Kentucky Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, is the food assistance program for low-income families and individuals living in Kentucky. The program provides access to food so that low-income families living in the state can feed themselves and stay healthy.

As of December 2015, there were 18,382 SNAP recipients in Kenton County. This makes up 11.2% of the population. 22.3% of Kenton County’s children are considered to live in poverty. The average benefit amount received each month for low-income families is $277.10.

The goal of Supplemental Nutrition Assistance Program Education (SNAP-Ed) is to teach SNAP recipients and eligible individuals how to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle. SNAP-Ed is administered by the University of Kentucky Cooperative Extension Service. Our extension office shares research based information to educate and assist these limited resource families. In Kenton County, all Extension agents and program assistants (FCS, Ag, Hort, 4-H) work diligently through a variety of locations, methods and programs to help with this mission. Here is a sampling of programs held in the past year.

Grow it, preserve it, cook it

- Over 800 lbs. of fresh produce from Kenton County Cooperative Extension’s demonstration gardens were donated to local food banks.
- Youth day camps held at county libraries, schools and community centers teaching healthy cooking skills.
- Earth Day activities included passing out free seeds for home vegetable and herb gardens at all Kenton County Libraries, the Community Action office, and local Housing Authority centers.
- Numerous fruit and vegetable gardening programs were conducted. Clientele provided plant health diagnosis, soil testing and horticulture support for home gardens and production.
- Hands-on food preservation classes offered for adults and youth on proper techniques for freezing, drying, and canning of fruits and vegetables.
- Agents, assistants, and volunteers work with the four Kenton County Farmers Markets to provide information on growing, preserving and preserving locally produced fruits, vegetables, and herbs.
- Basic nutrition and food preparation skills were taught to adults in transition through local job training sites.
- FCS summer intern Kym Johnson teaches about the benefits of eating fruits and vegetables to children at a summer day camp.

- Housing authority centers served as a site for teaching basic food preparation skills to youth and adults.
- The “Plate it Up-Kentucky Proud” programs taught ways to increase consumption of fruits and vegetables by showing how to prepare locally grown produce.

Schools/youth

- 4-H “It’s Your Reality” program exposed youth in grades 8 through 12 on cost-of-living for individuals and families, including a focus on food expenses.
- Provided support to school gardens including free seeds and horticulture guidance. Follow-up programs show use of fresh produce from gardens with family-friendly recipes and activities.
- “Dairy Day” presented at local working dairy farm for 4th grade urban youth to expose children to milk production, handling, and nutritional benefits.
- “Money-Wise” programs conducted at local schools with pre-teen youth on learning how to spend wisely for food items.
- “Making Friends With Food” program encouraged pre-school and elementary youth to explore and try new fruits and vegetables, and to help develop a positive relationship with healthy foods in a fun, interactive, hands-on way.

Continued on next page
Healthy living for families on a budget

- Kenton County Farm Harvest Tour gives families an opportunity to connect with local producers of fruits and vegetables.
- 2,600 CHOPCHOP magazines, an award-winning quarterly magazine published in both Spanish and English filled with nutritious, ethnically diverse, inexpensive recipes, were distributed to various locations to encourage healthy eating habits.
- Back-to-School Readifests are held at many schools throughout Kenton County. Extension agents and assistants participated and provided recipes, literature on healthy lunches, and helpful items for food storage and preparation.
- “Super Families” program provided hands-on, nutrition focused activities for youth and adults.
- Kenton County worked with local organizations like Greater Cincinnati Food Policy Council to assist with connecting local fresh foods to residents.
- Information on the proper preparation and storage of commodity foods shared at the Food Banks.
- “Stretch your Food Dollar” programs held for parents at local school Family Resource Centers.
- The Kenton County Nutrition Education Program assistants taught nutrition lessons reaching 885 SNAP (Supplemental Nutrition Assistance Program) participants in FY 2016.

SNAP-Ed, continued

Exciting Opportunities

Registration required for all classes. Some classes may require a fee.

Register online at kentoncountyextension.com, in person, or by phone: 859-525-3155.

