



Building Strong Families

IN ROWAN 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
60,655
direct and indirect contacts
with individuals
and families in
Rowan County.

SPOTLIGHT: ROWAN COUNTY

Culinary students learn to preserve salsa



According to the USDA and Department of Health and Human Services, the consumption of fruit and vegetables is expected to increase by 4% in the next five years. Therefore, the Rowan County Family and Consumer Services Extension Agent provided food preservation classes at the local high school. We picked salsa to demonstrate how quick and easy it is to can vegetables. Culinary students learned basic knife cutting skills to prepare the fresh salsa. Students also learned a quick and easy water bath method used to preserve vegetables and reduce wasting extra fresh produce they may have at home. Following the program, more than 75% of participants said that they would like to preserve food in the future.

ROWAN 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.

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



2,225

pints of food
were preserved



7,100

individuals made healthier
eating choices



1,600

local families
grew a garden this year



2,600

volunteer hours were reported
by FCS Extension program
volunteers



1,250

families supplemented
their diets with healthy foods
they produced or preserved



5,710

participants reported
making positive
behavior changes

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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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