



Building Strong Families

2022

IN TRIMBLE COUNTY



Jane Proctor
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

In 2020-2021,
Family and Consumer
Sciences Extension made

4,537

direct and

6,338

indirect contacts with
individuals and families in
Trimble County.

SPOTLIGHT: TRIMBLE COUNTY

Recipe club encourages eating fruits, vegetables



Research is clear that a diet rich in fruits and vegetables can help protect against several chronic diseases, such as obesity, type 2 diabetes, heart disease, and some cancers. Kentucky falls below the national averages with only 8% of adults meeting daily recommendations for fruits and 6.3% meeting recommendations for vegetables. In response to these statistics, the Trimble County FCS Extension agent offered a virtual and paper mail recipe club for calendar year 2021. It featured the Plate It Up! Kentucky Proud recipes and other Extension-supported recipes and encouraged the consumption of locally produced fruits and vegetables. More than 100 people have joined the recipe club and have received up to 10 recipes monthly. After the program, approximately 93% of participants reported being more likely to buy a fruit or vegetable after receiving the recipe cards.

TRIMBLE 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.

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



516

volunteer hours were
reported by FCS Extension
program volunteers



240

individuals
made healthier
eating choices



\$51

increase in sales
because of
Plate it Up!



10,368

recipe cards
distributed throughout
the community



424

participants
reported gaining
knowledge

Connect with us!



WEBSITE
FCS.uky.edu



FACEBOOK
**Facebook.com/
UKFCSExt**



INSTAGRAM
**Instagram.com/
UKFCSExt**



PODCAST
**UKFCSExt
.podbean.com**



Plate it Up!

Browse and download more than
100 delicious, healthy recipes
from Plate it Up Kentucky Proud.

PlateltUp.ca.uky.edu



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

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.



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