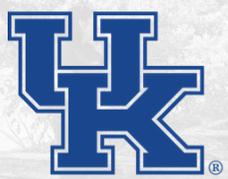


GRAYSON COUNTY, KENTUCKY

COOPERATIVE EXTENSION SERVICE



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

WHAT IS OUR MISSION?

Kentucky Cooperative Extension 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;
- Fostering effective lifelong use of personal and natural resources.

If you're interested in learning more about Cooperative Extension or programs that we offer stop by today!

MEET THE AGENTS



Whitney Carman *Whitney L. Carman*

Grayson County Agriculture and Natural Resource Extension Agent

A Breckinridge County native, she graduated from BCHS in 2005 and went on to receive a Bachelor's of Science in Animal Sciences at the University of Kentucky in 2009. While in Lexington, she was a student worker for the UK Soil Lab, for Dr. Don Ely in the Sheep Department, and the Kentucky Beef Council. After college she began working for the Kentucky Beef Council full time as the Director of Consumer Affairs until 2012 when she began her Extension career with UK in Hancock County. She worked with the producers in Hancock County for 2 and a half years before coming to Grayson County in July 2015. During her 6 years with Cooperative Extension, she has developed a diversity of programs in grain, horticulture, beef production, forages, and youth agriculture. Through her work with Extension research demonstrations, beef cattle education, forage quality education, and community leadership engagement, her goal is to extend research based information from the UK College of Agriculture Food and Environment, to the people of Grayson County.



Kindra Ewing Jones *Kindra Ewing Jones*

Grayson County 4-H Youth Development Extension Agent

Kindra Ewing Jones has been the Grayson County 4-H Youth Development Agent since 2007 and is a native of the county, graduating from Grayson County High School in 2000. She attended Lindsey Wilson College, receiving a Bachelor's of Arts in Biology, an Associate's in Arts of Health Science and minors of Chemistry and Communications. Following graduation from LWC, Kindra began her Master's program at the University of Kentucky, beginning in Turf Science studies; but through course work in Principles of Cooperative Extension, she realized that Extension was her calling, therefore changing course of degree to Career, Technical, and Leadership Education. She began her journey as a third generation Extension Agent in January of 2007, and has worked to build the 4-H program in the county to develop the leaders of tomorrow! While providing programming in all seven core areas of 4-H, Kindra works to incorporate leadership and communication skills into as many programs and lessons as possible, as those are key elements for developing youth into well-rounded and productive young adults.



Natalie Taul *Natalie Taul*

Grayson County Family & Consumer Sciences Extension Agent

Natalie Taul has been the Family and Consumer Sciences Extension Educator, in Grayson County, since 2011. A native of Breckinridge County, she graduated from BCHS in 2006 and went on to receive her Bachelor's of Science in Dietetics from the University of Kentucky in 2010, and became a Registered Dietitian the following year. In 2015 she completed her Master's Degree in General Adult Education from Western Kentucky University. Natalie works to strengthen the families of Grayson County by providing a variety of programs for all ages. Family and Consumer Sciences Extension programming improves the quality of individual and family life through education, research, and outreach. Natalie focuses on building assets of individuals and families to address problems faced across the lifespan. Natalie has built strong partnerships within the community to address the need for Diabetes education, early childhood education and school readiness, general health and wellness, aging, and financial stability, among others. She strives to provide research based, cutting edge information from the University of Kentucky to the people and families of Grayson County.

WHAT IS ANR?

Agriculture and Natural Resources (ANR) is a program area of the Kentucky Cooperative Extension Service. Extension ANR programs are part of the outreach program of the University of Kentucky College of Agriculture.

