



Building Strong Families

IN BRACKEN COUNTY



Shannon Smith
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
10,968
direct and indirect contacts
with individuals
and families in
Bracken County.

SPOTLIGHT: BRACKEN COUNTY

Cook Together, Eat Together



The Bracken County Family and Consumer Sciences Extension agent offered a six-session program called Cook Together, Eat Together. This program helps families focus on preparing simple and inexpensive meals together while increasing fruit and vegetable consumption. According to the 2018 State Indicator Report by the Centers for Disease Control, fruit and vegetable consumption is essential for children in preventing chronic disease. Each session consisted of preparing two recipes from the cookbook, and each family prepared and ate two recipes. During the session, participants practiced chopping, measuring, mixing, food label reading, food safety, and portion control. By the end, participants were able to see that cooking together and eating together can be enjoyable and beneficial to the entire family.

BRACKEN 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.

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



3,700

youths participated in local
Extension programming



810

individuals made healthier
eating choices



425

pints of food
were preserved



3,700

volunteer hours were reported
by FCS Extension program
volunteers



344

participants reported
gaining knowledge



903

participants reported
making positive
behavior changes

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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

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