



Building Strong Families

IN CRITTENDEN 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
7,529
contacts with
individuals and
families in
Crittenden County.

SPOTLIGHT: CRITTENDEN COUNTY

Food Preservation Workshop



Crittenden County's FCS Extension agent offered a three-day food preservation workshop. During the workshop, participants learned to use pressure canners and water bath canners, and learned freezing and drying methods of food preservation. They canned green beans, salsa, and tomatoes, dried apples and bananas, and froze corn and freezer jam. Participants reported using the foods they had prepared during the program and that they had used the skills they had learned to preserve food at home, preserving 80 quarts total. Some reported growing more than 1,250 square feet of gardens or using food from others' gardens, farmers' markets, and grocery stores. All participants reported having better skills in home preservation methods, being able to identify the correct methods and equipment for preserving food.

CRITTENDEN 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.

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



2,747

youth participated
in local Extension
programming.



73

individuals made healthier
eating choices.



737

pints of food
were preserved.



2,499

volunteer hours were reported
by FCS Extension
program volunteers.



80

demonstrated safe
handling of food.



97

participants reported
gaining knowledge.

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you a podcast focusing on nutrition,
health, resource management, and more.
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Source: Kentucky Cooperative Extension Reporting, FY2019
Download this and other county profiles at **hes.uky.edu/StrongFamilies**

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