We provide informal education in agricultural production and environmental stewardship. Departmental specialists, researchers, and county agents develop and implement ANR programs. In addition to production agriculture, a small staff of Extension Associates work with county agents to provide focused assistance. These programs may co-mingle between production agriculture and environmental stewardship. Our programs make a difference in the lives of millions of Kentuckians through research-based education. Working with our other land grant partner, Kentucky State University, we extend the resources of the University to the people in their local communities. County agents serve as the link between people in every Kentucky county and experts at the universities. They coordinate and provide educational programs for the public through meetings and workshops, field days, personal communications, and web or satellite broadcasts. Agents also provide publications, newsletters, computer programs, videos, and other educational materials.

Grayson County AG

CORE AREAS

Agriculture & Natural Resources: Grayson County is home to a wide array of agriculture. The Grayson County ANR program collaborates with many areas to help serve clientele and their needs. Some of the main areas of focus of programming are in forages, beef production, grain production, soil health, farm management, forest and wildlife management, and youth agriculture. The ANR program utilizes specialists and resources from the University to do projects and demonstrations on a local level so that clientele get a first-hand look at new and innovative approaches.

Horticulture: Horticulture is a growing part of Grayson County, whether for commercial or home production. This includes programs and resources for vegetable and fruit gardening, nurseries, vineyard production, landscape maintenance, lawn management, Farmers' Market and the Community Garden.

Leadership Development & Volunteer Programs: The Grayson County Extension service provides a way for clientele to further their education and leadership skills through programming and service. The ANR program advises several Extension volunteer organizations that serve as an arm of the Extension Service to provide education and volunteerism in the community.

Extension Master Gardeners are trained volunteers that assist county Extension agents with educational programming. This is a national organization and Kentucky has several counties involved. Grayson County has been active since 2004 and do a variety of service projects and educational events. The Master Gardener Plant Fair, the Community Gardens at Twin Lakes Regional Medical Center, and herb gardens at the Jack Thomas House are a few of their projects. They host a kids gardening program each year and have monthly educational sessions. The Master Gardener Association of Grayson County meets monthly.

Grayson County Beekeepers Association are a group of educated beekeepers that meet monthly to listen and teach educational programs. Members of the beekeepers are active in the community doing demonstrations and presentations on the importance of bees and beekeeping techniques. They volunteer for activities with the youth and work closely with Extension Agents to help with questions and issues with bees.

Agriculture Development Council is an appointed 9 member Council representing Cooperative Extension, Soil Conservation and Farm Service Agency. This Council has the responsibility to evaluate the needs of the local agriculture/horticulture economy. The mission of the board is to invest Kentucky Ag Development funds in innovative ways to increase net farm income and affect tobacco farmers, tobacco-impacted community and agriculture across the county by stimulating markets for those products. This includes finding new ways to add value and diversity products.

Grayson County AG PROGRAMS

AGRICULTURE

- Beef and Forage Field Days
- Beef Integrated Reproductive Management Program
- Cover Crop and Soil Conservation Programs
- Farm Management for Women Program
- Fencing Programs
- Kentucky Master Logger Program
- Master Cattleman Program
- Pesticide Safety Education – Private Applicator
- Rinse and Return Program with KDA
- Small Ruminant Profit School
- Wildlife Management Program
- Winter Grain Workshops
- Youth Agriculture Literacy in the Classroom

HORTICULTURE

- Educational Classes with Community Garden
- Farmers' Market Training
- Gardening Sack Lunch Series
- Master Gardener Training Program
- Produce Best Practices Training

LEADERSHIP DEVELOPMENT

- Grayson County Beekeepers Association
- Extension Master Gardener Association
- Farm Bureau Young Farmers
- Grayson County Cattlemen's Association
- Kentucky Extension Leadership Development

ITEMS FOR CHECKOUT

- Castration Banders and Bands
- Freeze Branding Materials
- Grain Moisture Tester
- Hay Moisture Tester
- Hay Probe
- pH Meter
- Soil Probe/Bags

SERVICES PROVIDED

- Farm Visits
- Insect ID
- Manure/Litter Testing
- Plant Diagnostic Testing
- Soil Testing
- Weed ID



WHAT IS FCS?

