



Building Strong Families

IN SPENCER 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
13,502
direct and indirect contacts
with individuals
and families in
Spencer County.

SPOTLIGHT: SPENCER COUNTY

Farm to Table Meal highlights local produce



Purchasing locally produced items continues to gain momentum. The Spencer County Cooperative Extension Service hosted our seventh annual Farm to Table Meal in September of 2019. The event highlights that healthy meals can be produced solely with products grown in Spencer County. It consists of a silent auction and a four-course Italian dinner. All ingredients are from local farmers' markets. The event raised more than \$3,900 which will go toward helping Spencer County 4-H programs and Homemakers activities. Following the event, many of the participants reported that they will increase their purchases of locally produced items, and the farmers' market vendors reported an increase in sales of their locally grown produce.

SPENCER 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.

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



7,121

youths participated in local
Extension programming



753

individuals made healthier
eating choices



314

volunteer hours were reported
by FCS Extension program
volunteers



209

participants made lifestyle
changes to improve their health



401

lifestyles were improved
through a focus
on proper nutrition



801

participants reported
making positive
behavior changes

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you a podcast focusing on nutrition,
health, resource management, and more.
Available on Apple Podcasts, Google
Play and **UKFCSExt.podbean.com**.

Source: Kentucky Cooperative Extension Reporting, FY2020
Download this and other county profiles at hes.uky.edu/StrongFamilies

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