

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

KENTUCKY COUNTY PROFILES

Building 2022 **Strong Families**

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

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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

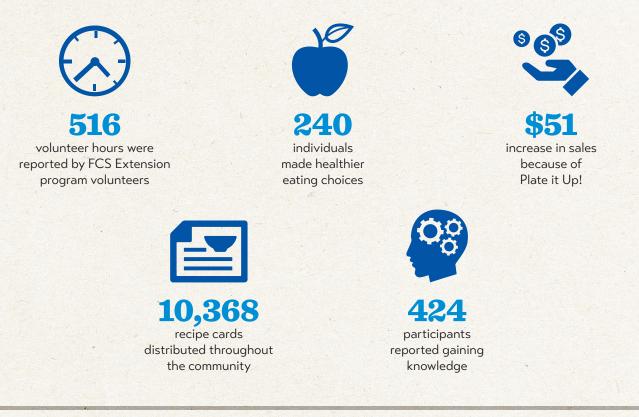
Recipe club encourages eating fruits, vegetables



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.



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WEBSITE FCS.uky.edu

FACEBOOK Facebook.com/ **UKFCSExt**



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Plate it Up!

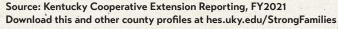
Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

PlateItUp.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.



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