



Building Strong Families

2022

IN MENIFEE 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

2,591

direct and

33,527

indirect contacts with
individuals and families in
Menifee County.

SPOTLIGHT: MENIFEE COUNTY

Food preservation demonstration videos help hundreds



The COVID-19 pandemic presented many challenges for our county programs. Making programming virtual increased food insecurity and increased demand for self-sufficiency skills such as home food preservation. To address this need, the Menifee County FCS Office offered food preservation demonstration videos. We posted two videos demonstrating the process of canning and freezing green beans to the county's FCS Facebook page. The freezing demonstration video detailed the preparation of beans before freezing, the blanching process, and the importance of using freezer-safe supplies for produce. The pressure canning video demonstrated how to use a research-based recipe and how to use a pressure canner and basic canning supplies to produce safely canned food products. The videos received a total of 819 views and 86 likes.

MENIFEE 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.

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



295

volunteer hours were
reported by FCS Extension
program volunteers



83

individuals
made healthier
eating choices



21

participants used
access points that
offered healthy foods



48

participants had
intentions to
try new foods



35

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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