county-wide. Community service and leadership development allow members to connect with others. The Carroll County Extension Homemakers donated over \$1,000 to the Kentucky Ovarian Cancer Screening Research Program. Many of our Homemakers participate in the program.

In addition, life skill classes are offered at a homeless shelter in Carroll County. Some of the topics include attributes an employer looks for in an employee, resume writing, and job interviewing.

Residents of Carroll County have many opportunities to learn new life skills, take a wide variety of hands-on classes and participate in many activities to make their lives more enriching.

## 4-H Program Helps Students Plan Healthy Snacks

The 2021 National Survey of Children's Health by the US Centers for Disease Control and Prevention found that nationally 32.1% of children did not eat fruit daily and 49.1% did not eat vegetables daily. The Carroll County Extension Service 4-H program collaborated with the Carroll County School District to teach students monthly life skill topics. One hundred and five 3<sup>rd</sup> grade students were taught MyPlate focusing on daily fruit and



vegetable consumption. The Chop Chop Magazine was passed out and used as a teaching tool. In this lesson students were asked to create their favorite fruit or vegetable using play dough. Seven students stated they would not eat carrots. It was discussed ways to incorporate carrots in their eating. One hundred percent of the students stated they like fruits. One teacher posted on the school's Facebook page

*“Planning our healthy choice snacks in Richard B. Cartmell Elementary School 3<sup>rd</sup> Grade #PantherLeaders from Mr. Courtney and Miss Abbott’s classes. Thank you Joyce Doyle, 4-H Agent, from the Carroll County Cooperative Extension Service for the Chop Chop magazine and the fun and informative lesson. The Carroll County Cooperative Extension Service is a wonderful resource!”*

Students took the magazine home and shared it with family members.

### **Agriculture and Natural Resources in Carroll County**

Agriculture and Natural Resources is an integral part of Extension. Extension ANR programs are part of the outreach program of the University of Kentucky College of Agriculture, Food and Environment.

Agriculture and Natural Resources has the ability to impact every member of the community, whether it is managing weeds, improving your hay quality, increasing profits in your cow-calf heard, or building your raised beds in town. Agriculture and Natural Resources gives farmers and community members the opportunity to come together to

learn and to make more community and industry connections. Through ANR, we have the ability to scratch the surface, or we have the ability to dive deep into topics with the help of our university specialist.



*Weed Management*

Carroll County Agriculture and Natural Resources is committed to being a major resource for farmers and community members. Our educational programs are aimed to be able to help them improve the quality of their farm, building their business, increase the quality of their herds, learn ways to manage finances, and to improve the mental health of farmers and farm families.



*Farm Management*

### **Kentucky Saves Piggy Bank Design contest promotes financial literacy**

Financial planning is one of the most important things someone can do to promote their financial well-being. For over a decade, the University of Kentucky Cooperative Extension Service has used its Piggy Bank Design contest to educate young people about

money-saving methods and teach them how to become financially savvy.

Recently, the UK College of Agriculture, Food and Environment and the Kentucky Jump\$tart Coalition for Personal Financial Literacy announced the 2023 contest winners at Kentucky Saves Week. During the event at the state Capitol, students joined Kentucky Governor Andy Beshear as he signed the 2023 Kentucky Saves Week proclamation.

Kentucky Saves Week encourages Kentuckians of all ages to begin or boost their personal savings and debt reduction efforts.

The contest encouraged all Kentucky school-aged children to compete and design their own piggy bank. The competition allowed students to express their creativity and helped them set personal savings goals. Participants submitted their banks for evaluation to county extension offices. Each office chose county champions to advance to the regional competition. Each region selected the winning piggy banks.



*Zack Kindoll from Carroll County  
One of the 2023 Winners*

Zack Kindoll was the winner from Carroll County, he is the son of Aayme and Brandon Kindoll, he is 16 years old and a sophomore at Carroll County High School. Zack loves participating in many of the Carroll County 4-H activities including, archery, electricity, wood science, art, photography, horticulture and has won countless awards for his endeavors.

## Extension At a Glance

- **78** Volunteers attended the Kentucky Volunteer Forum. **6** volunteers received accreditation certificates. **3** new clubs were started with new volunteers after the Forum
- **6** Extension Homemakers participated in the Kentucky Ovarian Cancer Screening Research Program
- **350** students have learned about geodes and have become more aware of nature. 200 of these students have added walking to their weekend activities
- **22** producers attended the Weed Management program
- **126** participants attended a nutrition class.
- **24** people attended a hay analysis program that the Carroll County Cattlemen's Assoc. hosted.
- **150** students have learned about our great state and all received an award for the knowledge they retained.
- **56** producers used our soil and hay testing research facilities.
- **16** participants at a homeless shelter received training on job readiness.
- **60** youth participated in summer residential camps
- **8** participants attended the Scam, Red Flags and Avoiding Fraud class

*It Starts With Us.  
Healthy Families. Healthy Homes.  
Healthy Communities.*