

CLINTON COUNTY EXTENSION REPORT TO THE PEOPLE

2023-2024



Knife Skills in Action

COOK TOGETHER, EAT TOGETHER: FAMILIES IN THE KITCHEN

Clinton County Nutrition Education partnered with Albany Elementary to host a 7-week “Cook Together, Eat Together” program focused on basic cooking skills and simple recipes to encourage families to work together in the kitchen to create tasty, nutritious meals at home. Eight families learned a variety of cooking techniques and various ways to incorporate fruits and vegetables into their diets. Families gained confidence in the kitchen and a renewed passion to prepare more meals at home. As a result of the program, 88% of participants cook dinner at home more frequently each week and 75% of participants improved their daily fruit and vegetable consumption.

These recipes are so easy, and my kids really like them! I didn't know it could be this easy to put something so healthy on the table.

-Participant

EDEN SHALE FARM TOUR

In March of 2023 a group of local beef producers from Clinton and surrounding counties toured the Kentucky Cattleman's Association working beef farm in Owenton, KY. Producers toured working demonstrations that Eden Shale farm has put into practice. The focus of the tour was innovative and practical ways of feeding round bale hay to cows but participants also learned about water harvesting and heavy use areas. Producers gained insight into better ways to feed round bale hay as well as heavy use areas to limit mud during the winter months. Producers polled after the tour indicated they all felt it was well worth their time and several plan to implement hay feeding practices viewed at the farm.



Learning on the Move

RECORD BREAKING 4-H SUMMER CAMP

Clinton County 4-H had a record-breaking summer camp season with 126 campers and 21 adults attending Lake Cumberland 4-H Camp in July. The theme for this year's camp was Time-Warp including Caveman, Medieval Times, 80's/90s, and Futuristic in which campers dressed up for the evening activities. The 4-H camping opportunity provided programs and classes such as cooking, kayaking, archery, rifles, high ropes course, low ropes course, fishing, etc. that will help develop these individuals in building positive lasting impacts of leadership skills and healthy lifestyles moving forward in their future decision-making.

4-H Summer Camp

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

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Developing Food Preparation Skills

RECIPES FOR LIFE

Family and Consumer Sciences Extension collaborated with the School District to offer the Recipes for Life program to 109 fifth grade students. 14 volunteers worked with students in a hands-on educational setting to teach important life skills such as food safety, kitchen safety, knife skills, measurement conversion, reading recipes, and other aspects of food preparation before getting to cook for themselves.

Students planned to make the following changes after attending the Recipes for Life program: 86% of students reported that they plan to try new foods, 84% plan to help prepare food at home, and 77% of students feel confident making their own meal.

Love seeing these events for kids during school hours! Real life skills they can use every day! My daughter could not stop talking about how awesome it was to learn to cut vegetables and had to show me the proper way. She even volunteered to help with supper prep tonight.
-Parent

TEEN LEADERSHIP CLINTON COUNTY

The first class of Teen Leadership Clinton County began in spring 2023 with 11 youth leaders. Sessions included leadership styles, communication skills, conflict resolution, team building, community needs and capacity building, time management, and other leadership development skills. Youth also organized and implemented community service projects.

When asked to share how the program has helped them grow as leaders, youth shared the following:

- "Talking to others more confidently"
- "I have learned there are multiple ways to lead"
- "I have learned speaking skills to help me feel more confident when sharing new ideas"



Teen Leadership Clinton County

Clinton County Cooperative Extension
2601 Business Hwy 127 North
Albany, KY 42602
(606) 387-5404
clinton.ext@uky.edu

 www.clinton.ca.uky.edu

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

MEET OUR STAFF

- Ashley Duvall, 4-H Youth Development Agent
- Colby Guffey, ANR Agent
- Christy Stearns, FCS Agent
- Linda Bell, 4-H Program Assistant
- Melinda Cross, Staff Assistant
- Stacy Smith, Nutrition Education Assistant

We are ready to serve you and our community.
Stop by and visit to learn more about
all services that we provide.

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