



Building Strong Families

IN KENTON 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
18,969
contacts with
individuals and
families in
Kenton County.

SPOTLIGHT: KENTON COUNTY

Freezing and Drying Your Bounty



As clients demanded more advanced food preservation workshops, the Kenton and Boone counties FCS Extension agents developed a hands-on class, Freezing and Drying Foods. The two agents discussed, demonstrated, and led clients in activities in which participants successfully prepared their food for drying and freezing at home. Participants also viewed previously dried foods, and discussed its characteristics, as well as potential problems. As a result of the workshop, participants reported learning what to consider when purchasing a food dehydrator, the correct way to handle and store home-dried foods, the importance of properly dehydrating jerky, and the importance of properly preparing foods before drying, such as blanching and checking.

KENTON 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.

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



963

individuals made healthier eating choices.



146

pints of food were preserved.



172

participants accessed community resources.



679

participants reported improved knowledge in food preparation.



1,057

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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