2019
BUILDING STRONG FAMILIES IN KENTUCKY

University of Kentucky Family and Consumer Sciences Extension ANNUAL REPORT
2,004,538 miles were walked by FCS program participants.
Family and Consumer Sciences (FCS) Extension at the University of Kentucky 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.

2018 was an exciting year for UK FCS Extension. Our state staff has grown to over 50 individuals, and we were pleased to place eight new County Extension Agents for FCS. This report highlights our success in terms of clientele served, extramural funding generated, and scope of programming.

FCS Extension seeks to connect with our clientele wherever they may be. The launch of the FCS Facebook page (@UKFCSExt) provided an opportunity to showcase the excellent work conducted by our agents across the state, while featuring programs that are making a difference in Kentucky communities. In our first year, we actively engaged nearly 44,000 people with information about our programs throughout the Commonwealth.

In June, we launched Talking FACS, a weekly podcast designed to reach busy people on the go with information related to families, food, finance and fitness. The podcasts encourage listeners to connect with their local Extension Office for additional information about every topic. During its first six months, our podcast episodes were accessed more than 63,000 times. Talking FACS is available on all major podcast providers.

Finally, in October we created an FCS Instagram account. This account is a little different from our other social media endeavors, in that we are sharing management of the account with our specialists and agents in each of the seven Extension districts. This co-management technique enables the posting of local events that we might not otherwise have access to on campus, providing a snapshot of FCS Extension programming around the state.

In 2019, we are continuing to strive to meet community needs. We are excited to announce the receipt of a USDA Rural Development award, which will allow for the development of educational programming specifically concentrated on substance use prevention and recovery.

Health and nutrition continue to remain key areas of need. We are pleased to be rolling out the FitBlue KY program in February 2019. FitBlue KY is designed to teach the concepts of healthy eating, physical activity, and mindfulness. The program is supported by the multifunctional FitBlue app. The FitBlue app serves as a fitness and nutrition tracker as well as offering features such as a farmers market locator and KY food bank locator. The FitBlue app can be downloaded at the Apple App Store and on Google Play.

We are proud of our accomplishments in 2018 and look forward to continuing to serve the Commonwealth in 2019.

Jennifer Hunter
Assistant Director
Family and Consumer Sciences
University of Kentucky
Positive Employability: Preparing for Financial Success

Research conducted by Harvard University, the Carnegie Foundation, and Stanford Research Center indicates 85% of job success comes from having well-developed soft and people skills, and only 15% of job success comes from technical skills and knowledge (hard skills). Employers are often prepared to teach technical job skills; however, the intangible skills of being a team player, time management, and positive attitude are difficult to teach on-sight but critical to success. The “Positive Employability” program will equip County Extension Agents for Family and Consumer Sciences with personal skill sets and resources to partner and deliver workforce “soft skills” development programs with local schools, Industrial Development Authorities, Chambers of Commerce, local businesses and other workforce development initiative agencies.

The program will provide three curriculum sets delivering objective based learning through interactive learning activities, including:

- Ten Soft Skills for Success
- Successful Communications
- Creating a Successful Business Image

The Positive Employability program will allow individuals to develop key skills to enhance employment earnings and upward mobility leading to enhanced financial security. The program will be available to counties in spring of 2019.
Plate it Up Kentucky Proud is a partnership project between the University of Kentucky Cooperative Extension Service, the Kentucky Department of Agriculture and the University of Kentucky Department of Diestetics and Human Nutrition. This project provides healthy, great tasting recipes using Kentucky Proud products for the people of Kentucky.

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

plateitup.ca.uky.edu

Creamy Cucumber and Chicken Salad

| ½ pound chicken breast | ½ teaspoon sea salt |
| 1 tablespoon fresh lemon juice | 1 tablespoon ground black pepper |
| 1 cup sliced almonds | 2 tablespoons fresh chopped dill |
| ½ cup nonfat plain Greek yogurt | 2 medium cucumbers, chopped |
| 3 ounces reduced fat cream cheese | 1 cup dried cranberries |
| 2 tablespoons Dijon mustard | 8 lettuce leaves |

Marinate chicken breast in lemon juice for one hour. Remove chicken from marinade and chop into bite sized pieces. Sauté in preheated non-stick skillet until thoroughly cooked and no longer pink in the center. Set aside to cool. Toast slivered almonds on low heat in a non-stick skillet until fragrant. Set aside to cool. In a large mixing bowl combine yogurt, cream cheese, mustard, salt, pepper and dill. Add chicken and toss. Add cucumbers, cranberries and almonds to chicken mixture. Toss to coat. Cover and chill in refrigerator for 1 hour. Spoon salad into washed and dried lettuce leaves. Serve cold.

Yield: 8 servings

Nutritional Analysis: 210 calories, 10 g fat, 2 g saturated fat, 30 mg cholesterol, 290 mg sodium, 19 g carbohydrate, 3 g fiber, 14 g sugars, 12 g protein.

Gluten Free Peach Blueberry Muffins

| 1 cup blueberries | ½ teaspoon salt |
| 1 cup peach(es), small dice | 1 teaspoon cinnamon |
| 3 cups gluten-free baking flour | ½ cup butter |
| ½ cup granulated sugar | 3 eggs |
| ½ cup brown sugar | 11½ cups non-fat milk |
| 1 tablespoon baking powder | Streusel Topping: |
| | ¾ cup gluten-free baking flour |
| | ⅛ cup brown sugar |
| | 1 teaspoon cinnamon |
| | ½ teaspoon ground nutmeg |
| | 2 tablespoons butter |

Preheat oven to 400 degrees F. Grease the wells of a muffin tin or line with paper liners and spray with non-stick spray. Rinse blueberries and drain well. Remove skin from peaches and dice. In a large bowl, mix together the gluten-free flour, granulated sugar, brown sugar, baking powder, salt and cinnamon. Melt butter in a microwave safe bowl. In a medium bowl, whisk the eggs, milk and melted butter together. Pour the wet ingredients into the dry ingredients and use a spoon to mix just until incorporated. Fold the blueberries and peaches into the batter gently. Fill muffin cups ⅔ full.

For the streusel topping: In a medium bowl, place gluten-free flour, brown sugar, cinnamon and nutmeg. Using a pastry blender, cut in butter until mixture resembles fine crumbs. Spoon streusel topping over the batter evenly. Bake muffins 18-20 minutes. Do not OVERBake. Remove muffins from pan to cool.

Yield: 24 muffins

Nutritional Analysis: 170 calories, 5 g fat, 3 g saturated fat, 15 mg cholesterol, 95 mg sodium, 31 g carbohydrate, 0 g fiber, 14 g sugars, 2 g protein.
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FCS.uky.edu

FACEBOOK
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PODCAST
UKFCSExt.podbean.com

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

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.