



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

FAMILY AND  
CONSUMER  
SCIENCES  
EXTENSION



# ANNUAL REPORT





**88,709**

participants gained financial management knowledge.



**60%**

of counties offered virtual and "grab & go" programming.



**9,263**

program participants increased their physical activity.



**11,287**

participants adopted new physical activity practices.



**41,855**

participants used access points that offered healthy foods.



**114,559**

participants reported gaining knowledge in an FCS area.



**\$84,353**

in EBT, WIC, or senior benefits were redeemed at farmers' markets.



**4,284**

participants made a sound financial decision.



**1,500,000**

individuals were reached through social media.



**283,110**

hours were reported by FCS Extension program volunteers.



**27,476**

individuals made healthier eating choices.



**19,602,240**

direct and indirect contacts were made by FCS Extension.



**\$58,147**

were saved as a result of FCS's Financial Education Program.



**24,513**

pints of food were preserved.



**6,157**

participants reported preparing more healthy home-cooked meals.

# Building Strong Families

## IN KENTUCKY

**FAMILY AND CONSUMER SCIENCES (FCS) EXTENSION** at the University of Kentucky (UK) represents a group of educators sharing the university's research knowledge with individuals, families, and communities to improve quality of life. We concentrate on the community as our classroom as we deliver programs focusing on nutrition, health, resource management, family development, and civic engagement.

### UK FCS Extension uses three primary goals when developing programs:

- 1. Strong Individuals, Thriving Families.** We provide dynamic, high quality, evidence-based programming to improve the lives of Kentuckians across the lifespan.
- 2. Engaged Communities.** We build engaged and empowered communities based on their needs.
- 3. Expand Programmatic Reach.** Through innovative FCS Extension programming delivery, we enhance the lives of individuals and their families who historically have not participated, or have low participation rates, in UK's Cooperative Extension efforts.

Although COVID continued to affect much of our programming efforts in 2021 and 2022, it also pushed us to be more innovative. This report highlights our work in meeting our goals including successes in terms of clientele served, extramural funding received, and programming scope.

We have been fortunate to greatly expand our programming efforts in rural mental health and well-being. Farmers and farmworkers consistently report high levels of stress associated with commodity production and rural living. Unfortunately, high levels of stress are often correlated with elevated rates of suicide in farming occupations. In partnership with the University of Kentucky's College of Nursing, we have assembled a team to address this need.

The BARN (Bringing Awareness Right Now) Farmers' Dinner Theater program is a prime example of work in this area. The BARN Farmers' Dinner Theater focused on mental wellness and suicide prevention. Two pilot programs were offered, with nearly 30 high school-age youths developing and delivering two theatrical productions that included almost 300 total participants. We are finalizing the BARN Farmers' Dinner Theater toolkit to share not only in Kentucky but across the southern region.

As we continue to build strong families across the Commonwealth, we have been fortunate to expand our campus-based partnerships, allowing more program offerings at the county level. Our campus-based partners include UK College of Pharmacy, UK College of Dentistry, UK Markey Cancer Center, the Barnstable Brown Diabetes Center, and the UK College of Nursing.

FCS Extension continues to be very successful in securing extramural funding. Total grant awards exceeded \$15 million. Extramural funds allow us to serve specific needs within our communities, including substance use prevention and recovery, mental health first aid, and nutrition education.

We are proud of our accomplishments over the last year and look forward to continuing to serve the Commonwealth!

#### Jennifer Hunter

Assistant Director, Family and Consumer Sciences  
University of Kentucky



# Financial Resiliency

**MONEYWISE**, a financial management newsletter, was designed to improve the economic well-being of individuals, families, and communities across Kentucky and to promote personal and family financial literacy. For more than 10 years, the Kentucky Cooperative Extension Service has continued its commitment to strengthening the financial well-being of Kentuckians through this programming. MONEYWISE now includes a website, Facebook page, monthly newsletter, and podcast. These pieces are developed and distributed to all FCS Extension agents for redistribution at the county level. It has an estimated monthly reach of 80,000.

While MONEYWISE was initially designed in 2010 to help Kentuckians rebound financially after the Great Recession, the events of 2020 left people across the state once again wondering how to manage and recover from the tough financial times brought about by the COVID-19 pandemic. In direct response to pandemic- and disaster-related financial needs of state constituents, MONEYWISE has targeted its recent educational materials to promote financial resiliency in Kentucky.



