



Building Strong Families

IN JEFFERSON 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
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.



330

participants improved skills that will strengthen families.



475

individuals made healthier eating choices.



500

participants gained financial management knowledge.



16,199

volunteer hours were reported by FCS Extension program volunteers.



500

participants utilized access points that offered healthy foods.



675

participants reported making positive behavior changes.

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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.



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