

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

Building Strong Families

IN JEFFERSON COUNTY



Valerie Holland 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

17,258 contacts with individuals and families in Jefferson County.

SPOTLIGHT: JEFFERSON COUNTY Promoting Healthy Foods



Despite a 2 percent decline in Jefferson County's food insecurity rate over the last five years, local and national sources still identify high food-insecurity issues in West Louisville. The lack of access to a grocery store is why West Louisville residents have inadequate access to food in general, let alone healthy, fresh, or local food. Over the past 10 years, a strong partnership to address these issues has been developed between Jefferson County's FCS Extension and Dare to Care Food Bank providing nutrition education classes to recipients of the food bank in West Louisville. Classes included basic cooking skills, meal planning, recipe makeovers, and shopping strategies for eating fresh and local food. Participants have reported making recipes learned in class at home, reading food labels, and having learned new food preparation techniques.

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





475 individuals made healthier eating choices.



500 participants utilized access points that offered healthy foods.



participants reported making positive behavior changes.

Connect with us!



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program volunteers.

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Plate it Up!

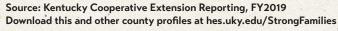
Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

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**.



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