



Building Strong Families

IN WAYNE 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

87,403

direct and indirect contacts
with individuals
and families in
Wayne County.

SPOTLIGHT: WAYNE COUNTY

Wayne County grows a garden



Wayne County's Family and Consumer Sciences Extension Agent offered the Wayne County Grows a Garden program. This four-week educational program had 50 family participants. It promoted the growing and consumption of locally grown fruits and vegetables. We covered topics including gardening and outdoor safety, how to prepare your garden, transplanting plants, companion plants, good bugs and bad bugs, herb gardening, container gardening, and vertical gardening. We shared educational information on successful gardening techniques as well as the health benefits of consuming fresh fruits and vegetables. We provided various plants, seeds, and other resources including home food preservation information to participants. Participants reported growing and sharing plants, seeds, and educational information. Several were first-time gardeners. Many reported a willingness to try new things after growing their own food.

WAYNE 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.

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



6,340

youths participated in local
Extension programming



4,578

individuals made healthier
eating choices



5,910

volunteer hours were reported
by FCS Extension program
volunteers



4,702

participants reported
making positive
behavior changes



2,500

lifestyles were improved
through a focus
on proper nutrition



5,947

participants reported
gaining knowledge

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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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



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