

The New Bell County Extension Office.

After years of planning and construction the UK Cooperative Extension Service-Bell County Office now has a new home located on Log Mountain in Pineville, KY at 10524 US Highway 25 E. The project began with a vision of growth and progress for our community and over the years our Bell County Extension District Board and County Extension Council have put in endless volunteer hours to see that this vision was brought to fruition.

“We feel that this building will aid us in being able to provide programs, services and researched based information to all of Bell County”, said Board Chairperson, Shelia Key. Now that the building is finished, farmers can gain knowledge of ways to support or start their business by seeing our Agriculture and Natural Resource Agent. The Bell County Soil Conservation District resides in our building, making access to assistance that is available from their organization and Extension resources a one stop shop. Families can attain new skills by participating in our special interest workshops and cooking classes. Community members can attend classes that focus on mental health, nutrition and aging through our Family and Consumer Sciences program. Youth will have the opportunity to participate in leadership through our numerous 4-H clubs and specials interest programs such as the County Ham Project and Cloverbud Camps.

While we have a new facility, our focus remains on the programs we have to offer our community and the individuals that we reach.



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Family and Consumer Sciences



Family Day Out

In efforts to reach underserved audiences and provide them with information and activities to keep their families engaged in physical activity and spending time together, the Bell County Extension Service hosted three family day out events along with storybook walks in two local parks in our county. Studies from the Cabinet for Health and Services show that 79% of children do not exercise the amount required weekly.

To get families outdoors and moving, the Bell County Extension Service partnered with other program areas such as Innovative Approaches to Literacy, Pineville City Parks and Recreation, the Bell County Health Department, Bluegrass Care Navigators, Americore, and AppalRed to provide families with an opportunity to visit a newly constructed park in the Newtown area of Pineville and Fords Woods Park of Middlesboro. Families participated in physical activities and other hands on experiences related to the storybook walk, set up along the walking trail.

121 participants which included 30 families with children ages 6 months to 13 years old took part in the storybook walk (Surprise Garden/LEAP, The Very Hungry Caterpillar, and Leaf Hunt), making their own window sill garden, exercising with Wally Cat, and trying a healthy fruit snack.

90%

first time attending an Extension event and will attend more because of this program.

100%

stated they would read more with their children

100%

of participants will now visit more local parks to get their daily physical activity in as a family.

4-H Youth Development

Dollar and Sense

According to a recent study, Kentucky currently ranks 47th in the nation in financial literacy. The criteria included evaluations of personal consumption, household earnings, financial knowledge, personal retirement savings, and state policy that supports financial literacy. The Bell County Extension Agent for 4-H/ Youth Development and program assistant provided Dollars and Sense programs at all of the schools in the county. This program is designed to teach students the difference between needs and wants. The goal of this program was to purchase from each of the stations and have money remaining at the end. Each student was given a budget of \$120, along with a checklist to visit twelve stations and make a purchase at each one. Some stations were strictly wants while others were needs and each station provided options from lower tiered to higher priced options. Taxes totaling \$20 were taken out of their money and a crystal ball table was set up to show students that unexpected occurrences can happen. The students also had the option to take a second job to assist in paying their bills.

A Post-program survey taken weeks after the program revealed:

- 88% of the students rarely/never looked at prices before this program
- 77% of the students have been price checking since participating in the program



FRYSC
coordinator at
Lone Jack School
running the
"Crystal Ball" table

267

students participated across county schools

53%

students would consider not making a purchase if it was not in their budget after participating in the program

Agriculture and Natural Resources



Honeybee colony can contain up to 60,000 bees.

145 People attended Bell County Extension beekeeping educational programs.

223 Number of students and teachers who visited beekeeping demonstrations.

Nutrition Education

Raising Relatives on a Limited Budget

According to FeedingAmerica.org (2021), 21.5% of Bell County children in households with grandparents or other relatives at times lacked access to enough food for healthy living or experienced unreliable availability of nutritionally adequate foods. The Bell County Cooperative Extension Service NEP Senior Assistant and FCS Agent partnered together to educate Grandparents and relatives raising relatives on how to focus on behavior changes that will help them achieve a healthier lifestyle for their family on a limited budget. Through participation in classes using the Healthy Choices for Every Body curriculum, adult females learned to shift to healthier choices when meal planning, distinguish between the better buy when comparing food labels, develop meal plans, and cook at home to save money. Upon completing the program, 88% of participants reported budgeting enough money for food by making a weekly or monthly spending plan, regularly meal planning, comparing prices, checking for sales or using coupons, making a shopping list and sticking to it, and preparing more meals at home.

Beekeeping and Economic Opportunity

With the recent surge of interest in beekeeping our local bee club has seen a significant 50% increase in membership. This growing interest in beekeeping is not only fostering community engagement, but also driving economic opportunities through the sale of honey and the sales of value-added products. Bee Club members are exploring the potential of generating income by looking into the sales of highly sought after propolis, pollen, and royal jelly in addition to the sale of bees and queens. The Bell County Extension Agent for Agriculture and Natural Resources held bee club meetings to teach hive health, provide the latest research, and to bring like-minded individuals together. Along with bee club meetings, value-added product classes are held to teach clients how to create items from beeswax. They learn how to make everything from candles to beauty products. Beeswax products are highly desired for their natural and sustainable qualities. As more individuals join the beekeeping movement, the Bell County Extension Office continues to support and educate enthusiasts, young and mature, ensuring the sustainability and growth of this fascinating endeavor.



One participant stated, *“I am so glad I chose to participate in this program. It has taught me not only how to stay on budget by meal planning but also that healthier food choices are affordable if you choose wisely.”*

21.5% Bell County children in households with grandparents or relatives lack enough food for healthy living.

88% Percentage of participants reporting success implementing practical budgeting skills.



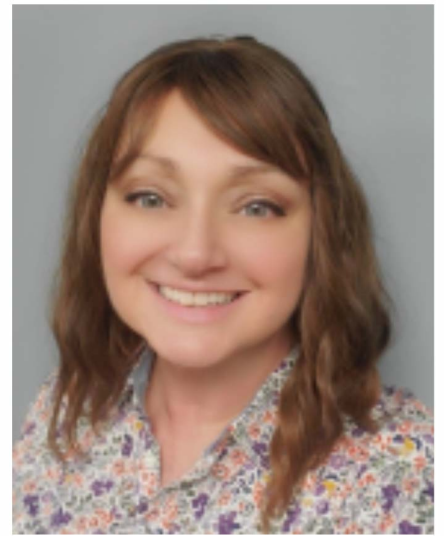
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Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.