



Building Strong Families

IN LARUE 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
87,683
direct and indirect contacts
with individuals
and families in
Larue County.

SPOTLIGHT: LARUE COUNTY

Food preservation workshop leads to more gardens



Six participants completed the 2019 LaRue County Food Preservation Program in which they learned the pressure canning, water bath canning, freezing, and drying methods of food preservation. 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 the correct method for canning low acid and high acid foods after the program. More than half of the participants reported growing a garden this year and are planting in 43,620 square feet (more than an acre) of garden area.

LARUE 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.

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



7,679

youths participated in local
Extension programming



746

individuals made healthier
eating choices



\$2,200

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



1,869

adult volunteers



128

volunteer hours were reported
by FCS Extension program
volunteers



709

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

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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