



Building Strong Families

IN WHITLEY 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

296,907

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

SPOTLIGHT: WHITLEY COUNTY

Program creates junior chefs



According to the Bureau of Labor Statistics, employment of chefs and head cooks is projected to grow 11% from 2018 to 2028. Children can learn the basic skills needed in this profession early in life. They consist of cooking basic foods, being a safe food preparer, and learning how to identify proper foods for meals. The Whitley County Family and Consumer Sciences Extension agent and Nutrition Education Program offered the SuperStar Chef summer cooking camp for children ages 9 through 14. Participants were taught skills on how to cook basic foods, how to identify measuring, and healthy lifestyle choices. After the program, all participants reported that they could identify healthy foods, that they planned to drink more water every day, and that they planned to eat more fruits.

WHITLEY 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.

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



1,674

youths participated in local
Extension programming



2,087

individuals made healthier
eating choices



4,313

volunteer hours were reported
by FCS Extension program
volunteers



682

participants made lifestyle
changes to improve their health



2,321

participants reported
making positive
behavior changes



2,335

participants reported
gaining knowledge

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you a podcast focusing on nutrition,
health, resource management, and more.
Available on Apple Podcasts, Google
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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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