



Building Strong Families

IN BOURBON COUNTY



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OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families throughout Kentucky. Our educational programs focus on making healthy lifestyle choices, nurturing families, embracing life as we age, securing financial stability, promoting healthy homes and communities, accessing nutritious food, and empowering community leaders.

OUR SUCCESS

In 2018-2019,
Family and
Consumer Sciences
Extension made
10,822
contacts with
individuals and
families in
Bourbon County.

SPOTLIGHT: BOURBON COUNTY

Bourbon County Backpack Program



The Bourbon County Backpack Program's main goal is it to reduce hunger for children in our community. Bourbon County's FCS Extension office works to accomplish this goal through a program that allows community members to "give back." Donations of food, time, and money are returned 100 percent to the youth of Paris and Bourbon County. Almost 20 percent of the total enrollment of Paris Independent Schools and Bourbon County Schools is being served by the Backpack Program weekly. All of the program funding came from community donations, and 100 percent of the packing of the food came from community volunteers. During the 2018-19 school year, 16,577 backpacks were sent home with Paris and Bourbon County students, averaging approximately 417 students receiving food per week. This number has almost doubled within the last four years.

BOURBON COUNTY'S EXTENSION PROGRAMMING COMMUNITY IMPACT

Family and Consumer Sciences (FCS) Extension professionals actively work to reach our goals by offering educational programs that serve to improve the quality of life for individuals and families in our commonwealth.

Bourbon County's FCS Extension programming in 2018-2019 led to the following results.



748

youth participated
in local Extension
programming.



247

individuals made healthier
eating choices.



8,040

volunteer hours were reported
by FCS Extension
program volunteers.



333

participants reported
making lifestyle changes
to improve their health.



972

participants reported
making positive
behavior changes.

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University of Kentucky Family and
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you a podcast focusing on nutrition,
health, resource management, and more.
Available on Apple Podcasts, Google
Play and **UKFCSExt.podbean.com**.

Source: Kentucky Cooperative Extension Reporting, FY2019
Download this and other county profiles at hes.uky.edu/StrongFamilies

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



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