

**University of Kentucky** College of Agriculture, Food and Environment *Cooperative Extension Service* 

# Building Strong Families

## IN BOONE COUNTY



**Diane Mason** 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 2019-2020, Family and Consumer Sciences Extension made

## 524,414

direct and indirect contacts with individuals and families in Boone County.

#### SPOTLIGHT: BOONE COUNTY

# Mystery Dinner: The Uninvited Guest



Mystery Dinner: The Uninvited Guest helped individuals understand the importance of safe food handling and the most common causes of foodborne illness. This program is a first place national award winner in Innovative Programming and a second place national award winner in Food Safety Programming. The Northern Kentucky Area Cooperative Extension Service presented Mystery Dinner with the help of the Northern Kentucky Independent Health District and Three Rivers Health District. The three-hour, interactive event was designed as a training program for Extension Homemakers. Participants used information provided along with what they learned during the event to determine the food and pathogen that caused a foodborne illness at a given picnic scenario. After the event, more than 90 participants reported understanding the importance of proper cleaning and sanitation of solid surfaces in the kitchen. They also reported being more aware of foodborne illness and its many causes.

#### **BOONE 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. Boone County's FCS Extension programming in 2019-2020 led to the following results.







participants reported making positive behavior changes



participants gained financial management knowledge



participants reported gaining knowledge

# Connect with us!



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WEBSITE FCS.uky.edu

FACEBOOK Facebook.com/ **UKFCSExt** 



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# **Plate it Up!**

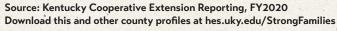
Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

#### 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.



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