



Building Strong Families

2022

IN NELSON COUNTY

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

646

direct and

64,904

indirect contacts with
individuals and families in
Nelson County.

SPOTLIGHT: NELSON COUNTY

Lunch @ The Pantry: A 'Cook Together, Eat Together' experience



In-person programming has been a hallmark of Cooperative Extension programs for more than 100 years. However, during the pandemic, making in-person meetings for life-skill development was an enormous challenge. Lunch @ The Pantry is one program that was able to continue, with extra safety precautions. The Nelson County FCS Extension agent, in partnership with the Bread for Life Food Pantry, offered the Cook Together, Eat Together curriculum. The goal was to change community members' preference for "ready-to-eat" products rather than raw meats, vegetables, and fruits. Many choose this path because of "lack of equipment, space or know-how to make a meal." Throughout four sessions, 12 participants joined regularly. After the program, at least half of the participants reported attempting to make at least one of the meal kits provided by the pantry.

NELSON 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.

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



128

youths
participated in local
Extension programming



100

recipe cards
distributed throughout
the community



29

adult
volunteers



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Source: Kentucky Cooperative Extension Reporting, FY2021
Download this and other county profiles at hes.uky.edu/StrongFamilies

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