4-H “It’s Your Reality”
Offered October through April to schools 8th through 12th grades
Please call for additional information, two months prior to scheduling.
4-H “It’s Your Reality” allows youth to receive a career based on their educational goals. Participants then visit “stores” to provide for their needs and the needs of their family. The store process helps young people determine whether their career aspirations provide the income for their desired lifestyle as an adult.

4-H Clover Bud Meetings
Third Wednesday of month, 7 pm
Do you have a child who wants to join 4-H but is not 4-H age? This club is for you. Children in school K-3 are invited to become a Clover Bud. We will do fun activities such as crafts, cooking and science each month. Please call office for meeting location.

4-H Dog Club
Dates, times and location TBD
Help your dog learn basic behaviors, impulse control, sit, stay, down, loose-leash walking and more.

4-H Council New Year Kickoff
Monday, August 21, 6:30 pm, Durr Center, Marshall Rd.
We are looking for community volunteers to serve on 4-H Council to help plan Council meets seven times each year. Dinner will be served at 6:30 pm. Meeting follows at 7 pm.

Additional Extension Classes

Relatives Raising Children Support Group Meeting
Starting in September. Please call for monthly meeting dates and location.
If you are one of the thousands in the state raising a relative’s child/children, you are not alone! Emotional support as well as information on available resources and parenting tips is available at the monthly support group luncheons. This program is a collaborative effort with the Family Resource Centers in Kenton County. Free child care is available upon request. No fee.

Healthy Living – From the Inside Out
Monday, August 21, 5:30-8:30 pm, Boone County Enrichment Center
Call Kenton Co. Extension for reservations.
Join the Northern Kentucky area homemakers for this series of topics, including “Taking Care of your Heart,” “Educate Before you Medicate,” “Staying Safe in your Home,” and much more. Light dinner included, no cost, but registration required. Stroke and Cardiovascular Screenings available with pre-registration.

Healthy Living – From the Inside Out
Monday, August 21, 5:30-8:30 pm, Boone County Enrichment Center
Call Kenton Co. Extension for reservations.
Join the Northern Kentucky area homemakers for this series of topics, including “Taking Care of your Heart,” “Educate Before you Medicate,” “Staying Safe in your Home,” and much more. Light dinner included, no cost, but registration required. Stroke and Cardiovascular Screenings available with pre-registration.
ham next summer, the educational meetings will have to be completed before your animal is tagged and weighed in. The livestock education meeting dates include: Saturday, Oct. 28, 8:30-11:30 am; Tuesday, Nov. 21, 6-9 pm; Thursday, Dec. 7, 6-8 pm; Tuesday Dec. 19, 6-8 pm, Thursday, Dec. 21, 6:30-8:30 pm; Saturday, Jan. 6, 2018, 8:30-11:30 am; Saturday, Jan. 13, 2018 - Snow Date if Needed (time to be announced).

4-H Horse Programs

All interested youth desiring to participate in horse programs must enroll in 4-H and complete six hours of instructional training in order to be eligible for horse participation. Certified horse hours are offered September thru March. Youth interested must complete the educational programs during this time period and earn six hours to be eligible to participate in horse programs. Please contact the Extension office by October 1 to become involved in horse projects. If you are new to 4-H, please call us for additional information.

*4-H programs are for youth aged 9-18, unless otherwise specified.

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**Additional Extension Classes**

We are looking for community volunteers to serve on 4-H Council to help plan Kenton County 4-H programs. 4-H Monday, August 21, 6:30 pm, Durr Center, Marshall Rd.

Exciting Opportunities with 4-H!

Registration required for all classes. Some classes may require a fee. Participants may need to provide their own horses and equipment unless otherwise specified.

*4-H programs are for youth aged 9-18, unless otherwise specified.

NOTE: New Cooperative Extension and 4-H volunteers are encouraged to attend Volunteer Orientation. Learn about what Kenton County Cooperative Extension Service does in our community as well as how to handle diverse situations. This program is being held for adult volunteers — not appropriate for age 14 and under. Reservations required by September 15.

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**4-H Horse Programs**

Join Kenton County Homemakers as they “kick off” their new program year. Special feature program on our local substance abuse problems presented by Northern Kentucky Drug Strike Force, St. Elizabeth Hospital and N. Ky. Health Department. Light dinner included, no cost, but registration required.

