

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

Building Strong Families

IN ROWAN COUNTY



Peggy Jones 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

60,655 direct and indirect contacts with individuals and families in 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.



2,60 volunteer hours were reported

by FCS Extension program

volunteers

7.100individuals made healthier eating choices



their diets with healthy foods they produced or preserved



participants reported making positive behavior changes

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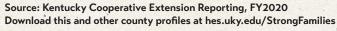
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