



# Building Strong Families

## IN LYON COUNTY



**Angie York**  
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  
**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.



## KENTUCKY 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. 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.

### Connect with us!



WEBSITE  
**FCS.uky.edu**



FACEBOOK  
**Facebook.com/  
UKFCSExt**



INSTAGRAM  
**Instagram.com/  
UKFCSExt**



PODCAST  
**UKFCSExt  
.podbean.com**



### Plate it Up!

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

**PlateltUp.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**.

Source: Kentucky Cooperative Extension Reporting, FY2019  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://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  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service