**Kenton County Homemaker Kick-Off**

Tuesday, August 29, 6 pm, Durr Annex, Dixie Highway

Join Kenton County Homemakers as they “kick off” their new program year. Special feature program on our local substance abuse problems presented by Northern Kentucky Drug Strike Force, St. Elizabeth Hospital and N. Ky. Health Department. Light dinner included, no cost, but registration required.

**Home Security**

Tuesday, August 29, 6-7:30 pm, Durr Annex, Dixie Highway

This class will cover some basic home security tips.

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**Understanding Alzheimer’s Disease**

Thursday, August 31, 6 pm, Durr Annex, Dixie Highway

Join Marie Smart, Dementia Care Specialist, recently retired from Sanders-Brown Center on Aging Alzheimer’s Disease Research Center in Lexington for this open discussion on how Alzheimer’s Disease is diagnosed, medical treatment advice and caregiving basics.

**Basic Computer Skills**

Tuesday, September 5, Thursday, September 7, Tuesday, September 12, 2-3:30 pm; Durr Annex, Dixie Highway. OR Wednesday, September 6, Monday, September 11 & Wednesday, September 13, 6-7:30 pm; Durr Annex, Dixie Highway

Do you have a computer, and you are not sure how to use it? This class is for beginners with NO or limited computer experience.

Class will focus on using the computer to do basic operations using “Open Office” to practice word processing such as letters, cards, signs, calendars, etc. It is for Windows-based computers; NO MACS.

There are two sessions—one from 2-3:30 pm and another from 6-7:30 pm. PLEASE CHOOSE ONE SESSION. Each session meets three times. Class is limited to first 5 callers for each class (minimum 4 participants for class to be held).

**Brain Matters (Dine and Learn Series)**

Thursdays, September 7, 14 & 21, 6-7:30 pm, Durr Annex, Dixie Highway

During this 3-part series, we will discuss good health elements that may contribute to better brain well-being. Series includes sessions on healthy eating, physical activities, and mental exercises. Join us for one or all sessions. This series is for adults. A light meal will be provided.

**Kenton County Farm Harvest Tour-Stop**

Saturday, September 16, 9 am-5 pm, Durr Center, Marshall Road, Outdoor Education Center (Barn)

Come see Kenton County Extension’s Horticulture demonstration gardens; walk the tree trail; test-taste home grown peppers, both sweet and hot! Learn how to exhibit an animal at County Fair Animal Project night.

**County Fair Animal Projects**

Tuesday, September 26, 6:30 pm, Durr Center, Marshall Road

Are you curious what it would take to show a pet or livestock project at the county fair? This information-filled class is designed to help you decide. In addition to learning about the different projects from leaders and 4-H members, you will learn about community 4-H clubs that are specific to pets or farm animals.

**Beginning Composting**

Thursday, October 5, 10 am, Durr Annex, Dixie Highway

Learn how to create a new compost pile.

**Invasive Plants & Insects in the Woods and Landscape**

Thursday, October 5, 3-5 pm, Durr Center, Marshall Road

What you should look for and how to manage invasive plants and insects if you find them.

**Hemming Your Clothes**

Thursday, October 5, 6 pm, Durr Annex, Dixie Highway

Learn the basics of preparing clothes for hemming machine and hand-stitched hems. This is a “hands-on” class. Class size limited. $5 fee, checks payable to Kenton Co. District Board

**Fall Wildflower Walk**

Tuesday, September 19, 6-7:30 pm, Location to be announced

Rain or shine - wear sturdy shoes. Register by September 12.

**CES Volunteer Orientation**

Tuesday, September 19, 6-8 pm, Durr Center, Marshall Road

New Cooperative Extension and 4-H volunteers are encouraged to attend Volunteer Orientation. Learn about what Kenton County Cooperative Extension Service does in our community as well as how to handle diverse situations. This program is being held for adult volunteers — not appropriate for age 14 and under. Reservations required by September 15.

