



Building Strong Families

IN MEADE COUNTY



Jennifer Bridge
County Extension Agent,
Family and Consumer
Sciences Education

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

68,748

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

SPOTLIGHT: MEADE COUNTY

POP brings kids to the farmers' market



After the local farmers' market, vendors noted the decreasing percentage of young consumers. They contacted the Meade County Family and Consumer Sciences Extension Agent about the possibility of presenting Power of Produce (POP) during market hours. To support the project, we secured funding in the amount of \$500 from the local Farm Bureau. Extension advertised the program through the local newspaper, radio, and via Facebook posts. The six-week series featured opportunities for young children to earn up to three POP bucks: one for coming to the market, one more if they tasted the Plate It Up! recipe we demonstrated, and a third if they participated in the feature activity of the day. The series was a great success. The farmers' market reported a total of \$647 redeemed and attendance sheets reflecting more than 500 kids participating.

MEADE 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.

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



603

youths participated in local
Extension programming



25

participants addressed
community problems



797

adult volunteers



13,346

volunteer hours were reported
by FCS Extension program
volunteers



92

participants reported
making positive
behavior changes



109

participants reported
gaining knowledge

Connect with us!



WEBSITE
FCS.uky.edu



FACEBOOK
**Facebook.com/
UKFCSExt**



INSTAGRAM
**Instagram.com/
UKFCSExt**



PODCAST
**UKFCSExt
.podbean.com**



Plate it Up!

Browse and download more than
100 delicious, healthy recipes
from Plate it Up Kentucky Proud.

PlateltUp.ca.uky.edu



Listen. Learn. Live Well.

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

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.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service