



# Building Strong Families

## IN LEWIS 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

**5,792**

direct and indirect contacts  
with individuals  
and families in  
Lewis County.

### SPOTLIGHT: LEWIS COUNTY

## Teaching kitchen skills to a new generation



During the spring of 2020, the Lewis County FCS program offered Cook Together, Eat Together in three separate sessions. The Lewis County Family and Consumer Sciences Extension agent taught lessons from this program, taught youth cooking skills, and provided education and assistance to participating adults. These three sessions covered very different aspects of cooking and focused on breakfast, snacks, and soups. Children were able to learn many practical cooking skills including how to safely use knives, how to crack an egg, how to wash vegetables, how to avoid cross-contamination, and how to safely handle hot food items. Following the program, all youths reported that they were now making more food at home, and participating adults reported an increased interest in trying new foods. Currently, there are plans to offer the program again.



## LEWIS 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.

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



**678**

participants reported  
practicing parental  
leadership skills



**806**

individuals made healthier  
eating choices



**272**

participants  
made a  
sound financial decision



**629**

participants accessed  
community resources



**287**

participants reported  
preparing more  
healthy homecooked meals



**1,205**

participants reported  
making positive  
behavior changes

### 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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