



Building Strong Families

IN LEWIS 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

4,845

contacts with
individuals and
families in
Lewis County.

SPOTLIGHT: LEWIS COUNTY

Facebook Live Cooking Series



In a world where many people are busy, it can be difficult to find time for in-person classes at the Extension office. In order to create an educational class that is accessible for everyone, Lewis County's FCS Extension developed the Facebook Live Cooking series. Since completion of the program, the videos have accumulated more than 1,000 views. Viewers reported that they were more likely to buy a fruit or vegetable as a result of the program, some had never been to a program at the Extension office before, and all stated that they were more likely to cook at home because of the program.

LEWIS 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.

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



1,050

youth participated
in local Extension
programming.



250

program participants
demonstrated safe
food handling skills.



97

participants gained
financial management
knowledge.



746

participants improved
skills that will
strengthen families.



1,330

miles were walked
by program participants.



1,218

participants reported
gaining knowledge.

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University of Kentucky Family and
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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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