



Building Strong Families

IN MCLEAN COUNTY

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

4,739

contacts with
individuals and
families in
McLean County.

SPOTLIGHT: MCLEAN COUNTY

Super Star Chef Camp



Teaching youth how to prepare their own food will make them more likely to eat healthier as adults and build self-confidence. McLean County's FCS Extension collaborated with Family Resource and Community Education at McLean County schools to provide the Super Star Chef three-day cooking camp. Children who had attended the program before served in leadership. The program covered food groups, MyPlate nutrition, and daily cooking lessons in which students worked together in groups to prepare healthy foods. Youth gained basic cooking skills such as food and equipment safety, knife safety, safe food handling, proper cutting techniques, reading a recipe, how to measure properly, and basic nutrition. In the process, they used basic learning skills such as math, science, and reading. Parents reported their children using recipes and skills they learned from the class.

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. McLean 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

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