



# Building Strong Families

## IN MENIFEE 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  
**4,584**  
contacts with  
individuals and  
families in  
Menifee County.

### SPOTLIGHT: MENIFEE COUNTY

## Farmers' Market Opening Day



Menifee County has a high risk rate for obesity and chronic disease. Increasing consumption of fruits and vegetables has been shown to decrease risks of some chronic diseases and improve health outcomes. The farmers' market provides an opportunity for the community to purchase local produce from a desirable location. This also helps financially support the local economy and farming community.

Menifee County FCS Extension partnered with the Menifee County Farmers' Market Coalition to help plan, advertise, and host the Farmers' Market Opening Day in June. The opening day event included SNAP recipe samples, a recipe card demonstration, myPlate information, as well as information about other Extension programs and resources. One shopper stated that "this recipe is really simple," and he showed interest in making the recipe at home.



## MENIFEE 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.

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



**250**

increase in sales  
due to Plate it Up  
Kentucky Proud.



**\$5,400**

in EBT, WIC, or senior benefits  
were redeemed  
at farmers' markets.



**166**

participants reported  
making positive  
behavior changes.



**342**

participants reported  
gaining knowledge.



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Source: Kentucky Cooperative Extension Reporting, FY2019  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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