



Building Strong Families

IN LEE 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
125,395
direct and indirect contacts
with individuals
and families in
Lee County.

SPOTLIGHT: LEE COUNTY

Cooking through the Calendar



In 2013, one-third of the Lee County population was considered obese, and approximately 20% of Kentucky youths from ages 10 to 17 were classified as obese. New research indicates that when kids are involved in prepping and cooking their own meals, they are more likely to make better food choices. To help address these issues, the Lee County Family and Consumer Sciences Extension along with SNAP-Ed offered Cooking through the Calendar. Participants read and interpreted the recipes, used a variety of measuring tools, matched the correct measuring tools with the various ingredients, demonstrated food safety, and proper knife skills. We originally offered the program once a week; however, because of large demand, we offered a second Cooking through the Calendar class.

LEE 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.

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



3,086

youths participated in local
Extension programming



73

individuals made healthier
eating choices



86

pints of food
were preserved



646

volunteer hours were reported
by FCS Extension program
volunteers



36

demonstrated safe
handling of food



117

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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