



Building Strong Families

IN BOURBON 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
16,247
direct and indirect contacts
with individuals
and families in
Bourbon County.

SPOTLIGHT: BOURBON COUNTY

Program to Go: Green Cleaning



During the COVID-19 pandemic, cleaning has become more important, but cleaning products are harder to find. Therefore, Bourbon County participated in a Program to Go called Cleaning and Disinfecting the Home. The program's packets included Green Cleaning — Recipes for a Healthy Home and the ingredients to make two of the recipes. Participants received the ingredients for No Streak Glass Cleaner and a spray bottle along with ingredients for Wood Cleaner. The kits also included information on how to clean a cell phone, sanitizing your laundry, and cleaning and disinfecting your COVID-19 infected home. More than 9% of recipients reported using the ingredients to prepare a green cleaning product and that they would try other recipes on the card.

BOURBON 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.

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



210

youths participated in local
Extension programming



1,285

individuals made healthier
eating choices



3,106

pints of food
were preserved



571

lifestyles were improved
through a focus
on proper nutrition



1,491

participants reported
making positive
behavior changes



1,491

participants reported
gaining knowledge

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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, 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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