

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

# Building Strong Families

## IN NELSON COUNTY



**Luke Fries** 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

### 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.



youths participated in local Extension programming











participants reported gaining knowledge

## Connect with us!



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WEBSITE FCS.uky.edu

FACEBOOK Facebook.com/ **UKFCSExt** 



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## **Plate it Up!**

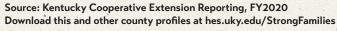
Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

#### PlateItUp.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.



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