



# Building Strong Families

## IN FAYETTE COUNTY



**Diana Doggett**  
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

**43,044**

contacts with  
individuals and  
families in  
Fayette County.

### SPOTLIGHT: FAYETTE COUNTY

## Preserving Food the Right Way



Home food preservation can help some people save money. Other reasons to preserve foods include support of the local farming community, control of ingredients, provision for the future, and benefits of physical and mental therapy. During the past fiscal year, 58 local citizens participated in 10 food preservation workshops presented by Fayette County's FCS Extension agent. The curriculum included canning, freezing, and drying locally produced commodities. Participants reported that following the program, they now have better knowledge of how to safely preserve food. Research on food preservation is an ongoing process. FCS Extension agents are trained to teach food preservation principles. Our goals are to both increase food safety and improve food quality.



## KENTUCKY 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. Fayette County's FCS Extension programming in 2018-2019 contributed to the following results in Kentucky.



**265,288**

youth participated  
in local Extension  
programming.



**25,496**

pints of food  
were preserved.



**\$114,057**

increase in sales  
due to Plate it Up  
Kentucky Proud.



**492,813**

volunteer hours were reported  
by FCS Extension  
program volunteers.



**16,478,089**

miles were walked  
by program participants.



**71,525**

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.

**PlateltUp.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](https://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