



Building Strong Families

IN SPENCER 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
18,682
contacts with
individuals and
families in
Spencer County.

SPOTLIGHT: SPENCER COUNTY

High School Cooking and Nutrition



Learning to cook as a teenager is a skill one can use throughout their lifetime. In the past couple years, society has gotten away from teaching younger generations this skill set because of prepackaged foods, fast food, and overly busy lifestyles. This is why the 4-H agent, Agriculture agent, FCS Extension agent, and program assistant partnered with the Spencer County High School FCS teacher to provide cooking and nutrition classes. Once a month, Spencer County's FCS Extension would plan and teach a cooking and nutrition lesson that would include a SNAP-Ed recipe, MyPlate information, and cooking instruction (handwashing, knife skills, measuring skills, cooking and baking directions). The FCS teacher reported that students are more invested in the foods they eat since taking the class and that they are volunteering to cook meals at home.

SPENCER 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.

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



594

parents improved
skills that will
strengthen families.



2,130

individuals made healthier
eating choices.



1,083

volunteer hours were reported
by FCS Extension
program volunteers.



365

families supplemented
their diet with healthy foods
they produced or preserved.



1,966

participants reported
making positive
behavior changes.

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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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