**Woodland Owners Short Course**

Saturday, September 23, 9 am-4:30 pm, Kenton County Library, Erlanger

Learn how to care for your woods and manage these important resources. Register by September 15 on-line at: www.ukyforestry.org. For further info contact 859/257-7597.

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**Medicare**

Tuesday, September 19, 6-7:30 pm, Durr Annex, Dixie Highway

Are you reaching 65 on your next birthday? Have questions about your Medicare benefits? This class will assist in understanding Medicare benefits.

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**Invasive Plants & Insects in the Woods and Landscape**

Thursday, October 5, 3-5 pm, Durr Center, Marshall Road

What you should look for and how to manage invasive plants and insects if you find them.

**Hemming Your Clothes**

Thursday, October 5, 6 pm, Durr Annex, Dixie Highway

Learn the basics of preparing clothes for hemming machine and hand-stitched hems. This is a “hands-on” class. Class size limited. $5 fee, checks payable to Kenton Co. District Board

**Cast Iron for Cooking**

Tuesday, October 10, 6 pm, Durr Annex, Dixie Highway

Pick up tips for choosing, using and caring for cast iron and enameled cast iron. Register by calling 859/356-3155. Also being offered at Boone County Enrichment Center, Upper Level, on Tuesday, October 17, 6:30-8 pm. Call 586-6101 to register.

**Tackling Your Laundry**

Tuesday, October 10, 6 pm, Durr Annex, Dixie Highway

Learn laundry/fabric care basics, common stain removal strategies, the difference between traditional and High Efficiency washing machines, and choosing the right product for the right job.

**Winter Squash**

Thursday, October 12, 6 pm, Durr Annex, Dixie Highway

We will discuss ways to identify, prepare and preserve all those interesting winter squash. And we’ll try a few recipes.

**Holiday Survival Skills**

Tuesday, October 17, 6-7:30 pm, Durr Center, Marshall Road

Does thinking of the holidays cause you stress? This class will give you tips on preparing for the holidays.

**Chainsaw Safety**

Thursday, October 19, 3-6 pm, Durr Center, Marshall Rd., Outdoor Ed. Center (Barn)

Learn the basics for safe handling of a chainsaw and which of our hardwoods make the best firewood for your home. Dress for the weather, rain or shine. Register by October 12.

**Plate It Up**

Thursday, October 26, 10 am, Durr Center, Marshall Road

Join us for some new fall side dish ideas featuring several “Plate It Up” recipes made with seasonal Kentucky commodities. This class is for adults.

Continued on next page
Children select their 4-H education and costs are kept to a minimum.

School and community clubs and 4-H in-school and after-school programs, give youth members the opportunity to work within a family’s budget. 4-H programs are available for children ages 9-18. 4-H Clover Bud programs are available for children ages 5-7.

4-H programs are delivered by the University of Kentucky Cooperative Extension Service. Kenton County 4-H agents and assistants provide experiences where young people learn by doing. Youth members complete hands-on projects in areas such as leadership, science, agriculture and citizenship, in a positive environment. Youth receive guidance from adult volunteers and mentors and are encouraged to take on proactive leadership roles through in-school and after-school programs, school and community clubs and 4-H camps.

Getting involved with 4-H is easy and costs are kept to a minimum. Children select their 4-H education project so they can choose one that works within a family’s budget. 4-H programs are available for children ages 9-18. 4-H Clover Bud programs are available for children ages 5-7.

The Kenton County Cooperative Extension office can help you find the right program for your child and provide you with meeting locations, time commitment and program details.

Don’t miss the 2017 Kenton County Farm Harvest Tour!

Welcome Mary Ann!
Mary Ann Schultz is the new Horticulture Technician for the Kenton County Extension. Looking for a career change and pursuing an interest in horticulture, Mary Ann returned to school at Cincinnati State to study Landscape and Sustainable Horticulture. Mary Ann is enjoying her work at the Extension and is looking forward to the opportunities and experiences the Extension has to offer.

Join Kenton County 4-H!

4-H programs are available for children ages 9-18. 4-H Clover Bud programs are available for children ages 5-7.

The Kenton County Cooperative Extension office can help you find the right program for your child and provide you with meeting locations, time commitment and program details.