



# Lamar County

Lamar County 4-H implemented the "Learn, Grow, Eat and Go!" program to address nutrition and physical activity for children in grades 3-5. The program was delivered as part of a summer day camp and as a 10-week afterschool program. Students participated in garden scavenger hunts and relay races to encourage physical activity. The students also planted, cultivated and harvested vegetables for use in program cooking activities. Approximately 20 educational sessions were held with participants receiving 173 educational contact hours. At the conclusion of the program, 15 pounds of produce were donated to the local Division of Family and Children Services.

[extension.uga.edu/Lamar](https://extension.uga.edu/Lamar)

County economic output:

**\$309,274,347**

County farm gate value:

**\$60,026,579**

County jobs in agriculture:

**986**

Top commodities:

**Beef Cows, Broilers and Field Nursery**

2024 Ag Snapshots  
UGA Center for Agribusiness and Economic Development

## A healthy Georgia is a better Georgia.

University of Georgia Cooperative Extension offers programming focused on mental health, financial well-being, nutrition and everything in between. UGA Extension had 1,808,305 face-to-face contacts in 2023. Of these, 170,771 contacts addressed health and wellness topics, including rural and farm stress.

Extension is committed to helping rural Georgia farmers and families thrive. UGA Extension provides physical and mental health resources to keep rural Georgia growing stronger, especially when times are tough. Our new Behavioral Health Team provides fact sheets, trainings and a weekly blog—all to help Georgia individuals and families thrive.



## Get the facts.

UGA Extension publications are the go-to source for unbiased, research-based information in the state of Georgia.

## Growing cities.

UGA Extension helps urban gardeners develop school gardens, community gardens and urban farms to benefit their communities. Extension works with educators to create sustainable outdoor classrooms that function as successful teaching tools. Community gardeners are supported in growing healthy food crops in small spaces while urban farmers are encouraged to apply the latest agricultural research to grow their businesses.

## Committed to Georgia's youth.

Georgia's 4-H enrolled 173,505 youths across the state during the 2022-23 school year.





# 2024 FAST FACTS

UGA Extension translates the science of everyday living for families, farmers and communities to foster a healthy and prosperous Georgia.

**331** agents  
across 159 counties

ASSISTED BY

**10,009**  
trained volunteers



Working in local communities for a better Georgia from the ground up

**1,808,305**

FACE-TO-FACE  
CONTACTS WITH  
GEORGIANS  
MADE IN FISCAL  
YEAR 2023

**26,917**

PROGRAMS  
TEACH, LEAD  
AND HELP  
GEORGIANS LIVE  
BETTER LIVES

**1337**

PUBLICATIONS  
BASED ON LEADING  
RESEARCH

2,361,297 visits to  
publication webpages

195,575 publication  
downloads

487,584 visits to CAES  
Newswire

## AGRICULTURE AND NATURAL RESOURCES

**141** agents



424,050  
face-to-face contacts



40,961  
on-site consultations



123,525  
diagnostic tests  
by agricultural  
& environmental  
services labs



4,840  
programs



1,962  
Master Gardener  
Extension Volunteers

## 4-H YOUTH

**129** agents



1,183,125  
face-to-face contacts



173,505  
4-H'ers



19,245  
programs



92,733  
visitors to  
4-H centers



6,255  
teen and adult  
volunteers

## FAMILY AND CONSUMER SCIENCES

**61** agents



170,771  
face-to-face contacts



3,298  
programs



648  
ServSafe® certificates  
issued



22,912  
nutrition education  
program participants



1,792  
volunteers

All data from FY2023