



Building Strong Families

IN NELSON 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
87,382
direct and indirect contacts
with individuals
and families in
Nelson County.

SPOTLIGHT: NELSON COUNTY

Homemakers revitalize the cultural arts



Nelson County Homemakers applied for and received a \$300 grant at the Annual KEHA Conference in Louisville for the development of a Cultural Arts and Crafts program in 2019-2020. The Homemaker Cultural Arts Committee's four members felt the county needed to teach the skills required to create cultural arts, including but not limited to, sewing, knitting, hand stitching, painting, quilting, basket making, and floral arranging. For the second straight year, the Nelson County Homemakers Cultural Arts Committee provided a year's worth of programming in the cultural arts, one class for each month of the year. Participants learned many things including cake decorating, hand stitching, floral arranging, loom knitting, yeast baking, and wood crafting. Community members expressed great interest in continuing the program.

NELSON 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.

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



241

youths participated in local
Extension programming



866

individuals made healthier
eating choices



500

participants gained
financial management
knowledge



\$2,000

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



697

participants reported
making positive
behavior changes



1,590

participants reported
gaining knowledge

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you a podcast focusing on nutrition,
health, resource management, and more.
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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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