



Building Strong Families

2022

IN BOURBON COUNTY



Kay Denniston
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 2020-2021,
Family and Consumer
Sciences Extension made

5,651

direct and

6,325

indirect contacts with
individuals and families in
Bourbon County.

SPOTLIGHT: BOURBON COUNTY

Kindergarten classes sample fresh veggies during Nutrition Month



Each year, the Bourbon County Extension Homemakers offer a nutrition education program titled Peter Rabbit - What's a Rabbit to Do? to every kindergarten class in the county during March, Nutrition Month. This year, the Bourbon County FCS Extension agent worked in partnership with the local Homemakers to develop a method of offering this same program to all 2021 kindergarteners and still follow COVID safety guidelines. During the programming, we read the story to the class, we act out the skit, and students sample vegetables from a local garden which included carrots, cherry tomatoes, celery, cucumbers, cauliflower, and broccoli. The program was presented virtually in 10 kindergarten classrooms with a total of 310 student participants. After the program, teachers reported 90% of the students tasted the vegetables, with 70% eating all of their samples.

BOURBON 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.

Bourbon County's FCS Extension programming in 2020-2021 led to the following results.



296

youths
participated in local
Extension programming



173

individuals
made healthier
eating choices



672

volunteer hours were
reported by FCS Extension
program volunteers



88

individuals sought
support from local
community organizations



249

participants had intentions
to make lifestyle changes
to improve their health



847

participants
reported gaining
knowledge

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University of Kentucky Family and
Consumer Sciences Extension brings
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, FY2021
Download this and other county profiles at hes.uky.edu/StrongFamilies

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