



# Building Strong Families

2022

## IN PENDLETON 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

**8,005**

direct and

**62,762**

indirect contacts with  
individuals and families in  
Pendleton County.

### SPOTLIGHT: PENDLETON COUNTY

## Virtual cooking program teaches how to make biscuits, soups, more



There are many benefits to preparing meals at home. You eat fewer calories, you are more mindful of what you are eating, you socialize as a family, you stimulate your brain, etc. To encourage at-home meals, the Pendleton County FCS Extension agent offered virtual cooking classes. We offered seven virtual cooking classes including Knife Safety, Healthy Twist on Pizza Crusts, Biscuit Making, Pie Making, Soup Class, Cast Iron Class, and Hot Cross Buns. We presented a variety of skills during each session. An average of 75 participants attended. We hope to continue the virtual home cooking classes in the future and that participants continue preparing meals at home and reaping the health and social benefits that come from it.



## PENDLETON 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.

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



**1,680**

youths  
participated in local  
Extension programming



**1,098**

individuals  
made healthier  
eating choices



**934**

pints  
of food  
were preserved



**312**

recipe cards  
distributed throughout  
the community



**578**

participants  
adopted new  
physical activity practices



**857**

participants  
reported gaining  
knowledge

### Connect with us!



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**FCS.uky.edu**



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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](https://hes.uky.edu/StrongFamilies)

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