



Building Strong Families

IN PENDLETON 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
12,192
contacts with
individuals and
families in
Pendleton County.

SPOTLIGHT: PENDLETON COUNTY

Small Appliance Programs



Electric pressure cookers and air fryers are currently dominating the consumer small appliance market. Why? Consumers see them as a way to streamline the cooking process. Manufacturers promote them as appliances that make cooking easier, faster, smarter, and healthier. As a result, many residents are purchasing or receiving these appliances as gifts. Pendleton County FCS Extension offered several small appliance programs in multiple counties. Participants reported using their small appliance after attending the class and that they are eating more meals at home because of their small appliance. Some participants commented that they “Loved the class and hope you have more.” Two individuals decided not to purchase one of the appliances after watching the demonstration and using the appliances. They avoided an unnecessary purchase for their situation.

PENDLETON 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.

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



1,381

youth participated
in local Extension
programming.



3,150

lifestyles were improved
through a focus
on proper nutrition.



3,371

pints of food
were preserved.



41,902

volunteer hours were reported
by FCS Extension
program volunteers.



16,345,876

miles were walked
by program participants.



1,949

participants reported
gaining knowledge.

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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.



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