

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

### **KENTUCKY COUNTY PROFILES**

## **Building** 2022 **Strong Families**

## IN MARSHALL COUNTY



**Vicki Wynn** 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**

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In 2020-2021, Family and Consumer Sciences Extension made

2,234 direct and 114,278 indirect contacts with individuals and families in Marshall County.

### **SPOTLIGHT: MARSHALL COUNTY**

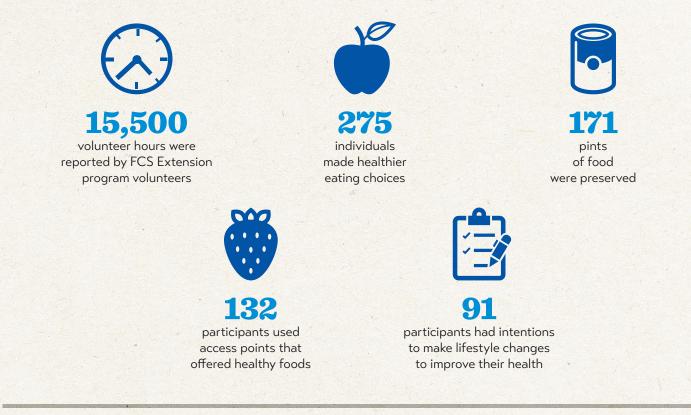
# Extension helps families with food preservation videos, equipment



The economic downturn has created increased interest in home gardening and food preservation. These practices allow families the ability to control added ingredients such as salt and sugar, especially for those on restricted diets. In addition, families see these practices as money-saving measures for their food budget. The Marshall County FCS Extension Office utilized a series of food preservation videos to assist clientele during times that we could not host face-to-face programming. These video sessions provided opportunities for clientele to view a variety of preservation methods and decide which was the best fit for their families. We allowed families to borrow pressure and water-bath canning equipment, dehydrators, and jam and jelly makers. After programming, participants reported an increased number of items preserved at home.

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







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WEBSITE FCS.uky.edu

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## 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

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