

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

# Building Strong Families

# IN MORGAN COUNTY



**Nellie Buchanan** 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

# 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.



youths participated in local Extension programming



by FCS Extension program volunteers



individuals made healthier eating choices



individuals engaged in community strategies to increase active and healthy lifestyles



\$3,250 increase in sales because of Plate it Up!

**1,911** participants reported making positive behavior changes

# Connect with us!



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WEBSITE FCS.uky.edu

FACEBOOK Facebook.com/ UKFCSExt



PODCAST UKFCSExt .podbean.com



# Plate it Up!

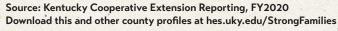
Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

#### PlateItUp.ca.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**.



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