



# Building Strong Families

## IN SHELBY 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  
**30,085**  
contacts with  
individuals and  
families in  
Shelby County.

### SPOTLIGHT: SHELBY COUNTY

## Kids in the Kitchen



Working with young people in the kitchen is a great way to develop their self-confidence and build skills such as reading, math, and following instructions while also teaching about nutrition, handwashing, and safety. The Kids in the Kitchen program combines all these elements in a fun, two-hour event for Shelby County youth. Shelby County's FCS Extension agent, 4-H Youth Development agent, summer intern, and program assistants coordinated three sessions of Kids in the Kitchen. Students were taught food preparation skills, measuring skills, kitchen safety, and the importance of nutrition. Participants reported learning more about proper handwashing, stated that they gained valuable MyPlate nutrition information, and planned to make five or more of the healthy snacks at home for their families.



## SHELBY 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.

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



**1,984**

youth reached  
through volunteers.



**702**

individuals made healthier  
eating choices.



**3,598**

volunteer hours were reported  
by FCS Extension  
program volunteers.



**400**

miles were walked  
by program participants.



**1,089**

participants reported  
making positive  
behavior changes.

### Connect with us!



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**FCS.uky.edu**



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### 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](https://hes.uky.edu/StrongFamilies)

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