



# Building Strong Families

## IN MENIFEE 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

**53,065**

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

### SPOTLIGHT: MENIFEE COUNTY

## Programs to-go targets families to develop life skills



Because of the COVID-19 pandemic and the social distancing guidelines from our state and national public health entities, Extension had to cancel many in-person programs in the spring and summer of this year. To adapt to these changes, the Menifee County Family and Consumer Sciences Extension agent and 4-H agent created several programs "to-go" which we packaged and placed in front of the office for families to pick up and take home to complete. The programs we created included Spring Cleaning, Personal Finance, Earth Day, Mother's Day, Farmers' Market, Beginner Sewing, Father's Day, and many more. Each program was targeted toward families and helping them develop a variety of life skills. All participants reported that they would be interested in receiving more programs to-go in the future.



## MENIFEE 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.

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



**166**

participants adopted  
one or more positive  
food selection practices



**\$5,400**

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



**84**

participants improved  
skills that will  
strengthen families



**\$250**

increase in sales  
because of Plate it Up!



**533**

individuals made healthier  
eating choices



**502**

participants reported  
making positive  
behavior changes

### 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](https://hes.uky.edu/StrongFamilies)

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