



Building Strong Families

IN EDMONSON COUNTY



Julia Wilson
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
9,175
contacts with
individuals and
families in
Edmonson County.

SPOTLIGHT: EDMONSON COUNTY

Food Preservation



Each year during the gardening season, Edmonson County residents reach out to the Edmonson County FCS Extension with questions about food preservation. Families often wish to save money by preserving fresh produce. The FCS agent has scheduled multiple food preservation classes for adults and youth. In addition, the FCS agent has distributed handouts at local events, used social media to share food preservation information, and advertised pressure canner testing in the local newspaper and on social media. Families and caregivers reported supplementing their diets with healthy foods that they preserved. One family reported an additional income of \$300 thru the sale of home-based processor products and a total of 1,451 pints was preserved by participants.

EDMONSON 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.

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



5,319

youth participated
in local Extension
programming.



127

participants reported
being more likely to buy
Kentucky fruits and vegetables.



527

pints of food
were preserved.



11,000

volunteer hours were reported
by FCS Extension
program volunteers.



49

participants reported
making positive
behavior changes.

Connect with us!



WEBSITE
FCS.uky.edu



FACEBOOK
**Facebook.com/
UKFCSExt**



INSTAGRAM
**Instagram.com/
UKFCSExt**



PODCAST
**UKFCSExt
.podbean.com**



Plate it Up!

Browse and download more than
100 delicious, healthy recipes
from Plate it Up Kentucky Proud.

PlateItUp.ca.uky.edu



Listen. Learn. Live Well.

University of Kentucky Family and
Consumer Sciences Extension brings
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.



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