



# EXTENDING KNOWLEDGE

## *Changing Lives*

### In Hart County

Extension provides practical education you can trust by helping individuals, families, businesses and communities solve problems, develop skills, and build a better future.

## Farmers Market Success



*Grand Opening of New Market*

The Hart County Farmers Market is a small but growing entity. Every year the market seems to get a little bigger and better and support grows due to many factors. One of those factors being the

Senior Farmers Market Nutrition Program (SFMNP). This year Hart County Extension Office administered the SFMNP for the market. Due to a big push in social media advertising as well as word of mouth, we signed up 222 Senior Citizens who met the income requirements for the program. The county was issued \$10,647 through the SFMNP cards for those individuals to use. The card system was a new system this year, creating some issues along the way. However, the farmers that were selling at the market were very willing to learn and support the system. The Hart County Ag Agent trained the farmers on the system as well as Produce Best Practices. Due to all of those efforts, our redemption rate was 89% for the SFMNP cards. That alone equates to \$9524.76 of direct farm impact. We are looking forward to a new year and a new program that will aid in getting senior citizens healthy farm products to consume as well as more income for the farmers growing those products.

## Program Indicators

- 203 Number of youth who increased knowledge of farm health and safety practices
- 154 youth gained increased knowledge of how to respond to mental health concerns
- 154 youth were educated on health and well-being through 4-H programs
- 247 Number of people impacted by Advisory Councils, community organizations, and other volunteers including County Ag Investment Program (CAIP), Chamber of Commerce Ag Committee, farm bureau, county fairs, festivals, etc.
- 231 Number of clientele increasing agriculture awareness due to Extension Programming

# Recipes for Life



Hart County 4-H Extension Agent Julia Wilson collaborated with the 21st Century coordinator at Legrande Elementary in Hart County offer the Recipes for Life Program to 6 fifth-grade students, 5 sixth grade students, 5 seventh grade students, and 11 eighth grade students. Three volunteers worked with students in a hands-on educational setting to

teach important life skills during 21st Century Afterschool September thru December of 2022.

Students learned various skills resulting in:

- 100% identified best practices for kitchen clean-up.
- 100% identified safe knife handling techniques.
- 100% identified the sequence of steps in preparing a recipe.
- 100% identified correct technique for accurately measuring ingredients.

In addition, as a result of attending the Recipe for Life program, students plan to make the following behavior changes:

- 100% plan to try new foods.

Feedback was collected from parents." My child now has has interest in cooking. He helps me in the kitchen and is interested in trying new recipes for our family."

# LEAP

According to the State of Childhood Obesity, Kentucky's children between the ages of 10-17 have the highest obesity rate in nation with the obesity rate of 23.8%. According to [www.countyhealthrankings.org](http://www.countyhealthrankings.org), Hart County adults have an obesity rate of 40%. The Hart County Extension Family Consumer Science Agent partnered with Hart County School's Family Resource Youth Service Center Coordinators to provide the Literacy, Eating and Activity for Primary (LEAP) lessons in the schools. Teaching our children good nutrition is essential to promoting healthy lifestyles in our county. The LEAP program and nutrition education was provided to 162 youth throughout three elementary schools in the county. The Family Consumer Science agent visited each school five or more times providing health and nutrition to the youth. The students were exposed to various books, physical activities, and a variety of samples of healthy nutritious snacks. Each student was given a recipe for the nutritious snacks. School personnel reported, "They (the students) were proudly holding their recipe cards going down the hallway." Additionally, a newsletter healthy habits and nutritional information was sent home to the parents. 100% of the children reported enjoying the program. 100% of the children were willing to try the nutritious snack. 92% of the students reported enjoying the healthy snacks.





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