



Building Strong Families

IN NELSON COUNTY



Luke Fries
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

5,049

contacts with
individuals and
families in
Nelson County.

SPOTLIGHT: NELSON COUNTY

Food Processing Series



Nelson County's FCS Extension clients, youth and adult, seem to possess a strong passion for continuing traditions and learning new things. Thirty years ago, hogs were one of the largest species of livestock on our county farms. Out of necessity, those animals were often harvested and utilized in several ways to provide food for the family. Because of this tradition and the current movement into local food systems, Nelson County's FCS Extension agent teamed with several individuals with sausage-making and family-farm-living experience to provide a food processing and meat handling class focused on processing, seasoning, and stuffing sausage. Participants indicated that the training experience would be useful in their lives. The agent has explored interest in other food processing classes including cheese making, ham curing, and others. This program is currently being developed and marketed.

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. Nelson 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.

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you a podcast focusing on nutrition,
health, resource management, and more.
Available on Apple Podcasts, Google
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Source: Kentucky Cooperative Extension Reporting, FY2019
Download this and other county profiles at hes.uky.edu/StrongFamilies

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