FCS stands for Family and Consumer Sciences Extension. FCS Extension programs aim to improve the quality of individual and family life through education, research, and outreach.

FCS programming focus on building assets of individuals and families to address problems faced across the lifespan. Family and Consumer Sciences Extension emphasizes well-being with a focus on human development, parenting, resource management, nutrition, health and leadership development. At the community level, FCS Extension prepares individuals for community and economic development and activity.

Professionals in Family and Consumer Sciences Extension provide the tools to help individuals and families to develop resources for strengthening families and building community for an ever changing society.

Family & Consumer Sciences

Grayson County FCS

CORE AREAS



Making Healthy Lifestyle Choices: Family and Consumer Sciences Extension encourages families to make proactive choices to improve health and well-being, whether choosing a healthy diet, increasing health literacy for chronic disease prevention, or participating in regular physical activity.

Nurturing Families: Family and Consumer Sciences Extension focuses on individual and family development by promoting effective communication, understanding developmental ages and stages, appreciating individual and cultural differences, developing a strong value system, making wise decisions, and encouraging a supportive environment

Embracing Life as You Age: Throughout all life stages, it is important to acknowledge and celebrate the changes that accompany aging. Family and Consumer Sciences Extension helps individuals, families, and communities manage the challenges and discover the positive aspects of life transitions and growing older.

Securing Financial Stability: In the current economy, financial stability is important. That stability rests with families securing and managing their basic human needs of food, clothing, and shelter. Increasing buying power with wise consumer decision-making, avoiding pitfalls of overextended credit, developing saving habits, and managing financial risks are topics taught by Family and Consumer Sciences Extension.

Promoting Healthy Homes and Communities: Through Family and Consumer Sciences Extension, individuals improve safety in their home and decrease their environmental footprint. Community efforts are designed to promote healthy lifestyles throughout the lifespan.

Accessing Nutritious Food: Family and Consumer Sciences Extension helps families gain access to food and to stretch food dollars; communities to decrease hunger; and local food assistance programs to educate recipients on healthy and safe food preparation methods. Family and Consumer Sciences agents are pivotal in training consumers and producers to maximize local access to farm-to-table food products.

Empowering Community Leaders: Building the capacity of volunteer leaders is critical for the sustainability of communities that support and strengthen families. Family and Consumer Sciences Extension is committed to engaging, educating, and empowering local citizens to investigate issues, make responsible decisions, and take ownership of solutions.

Grayson County FCS PROGRAMS



Grayson County
Extension
Homemakers
KENTUCKY

EXTENSION HOMEMAKERS ORGANIZATION: The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education. Across the state, County Extension Agents for Family and Consumer Sciences work closely with KEHA members and clubs to provide educational programming and coordinate community activities. Grayson County Extension Homemakers has a current membership of 57 people. That includes 3 active clubs plus mailbox members. Dues for the organization are currently \$10.00. Two clubs are located in the Leitchfield area and one in the Short Creek area. If you are interested in joining a club please contact Natalie at the Extension Office and you will be put in contact with club presidents.

MASTER CLOTHING VOLUNTEER PROGRAM: The "Master Volunteer Concept" is an outgrowth of the Cooperative Extension Service's tradition of utilizing volunteers. Interested, dedicated individuals with some prior experience and knowledge in a specific area are selected and provided with intense, in-depth training. Upon the completion of the training there is a commitment by the volunteer to spend a specified amount of time sharing their enhanced expertise with others. Currently Grayson County has 1 Master Clothing Volunteer that provides sewing classes to both youth and adults. If you are interested in participating in these classes or becoming a Master Clothing Volunteer, please contact the Extension Office. Volunteer applications for this program take place in even years. The new class recruitment will begin in Spring of 2020.

