



Building Strong Families

IN KENTON 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
796,976
direct and indirect contacts
with individuals
and families in
Kenton County.

SPOTLIGHT: KENTON COUNTY

Simplify your Life and save money at the same time



The National Soap and Detergent Association reported that getting rid of clutter would eliminate 40% of housework in the average home. This and other statistics led to the Northern Kentucky Family and Consumer Sciences agents offering the Simplify Your Life program. Participants could attend three to seven concurrent sessions. The event addressed topics such as clutter control, financial clutter, detangling relationships, digital hoarding, making time work for you, an organized life, reducing food waste, and speed cleaning. Because of the program, 85% of participants reported they have reduced spending on items they do not need, and collectively have saved \$8,105 since attending.

KENTON 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.

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



500

participants reported
preparing more
healthy homecooked meals



1,000

individuals made healthier
eating choices



1,035

pints of food
were preserved



2,110

volunteer hours were reported
by FCS Extension program
volunteers



611

participants reported
making positive
behavior changes



1,006

participants reported
gaining knowledge

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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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