



Building Strong Families

IN BELL 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 2019-2020,
Family and
Consumer Sciences
Extension made
74,119
direct and indirect contacts
with individuals
and families in
Bell County.

SPOTLIGHT: BELL COUNTY

Food preservation helps families' bottom lines



Economic difficulties and a rise in food recalls have resulted in more people gardening and preserving food. To focus on food safety issues, the Bell County Cooperative Extension Service in cooperation with Henderson Settlement's Grow Appalachia and Bell County High School's Family Resource/Youth Service Center taught food preservation classes. The classes focused on the proper food preservation techniques in canning, freezing, and dehydration. All participants reported practicing and gaining knowledge on the elimination of *Clostridium botulinum* in the food preservation process. All were also able to identify what type of preservation method they should use on certain foods. Finally, all the participants commented that this class helped ease the strain on their family food budget.

BELL 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.

Bell County's FCS Extension programming in 2019-2020 led to the following results.



1,965

youths participated in local
Extension programming



540

individuals made healthier
eating choices



770

pints of food
were preserved



3,874

volunteer hours were reported
by FCS Extension program
volunteers



1,266

participants reported
making positive
behavior changes



474

participants reported
gaining knowledge

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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, FY2020
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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