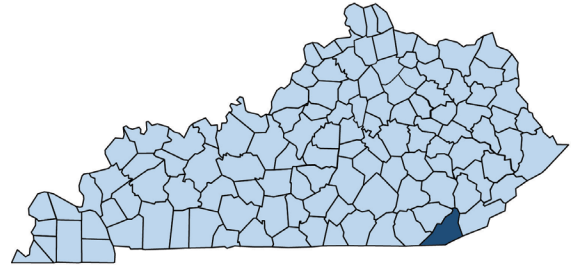


# REPORT TO THE PEOPLE



## Bell County 2022



**DID YOU KNOW...** Bell County Cooperative Extension is one of the few counties in the state where the office is still located in the basement of the courthouse



The Bell County Cooperative Extension District Board and Extension Council felt it was time to purchase property and move forward with a new building. By having a larger Extension Office with more meeting rooms and acreage, more programs can be offered to our community and more citizens reached.

The Bell County Extension District Board has acquired a new property site with 24 acres to build a new facility. The board, along with building committee, met with architects to layout floor plans and work on the design of the new structure.

This site will benefit our community in many ways. Local groups will be able to use our facility for educational purposes and space will no longer be an issue. In the future, this property will be the home to a walking trail and an outdoor classroom. Because of these additions Extension will be more visible than it has ever been and will provide our people with a place to learn and grow!



**Website:** [bell.ca.uky.edu](http://bell.ca.uky.edu)



**Facebook:** @BellCountyCES

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**101 Courthouse Square, Pineville, KY 40977**

## Family and Consumer Sciences



Family Fun Night drive through program

### FCS Family Fun Night

Families who spend time together doing activities form strong emotional bonds. With the increase of screen time and busy lifestyles, parent/child interaction is becoming less common.

To help families spend quality time together, the Bell County Family and Consumer Sciences Agent, the SNAP-ED Assistant, and the Bell County High School Family and Consumer Sciences teacher along with the FCCCLA students, hosted a Family Fun Night drive through event to celebrate Family and Consumer Science Day "Dining In" program. Fifty families participated receiving information and tips on family vitality. We supplied each family with books, games, and a scavenger hunt. We also provided recipes for them to make and have dinner together.

90% of the families indicated that they would do the activities and games given to them. 80% expressed that they would prepare the recipes at home with their children.

115

Number of individuals who reported improved knowledge, opinions, skills, or aspirations regarding the safe storage, handling, preparation, and/or preservation of food

71

Number of hours KEHA members volunteered in Community activities and events

## 4-H Youth Development

### 2022 4-H Camp

Bell County youth had the opportunity to spend a week at J.M. Feltner Memorial 4-H Camp in London, KY. Bell County set a personal record for attendance at camp this year. Eighty-one campers, teens, adults, and agents represented Bell County. Youth chose which classes they wished to participate in. Those classes included, but were not limited to, fishing, archery, riflery, rock climbing/ziplining, low ropes/high ropes, swimming, woodworking, drama, and basketball. Also, the highly anticipated Sally dance was back this year.

Several parents of first-time campers stated that their children loved camp and already wanted to sign up for next year's session. Multiple youth spent their last camp as a camper this year and have expressed interest in attending as a counselor in training next year. One parent stated, "My child has never spent the night away from home. She had a blast and wants to make sure she can attend next year."



Bell County youth camp attendees along with adult and youth counselors.

6342

Number of service hours contributed

517

Number of youth who were educated on health and well-being through 4-H programs



## Agriculture and Natural Resources



Children at Brain Breaks day camp.

100

Number of people gaining knowledge on establishing and maintaining pollinator habitats

100

Number of people who increased knowledge on forest health, management, and/or utilization

## Nutrition Education

### Promoting Healthy Behaviors

The Bell County Supplemental Assistance Program (SNAP-Ed) Assistant partnered with the Bell County Family and Consumer Sciences (FCS) Agent to educate students about the importance of healthy eating and physical activity. Working with Kindergarten through 4th grade, 100 students were reached. Stressing the importance of fruits and vegetables in their diets and discussing other food groups as well, the students learned how much of each food group to eat daily. They also learned how to read a recipe and the parts of a recipe. Each student constructed their own kabob using different patterns. After making and eating their fruit kabobs about 75% had tried and liked the fruit for the first time. The students participated in hands on activities including identifying the parts of a recipe, matching each part to the title/header, and a kitchen tool relay.

One student said, "I've never ate blueberries. This is my first time trying them and I love them!"



Child makes a fruit kabob.

248

Number of participants reporting intention to eat more fruits

248

Number of participants reporting intention to try new foods

