

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

# Building Strong Families

### IN CRITTENDEN COUNTY



Janeen Tramble County Extension Agent, Family and Consumer Sciences Education

#### **OUR FOCUS**

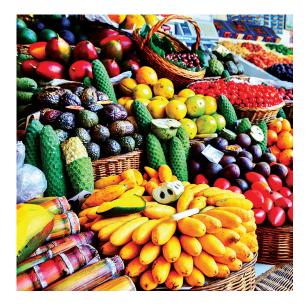
Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families throughout Kentucky. Our educational programs focus on making healthy lifestyle choices, nurturing families, embracing life as we age, securing financial stability, promoting healthy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



volunteer hours were reported by FCS Extension program volunteers.



individuals made healthier eating choices.



demonstrated safe handling of food.



737 pints of food were preserved.



**97** participants reported gaining knowledge.

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