MAKING HEALTHY LIFESTYLE CHOICES

- Varied Health and Wellness Programs
- Get Moving Grayson County
- Dining with Diabetes

NURTURING FAMILIES

- Grandparents and Grandchildren Together
- Nurturing Fathers
- Home is Where the Health Is

EMPOWERING COMMUNITY LEADERS

- Developing Core Leadership Skills
- Organizational Leadership Skills
- Utilizing Skills to Strengthen Communities

SECURING FINANCIAL STABILITY

- Money Habitudes & The Good Credit Game
- Where Does Your Money Go?
- Basic Life Skills – Real Skills for Everyday Life

PROMOTING HEALTHY HOMES & COMMUNITIES

- Focus on the Home: Disaster Preparedness
- Household Energy & Waste Management
- Radon Awareness and Education

ACCESSING NUTRITIOUS FOODS

- Mastering Food Choices
- Plate It Up! Kentucky Proud
- Food Preservation Programs

EMBRACING LIFE AS WE AGE

- Keys to Embracing Aging
- Understanding Alzheimer's Disease
- Prepare to Care



Talking FACS is available on
all major podcast providers.



The FitBlue app can be downloaded at
the Apple App Store and on Google Play.

Various food preservation items are available for checkout. Please contact the office for more information.

WHAT IS 4-H?

4-H Youth Development is part of Kentucky Cooperative Extension. Extension's mission is to make a positive difference in the lives of Kentucky citizens through non-formal education for the entire family. Kentucky 4-H believes in providing positive youth development experiences for all youth to experience belonging, mastery, independence, and generosity.

4-H is a youth organization committed to building outstanding leaders with marketable skills to succeed in today's society. 4-H empowers youth to reach their full potential, working and learning in partnership with adults. The four H's represent the idea of Head, Heart, Hands, and Health. These are the values members work on through fun and engaging programs.

- Head: Managing, Thinking
- Heart: Relating, Caring
- Hands: Giving, Working
- Health: Being, Living

4-H'ers, regardless of their background, socio-economic status, race or gender, benefit from their participation in Kentucky 4-H. Positive youth development studies have affirmed that compared to other youth, young people involved in 4-H are:

- Four times more likely to contribute to their communities.
- Two times more likely to be civically active.
- Two times more likely to make healthier lifestyle choices.
- Two times more likely to participate in Science, Engineering and Computer Technology programs during out-of-school time.
- 4-H girls are two times more likely (Grade 10) and nearly three times more likely (Grade 12) to take part in science programs compared to girls in other out-of-school time activities.

7 CORE CONTENT AREAS



Agriculture: The Agricultural Science Program engages 4-H members in a variety of hands-on activities and experiences that cultivate an increased understanding and appreciation for agriculture. Projects and activities are offered in the areas of beef cattle, sheep, swine, goats, dairy, equine, food science, and plant and soil science.

Family & Consumer Sciences: With Family and Consumer Sciences projects, 4-H'ers learn the skills they would often learn within the family and home; how to dress to impress; cooking skills; mend or make one's own clothing; maintain a healthy lifestyle; practice wise money skills; practice etiquette and make wise lifestyle decisions.

Health: Health, the fourth "H" in 4-H Youth Development. The traditional perception of health has been food and nutrition, however research has shown how mental, emotional, physical and environmental health are just as important. It is our goal to address and provide resources for each of these components of health education.

Communications & Expressive Arts: Public speaking plays a great part in what 4-H'ers gain from participating in 4-H. Focusing on speeches and demonstrations has served many well over the years but the core curriculum actually broadens the scope of communications to include reading, listening, interpersonal communication, writing and family communications.

Leadership: Leadership is one of the core areas of focus for the Kentucky 4-H program. There are a wide variety of activities associated with leadership development in youth. The activities involved with leadership development focus on improving the quality aspects of a young leader through reflection, explanation of leadership principle, and personal experiences.

