



# Building Strong Families

## IN BRECKINRIDGE 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  
**133,775**  
direct and indirect contacts  
with individuals  
and families in  
Breckinridge County.

### SPOTLIGHT: BRECKINRIDGE COUNTY

## Healthy Cast Iron Cooking



Research shows that family traditions along with healthy lifestyle choices are important in an individual's resiliency. Tradition creates a sense of belonging while cooking at home encourages healthier lifestyle choices. The Homemaker lesson Healthy Cast Iron Cooking combines these two important elements. Participants completed a learning session of selection, care, and use of cast iron cookware, addressing rust, how to season or reseason cast iron. Participants reviewed the benefits of cooking with cast iron with the MyPlate information. The class demonstrated and sampled a delicious low-fat artichoke dip recipe to reinforce the benefits of cooking with cast iron. After the program, participants reported having a better understanding of how cast iron cooking could be a part of a healthy diet, and that they are more likely to cook with cast iron moving forward.



## BRECKINRIDGE 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.

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



**2,087**

youths participated in local  
Extension programming



**\$7,870**

in EBT, WIC, or senior benefits  
were redeemed  
at farmers' markets



**1,082**

participants improved  
skills that will  
strengthen families



**1,853**

volunteer hours were reported  
by FCS Extension program  
volunteers



**676**

participants reported  
making positive  
behavior changes



**1,727**

participants reported  
gaining knowledge

### Connect with us!



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**FCS.uky.edu**



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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, FY2020  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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