



Building Strong Families

IN MORGAN 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
344,822
direct and indirect contacts
with individuals
and families in
Morgan County.

SPOTLIGHT: MORGAN COUNTY

Food preservation workshop expands to include meat



Preserving food is as old as time itself, it seems. And safe food handling and storage is essential to food safety and quality. After offering several Food Preservation workshops, the Morgan County Family and Consumer Sciences Extension office was asked to address safely preserving meat. We offered a food preservation workshop on canning fresh meat and ground meat. The workshop focused on the food preservation techniques of pressure canning, including the tools of the trade, safe operation of the pressure canner, identifying appropriate head space, safe food handling procedures along with hands-on activities to increase participants' experience and confidence in food preservation. Following the program, all participants reported that they had better skills in home preservation methods, could identify the necessary equipment for home food preservation methods, and more.

MORGAN 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.

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



3,032

youths participated in local
Extension programming



1,522

individuals made healthier
eating choices



\$3,250

increase in sales
because of Plate it Up!



8,832

volunteer hours were reported
by FCS Extension program
volunteers



4,000

individuals engaged in community
strategies to increase
active and healthy lifestyles



1,911

participants reported
making positive
behavior changes

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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

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.



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