



Building Strong Families

2022

IN MARSHALL 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

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.



15,500

volunteer hours were
reported by FCS Extension
program volunteers



275

individuals
made healthier
eating choices



171

pints
of food
were preserved



132

participants used
access points that
offered healthy foods



91

participants had intentions
to make lifestyle changes
to improve their health

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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, 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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