



# Building Strong Families

2022

## IN FRANKLIN COUNTY



**Tamera Thomas**  
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

**2,605**

direct and

**8,416**

indirect contacts with  
individuals and families in  
Franklin County.

### SPOTLIGHT: FRANKLIN COUNTY

## ‘Souper Quick’ and ‘Soup for the Soul’ reach hundreds



COVID-19 restrictions mean families are preparing more meals at home. To support the community, the Franklin County Extension Office partnered with the local library to offer Souper Quick. Soups are a great way to increase the variety of vegetables in your diet. This Facebook Live presentation focused on different types of soups and how to incorporate them when meal planning to increase vegetable consumption by demonstrating and sharing budget-friendly recipes. More than 300 (306) people viewed the virtual demo presentation. To attract members of underrepresented audiences, we offered the presentation under the title Soup for the Soul to two African American church groups, one in Lexington and one in Louisville. After the program, 75% of the participants reported being eager to prepare the Sweet Potato Chili recipe in the future.



## FRANKLIN 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.

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



**75**

youths  
participated in local  
Extension programming



**42**

individuals  
made healthier  
eating choices



**90**

participants  
gained financial  
management knowledge



**40**

participants had intentions  
to make lifestyle changes  
to improve their health



**93**

participants  
reported gaining  
knowledge

### Connect with us!



WEBSITE  
**FCS.uky.edu**



FACEBOOK  
**Facebook.com/  
UKFCSExt**



INSTAGRAM  
**Instagram.com/  
UKFCSExt**



PODCAST  
**UKFCSExt  
.podbean.com**



### Plate it Up!

Browse and download more than  
100 delicious, healthy recipes  
from Plate it Up Kentucky Proud.

**PlateItUp.ca.uky.edu**



### Listen. Learn. Live Well.

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](https://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.



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