Building Strong Families



University of Kentucky College of Agriculture,

Food and Environment Cooperative Extension Service

Judy Hetterman 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

26,885 contacts with individuals and families in Owen County.

SPOTLIGHT: OWEN COUNTY

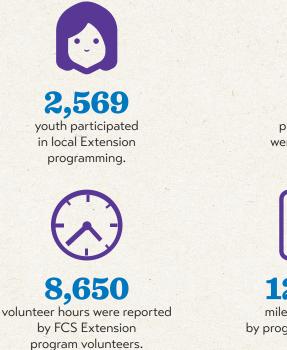
Sewing for your Health and Financial Benefits



With sewing becoming more popular and a means for generating income, Owen County FCS Extension agents coordinated the It's Sew Fine for Home and Family sewing expo, providing hands-on experience learning programs. The sewing expo attracted college-educated women older than 55 and a growing number younger than 35 who belong to one or more organizations. Participants addressed issues related to clothing construction, textiles, or fiber arts. Participants reported sewing for many reasons including social interactions, expression of self, to relieve stress, to create gifts for others, to create an item for the home, as well as to save or earn money.

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





613 pints of food were preserved.



by program participants.





participants reported gaining knowledge.

Connect with us!



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WEBSITE FCS.uky.edu

FACEBOOK Facebook.com/ **UKFCSExt**



Instagram.com/

PODCAST **UKFCSExt** .podbean.com



Plate it Up!

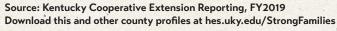
Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

PlateItUp.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.



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.



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