WEBSITE

[FCS-HES.ca.uky.edu/MoneyWise](https://FCS-HES.ca.uky.edu/MoneyWise)



FACEBOOK

[Facebook.com/MoneyWise](https://Facebook.com/MoneyWise)

**BIG BLUE  
GOALS**  
2021

# 29,458,000

steps were taken by participants during the 12-week Big Blue Goals challenge in 2021.

# Plate it up!



**THE PLATE IT UP! KENTUCKY PROUD MEAL PLANS**, developed by Family and Consumer Sciences Extension at the University of Kentucky, are helping make healthy family dinners easy! The meal plans include a grocery list with all ingredients listed and some helpful tips. Kentucky individuals and families use the meal plans while preparing and serving delicious and complete meals throughout the week.

### Fall Harvest Salad

**Ingredients:**  
 5 cups rom leaf lettuce  
 2 1/2 cups spinach leaves  
 1 medium red apple, chopped  
 1 medium pear, chopped  
 4 teaspoons lemon juice  
 1/2 cup dried cranberries  
 1/2 cup feta cheese crumbles  
 1/2 cup chopped walnuts  
**Dressing:**  
 2 1/2 tablespoons olive oil  
 2 tablespoons balsamic vinegar  
 1 1/2 teaspoons Dijon mustard  
 2 teaspoons Kentucky hot sauce  
 1/2 teaspoon salt

Combine leaf lettuce and spinach leaves in a large salad bowl. Mix apples and pears with lemon juice in a small bowl and add to lettuce in a small bowl and add to lettuce mixture. Prepare dressing by whisking together the olive oil, balsamic vinegar, Dijon mustard, honey and salt. Pour over lettuce mixture and toss to coat. Sprinkle salad with cranberries, feta and walnuts. **Serve** immediately. **Yield:** 8, 1 cup serving

**Nutritional Analy**  
 130 calories, 9 g F,  
 240 mg sodium  
 3 g fiber, 7 g sat

### Sweet and Spicy Brussels Sprouts

**Ingredients:**  
 1 pound (2 cups) Brussels sprouts  
 1 tablespoon olive oil  
 1/2 teaspoon sea salt  
 1 teaspoon garlic powder  
 1 teaspoon fresh cracked black pepper  
 1 teaspoon red pepper flakes

**Preheat** oven to 400 degrees F. **Wash** Brussels sprouts, **remove** outer leaves and **cut** each sprout in half. **Mix** olive oil, sea salt, garlic powder, black pepper and red pepper flakes in a medium sized bowl. **Add** Brussels sprouts to the mixture and **stir** to coat evenly. **Mix** the hot sauce and honey in a small bowl and **set aside**. **Place** Brussels sprouts on a greased baking sheet. **Bake** 30 minutes or until tender. **Drizzle** hot sauce mixture over top of cooked Brussels sprouts.

**Yield:** 4, 1/2 cup servings

**Nutritional Analysis:** 70 calories, 3.5 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 320 mg sodium, 2 g carbohydrate, 2 g fiber, 5 g sugars, 2 g protein.

### Pumpkin Apple Muffins

**Ingredients:**  
 1 1/2 cups all-purpose flour  
 1 1/2 cups whole-wheat flour  
 1 1/2 teaspoons baking soda  
 1/2 teaspoon salt  
 1 1/2 teaspoons ground cinnamon  
 1/2 teaspoon ground ginger  
 1/2 teaspoon ground nutmeg  
 1 1/2 cups honey  
 2 large eggs  
 1 1/2 cups fresh pureed pumpkin  
 1/2 cup canola oil  
 2 cups Granny Smith apples, finely chopped

**Preheat** oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil. **Stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

**Note:** Can substitute two cups granulated sugar for honey, decrease oven temperature to 350 degrees F.

**Yield:** 18 muffins

**Nutritional Analysis:** 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein

## GROCERY LIST

- 2 large Granny Smith apples
- 1 red apple
- 1 pear
- 1 lemon
- 2 heads of green leaf lettuce
- 1 medium bag of spinach
- 1 lb. of Brussels sprouts
- 1 small container of feta cheese
- 1 dozen eggs
- 2 lb. bag of all-purpose flour
- 5 lb. bag of whole-wheat flour
- 1 can of pureed pumpkin
- 1 bottle of honey
- 1 small bag of dried cranberries
- 1 small bag of walnuts
- 1 bottle of balsamic vinegar
- 1 bottle of Dijon mustard
- 1 small bottle of hot sauce

