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 4,749 contacts with individuals and families in Lyon County.

SPOTLIGHT: LYON COUNTY

Think Twice Before You Throw It Away

Generated waste must be managed through reuse, recycling, storage, treatment, and/or disposal. In an effort to minimize the amount of waste put into landfills from home remodeling and redecoration, Lyon County’s FCS Extension taught a lesson to Homemakers addressing the issues of using sustainable materials, implementing a more environmentally friendly lifestyle as it relates to home décor, and sharing ways to reduce, reuse, and recycle while decorating the home. Participants reported that they would work to become more environmentally friendly after hearing the lesson. Participants indicated they would reuse and repurpose older decorating items, use sustainable wooden products, and purchase secondhand when redecorating their houses. Because of the positive feedback and interest in becoming more environmentally friendly, additional sustainability classes will be offered in the next fiscal year.
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. Lyon 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.

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.

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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