Natural Resources: The Natural Resources Program engages 4-H members in a variety of hands-on activities and experiences that foster an increased understanding and appreciation for Kentucky's natural resources. Projects and activities are offered in the areas of environmental science, entomology, forestry, geology, soils, water, and wildlife and shooting sports.

Science, Engineering, & Technology: Science, engineering, and technology (SET) is one of the core areas of focus for the Kentucky 4-H Program. Activities, projects, and clubs are available in aerospace and rocketry, biotechnology, energy, electronics, and robotics.

Find our private group on Facebook! "Grayson County Kentucky 4-H"





Grayson County 4-H

PROGRAMS & EVENTS

JOIN ONE OF OUR CLUBS:

- Boots & Spurs Horse Club
- Livestock Club
- S.E.T. Squad
- Sewing Club
- Shooting Sports: Archery
- Shooting Sports: Rifle
- Shooting Sports: Trap
- Teens In Action Board
- Wild at Art

ADDITIONAL PROGRAMS:

- Advanced Teen Leadership Academy
- Demonstration & Speech Contest
- District Teen Council
- District Teen Events
- Grayson County 4-H Council
- Kentucky 4-H Achievement Program
- Recognition Social
- State 4-H Board
- Teen Leadership Academy
- Volunteer Program
- Written Communication Contest

CONFERENCES:

- 4-H Camp (Dawson Springs, KY)
- National 4-H Congress (Atlanta, GA)
- SRTLTC (Crossville, TN)
- Teen Conference (Lexington, KY)
- Teen Summit (Jabez, KY)

WORKSHOPS/DAY CAMPS

- Art Workshops
- Cloverbud Mini Day Camps
- Cooking Workshops
- Leadership Workshops
- Photography Workshops
- S.E.T. Day Camps



For more detailed information on clubs, events, and workshops check out our Grayson County 4-H Booklet! You can pick up a copy from our office or visit our website at grayson.ca.uky.edu/

WHAT IS SNAP-ED?

The Supplemental Nutrition Assistance Program – Education (SNAP-Ed) also known as Nutrition Education Program (NEP) is a federally funded grant program that supports evidence-based nutrition education and projects for people eligible for SNAP.

SNAP-Ed targets low income families. Our goal is to educate limited resource families with children and SNAP eligible individuals to change behaviors necessary to have a healthy life style, plan nutritious meals on a tight budget, improve food preparation skills, and learn safe food handling practices.

This program offers hands-on nutrition education and focuses on developing new meal plans, cooking skills, buying healthy food, adapting healthy lifestyle habits, better management of SNAP resources, and preparing food in a nutritious way.



Robin Burton

Grayson County SNAP-Ed Program Assistant

Robin Burton is a native of Grayson County and has been the SNAP-Ed Educator since July 2014. Robin graduated from Western Kentucky University with a Bachelor's Degree in Public Health Education and an Associate's Degree in General Studies. Through her work with Extension, her goal is to reach as many families and individuals as possible to offer informative, researched based information to enhance the life styles and overall health of the residents of Grayson County.

Grayson County SNAP-Ed

PROGRAMS

SNAP-Ed programs focus on bettering our community by providing families with the necessary resources to improve their food preparation skills and aid them in changing their life style.

ADULT CLASSES

- Cooking Through the Calendar
- Freezer Meals
- Holiday Baking
- International Cooking
- Lunch & Learn
- No Bones About It

YOUTH CLASSES

- Kids in the Kitchen
- LEAP (Learning, Eating, and Activities for Preschoolers)
- Summer Cooking Savvy

CURRICULUM

- Healthy Choices for Every Body
- LEAP
- Organize Wise Guys
- Professor Popcorn
- Super Star Chef
- Teen Cuisine



The 5 food groups are building blocks for a healthy diet.

www.myplate.gov

Visit the NEP website today!

<https://kynep.ca.uky.edu/>



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Grayson County KY Cooperative Extension



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

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. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.