**Total Cost for three-day meal plan: \$37-42**

### PANTRY ITEMS NEEDED

- Cooking spray
- Canola oil
- Olive oil
- Baking soda
- Salt
- Ground cinnamon
- Ground ginger
- Ground nutmeg
- Garlic powder
- Red pepper flakes
- Black pepper

### LOOK FOR THESE ITEMS AT YOUR LOCAL FARMERS MARKET

- Apples
- Pears
- Brussels sprouts
- Spinach
- Green leaf lettuce

### KITCHEN EQUIPMENT NEEDED

- Oven
- Sharp knife
- Large mixing bowl
- Medium mixing bowl
- Small mixing bowl
- Muffin pan
- Baking sheet
- Whisk

**MAKE IT A MEAL!**  
 • Low-fat yogurt • Handful of almonds

### TIPS

great then, salad  
 the amo  
 your reci  
**Prep in ad**  
 any of thes  
 ensure that  
 meals throu  
 baking a bat  
 on a Sunday  
 breakfast th



**\$22,308**  
 increase in vendor sales  
 because of Plate it Up!



**20,570**  
 recipe cards were distributed  
 throughout the community.

# Connect with us online!



WEBSITE  
[FCS.uky.edu](http://FCS.uky.edu)



FACEBOOK  
[Facebook.com/UKFCSExt](https://Facebook.com/UKFCSExt)



INSTAGRAM  
[Instagram.com/UKFCSExt](https://Instagram.com/UKFCSExt)



TALKING FACS PODCAST  
[UKFCSExt.podbean.com](https://UKFCSExt.podbean.com)

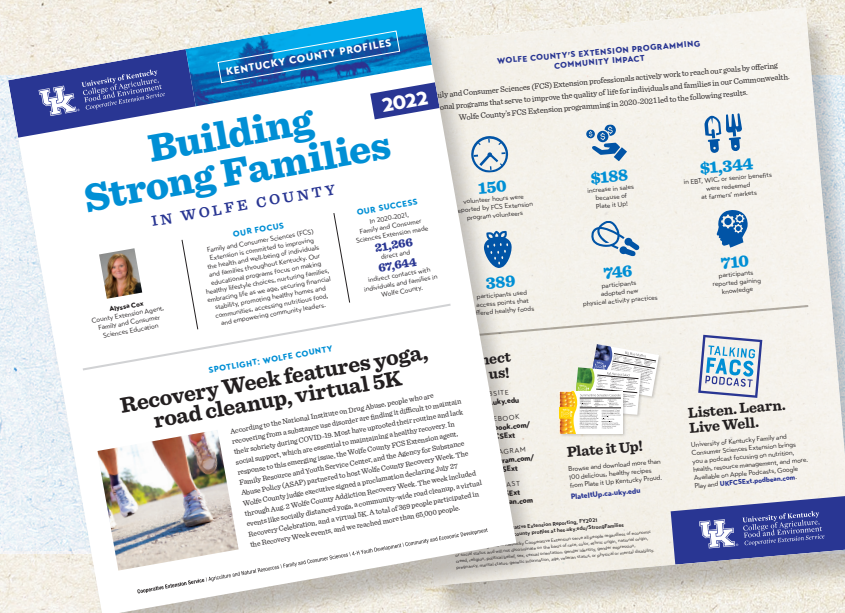


YOUTUBE  
[YouTube.com/UKFCSExtension](https://YouTube.com/UKFCSExtension)

193 podcasts  
and counting!

Top 5 topics:

1. Quitting Nicotine
2. Meal Kit Delivery Services: Are They Right for You?
3. The FITT Method for Physical Activity
4. The Science Behind the Keto Diet
5. Packing Lunches Your Kids Will Eat



## Building Strong Families county profiles

These county-specific reports highlight how UK FCS Extension is making a difference throughout Kentucky. Download county profiles at:

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



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

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.

**Building strong families. Building Kentucky. It starts with us.**