



Building Strong Families

2022

IN KENTON 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 2020-2021,
Family and Consumer
Sciences Extension made
9,862
direct and
1,004,984
indirect contacts with
individuals and families in
Kenton County.

SPOTLIGHT: KENTON COUNTY

Food preservation videos help home growers preserve produce



With the spread of COVID-19, many families decided to grow home gardens. Home growers needed information on safe and effective ways to preserve food more than ever. Yet traditional in-person classes were no longer an option. According to the Centers for Disease Control and Prevention, foodborne botulism has occurred after people ate home-canned, preserved, or fermented foods that were contaminated with toxin. Noting these two important facts, the Boone and Kenton County FCS Extension agents developed a four-part virtual series on food preservation basics. Videos were produced and shared, demonstrating how to safely freeze, dry, boiling water bath, and pressure can produce during live Zoom sessions. Programs were promoted through the local newspaper, Extension website, and social media. More than 100 participants attended one or more of the live sessions.

KENTON 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.

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



60

youths
participated in local
Extension programming



228

individuals
made healthier
eating choices



1,057

pints
of food
were preserved



1,930

volunteer hours were
reported by FCS Extension
program volunteers



62

participants reported
preparing more healthy
homecooked meals



60

participants had intentions
to make lifestyle changes
to improve their health

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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

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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