



Building Strong Families

IN HANCOCK COUNTY

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
232,808
direct and indirect contacts
with individuals
and families in
Hancock County.

SPOTLIGHT: HANCOCK COUNTY

Food preservation workshop teaches important skills



The Hancock County Food Preservation Program teaches its participants pressure canning, water bath canning, freezing, and drying methods of food preservation. Half of the participants reported being new to Cooperative Extension programming. A third of the participants reported using food preservation methods never or rarely. Following the program, all participants reported that they had better skills in home food preservation methods, could identify research-based methods of home food preservation, could identify the necessary equipment for home food preservation methods and could identify spoilage in home preserved products after the program. All participants also reported that they understood the difference in and could identify the correct method for canning low acid and high acid foods after the program.

HANCOCK 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.

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



2,125

youths participated in local
Extension programming



64

pints of food
were preserved



50

local families
grew a garden this year



43

volunteer hours were reported
by FCS Extension program
volunteers



88

adult volunteers

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University of Kentucky Family and
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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

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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