



Building Strong Families

IN MERCER COUNTY



Luci Hockersmith
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

2,259

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

SPOTLIGHT: MERCER COUNTY

Meal kits: Are they worth it?



An estimated 20% of adults in the United States have tried at least one meal kit delivery service. With the demand for convenience in our society, meal kits seem to be the answer for grocery shopping, meal planning, and meal preparation. In response to this, the Mercer County Family and Consumer Sciences Extension agent developed the workshop Meal kits: Are they worth it? We recorded a video of the workshop to share on social media for those who were unable to attend the in-person opportunities. After the program, 84% of participants reported understanding how meal kits fit into their lifestyle and financial goals, and 92% of participants agreed the information was practical. All participants reported that they thought the program was very educational.

MERCER 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.

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



94

youths participated in local
Extension programming



79

adult volunteers



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Source: Kentucky Cooperative Extension Reporting, FY2020
Download this and other county profiles at hes.uky.edu/StrongFamilies

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