



# Building Strong Families

## IN CUMBERLAND 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

**6,630**

contacts with  
individuals and  
families in  
Cumberland County.

### SPOTLIGHT: CUMBERLAND COUNTY

## Small Appliance Workshop



New, trendy small appliances seem to be coming out on the market at a rapid rate. These are often marketed to consumers to save time, money, and energy. In an effort to educate consumers about new small appliances on the market, the FCS Extension agents from Adair, Casey, Cumberland, and Green counties presented four small appliance district workshops. They demonstrated several small appliances: air fryer, bread machine, jam and jelly maker, electric pressure cooker, and toaster oven. Specific aspects that were covered included time-saving features, cost and storage space for the appliances, and nutrition of food prepared. The program participants reported that the program helped them make a decision on purchasing a specific small appliance. And many planned to use the small appliances that they currently own more often.



## CUMBERLAND 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.

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



**2,566**

youth participated  
in local Extension  
programming.



**600**

demonstrated safe  
handling of food.



**1,020**

volunteer hours were reported  
by FCS Extension  
program volunteers.



**2,900**

miles were walked  
by program participants.



**1,491**

participants reported  
gaining knowledge.



**810**

participants reported  
making positive  
behavior changes.

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Consumer Sciences Extension brings  
you a podcast focusing on nutrition,  
health, resource management, and more.  
Available on Apple Podcasts, Google  
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Source: Kentucky Cooperative Extension Reporting, FY2019  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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