

REPORT TO THE PEOPLE

# LIVINGSTON COUNTY

2022



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



## WE ARE LIVINGSTON COUNTY EXTENSION!

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CEA FCA, Joni Phelps

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FAMILY &  
CONSUMER  
SCIENCES



### LEAP @ GLENN'S PHARMACY

According to the Cabinet for Health and Family Services, Kentucky has one of the highest prevalences of pediatric obesity in the nation. Approximately 38% of Kentucky children ages 1 to 5 years are considered overweight or obese according to BMI-for-age standards. Half of Kentucky's children in poor families are overweight or obese. According to the 2006 Pediatric Nutrition Surveillance System, 35.3% of children ages 0-4 years in Kentucky are overweight or obese.

To address this issue of childhood obesity, the Livingston County Cooperative Extension Family and Consumer Sciences Agent partnered together with Glenn's Pharmacy to provide the Literacy, Eating, and Activity for Primary (LEAP) program for every preschool and kindergarten student at Livingston County School. The agent was able to go 1st a month and read a story and provide a healthy snack related to the storybook to each child.

The LEAP program was delivered to a total of 15 youths in Livingston County. According to surveys, all students enjoyed the storybooks, and most students sampled the accompanying snacks. Several of the students indicated that they were tasting foods for the first time. All students also learned the importance of taking a "hello bite" and by the end of the program indicated an understanding of what that was. Glenn's pharmacy outreach coordinator indicated much appreciation for coming and sharing the books and accompanying snacks with the child.

For more information about FCA programming,  
Email: [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu)

### UK Ag EXTENSION DROUGHT RELIEF

The 2022 growing season was a challenge for most of Western Kentucky due to extremely dry weather. In many counties, it became a very serious drought. The way weather patterns hit Western Kentucky, you could have drought on one side of the county and enough rain to keep descent production up on the other side of the county. This made it difficult for many people to realize how severe the drought was.

In Livingston County, the drought hit our livestock producers the worst. Many of our farmers grazed their pastures to the ground and without rain, they began to feed their winter hay supplies early. This increased the cost of hay in our immediate area, and feed costs for cattle have risen significantly. Many of our cattle producers have significantly reduced their herds due to the lack of forage availability in our area. Livingston finally qualified for the USDA Livestock Forage Disaster Program at the end of the growing season. LFP provides compensation if you suffer grazing losses for covered livestock due to drought on privately owned or cash-leased land or fire on federally managed land.

Agents from the FSA office reached out to Livingston County ANR for help getting the word out on this program. Livingston County ANR offered a meeting space and help put together an informational meeting about this FSA program. Livingston ANR offered advertising through our local newsletters and social media posts, as well as providing all materials needed for participants. On December 8, 2022, the informational meeting was held and was well attended. FSA agents reported that due to the joint effort of FSA and Extension, over 70 farmers have applied for the program. They said that those numbers were due to the quick approach ANR took to distributing the information. The average Livingston producer received around \$47.00 per cow or \$31.00 per grazing unit or roughly, \$1410.00 per producer.

For more information about ANR programming,  
Email: [adam.barnes@uky.edu](mailto:adam.barnes@uky.edu)

### 4-H GROWING & LEARNING



In the summer of 2022 Livingston County 4-H hosted a Saturday Summer Club Series that consisted of Chef Club, Cloverbuds, and, Craft Club. Partnering with Livingston FCS Agent, Joni Phelps to lead Chef Club. One Saturday a month from May-August, club meetings were hosted to introduce new members to the opportunities available to them through 4-H. These clubs were well attended and continued into the fall as official Special Topic clubs where they saw more growth. We are excited to continue to build these programs! For more information about 4-H programming, Email: [Sharee.rushing@uky.edu](mailto:Sharee.rushing@uky.edu)



GET IN TOUCH  
WITH US!



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[@LIVINGSTONCOUNTYEXTENSION](https://www.facebook.com/LIVINGSTONCOUNTYEXTENSION)



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[@LIVINGSTONCOUNTYEXTENSIONKY](https://www.youtube.com/LIVINGSTONCOUNTYEXTENSIONKY)

# EXTENSION WORKING TOGETHER



2022 was our first year with all three agent positions filled since 2019.

We have enjoyed working together to grow successful programs in new ways.

## Highlights:

- All agents attended 4-H Camp 2022 and had a blast!
- Agents for ANR, FCA, and 4-H as well as SNAP-ED Assistant attended Cardinal-Kickoff
- Reality Store brings together all three agents as well as school staff and community members.



## BACK TO SCHOOL



It's been two-plus years since the schools were open to outside organizations. With the new school year starting the Livingston County SNAP-Ed paraprofessional was able to walk the halls of the Livingston County Middle School for the first time. The new principal of LCMS had decided things needed to change this coming school year. Middle schoolers needed more opportunities to prepare themselves for high school and beyond. He asked the SNAP-Ed paraprofessional to come in once a month during Club Days and teach a cooking club to those who were interested. She chose to teach the middle schoolers Teen Cuisine. Teen Cuisine would teach them basic cooking skills, food safety, and nutrition education. With a record amount of 42 kids signing up for the club, it had to be split into two separate groups. Giving the opportunity to teach these middle schoolers cooking basics and nutrition education now will help guide them as they grow and learn to cook more. For more information about SNAP-ED programming,  
Email: Vickie.belt@uky.edu



This institution is an equal opportunity provider. This material was partially funded by USDA Supplemental Nutrition Assistance Program - SNAP.

## LIVINGSTON COUNTY & BEYOND



### Life Simplified

Life Simplified is a podcast designed to offer research-based information and practical tips for applying that information to everyday life. Topics include Mental health, Physical Health, Resource management, and Relationships/Parenting. Our hosts and creators include Caldwell County FCS Agent Ashley Board, Christian County FCS Agent Tiffany Bolinger, Hopkins County FCS Agent Amanda Dame, and Livingston County FCS Agent Joni Phelps.

Life Simplified can be found on Apple podcasts, Google podcasts, iHeartRadio, Amazon Music, Spotify, and Podbean. A new episode is released every Tuesday. Listen online at <https://lifesimplifiedpodcast.podbean.com/>. Contact us at [lifesimplifiedpodcast@gmail.com](mailto:lifesimplifiedpodcast@gmail.com)

### Small Diversified Farm Series: Homesteading for Profit

During the Small Diversified Farm Series, participants indicated a desire to tour a successful diversified farming operation. The host agents made this a reality. Agents farm Marshall, Livingston, Calloway, Crittenden, McCracken, Trigg and Caldwell counties collaborated to host the first ever "Small Diversified Farm Field Day."

The field day was hosted by Trimble Farms in Caldwell County. The Trimble's Farm operation is very diverse. The family has experience selling fruits, vegetables, potted plants, vegetable transplants, eggs, baked goods and meats. They market these goods in their roadside stand, at the local farmers market and on social media. This versatility made their farm the perfect location for the field day.

The Trimble's had the audience's full attention as they shared their struggles, mistakes and successes on the farm. Daniel Becker, the Fruit and Vegetable Specialist, followed by offering his expertise on technical production related questions. At the end of the program, the participants were surveyed. 100% of the surveyed individuals indicated:

- gaining knowledge in commercial horticulture.
- gaining knowledge of crop diversification
- the program will help them diversify their small farm, crop production, or add a new enterprise.
- the willingness to consider adopting new techniques to extend the growing season.

The host agents plan to use the participant's recommended programming suggestions as they move forward and continue the series.

### Teen Leadership Academy

After two years, the Teen Leadership Academy was able to meet for the 2022-2023 session. Agents from Caldwell, Crittenden, Livingston, Lyon, and Trigg work with school officials to identify four middle school student delegates to participate in the program. Students participating in TLA get the opportunity to tour several businesses and explore the industry careers available in the communities close to home. Students work together in groups to complete and present a project reflecting the impact the program has had. This program gives youth unique experiences and leadership opportunities.

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