



Building Strong Families

IN BULLITT 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 2018-2019,
Family and
Consumer Sciences
Extension made
10,240
contacts with
individuals and
families in
Bullitt County.

SPOTLIGHT: BULLITT COUNTY

Super Kids Become Star Bakers



Children in Bullitt County are taking part in more after-school activities and many parents go straight from work to kids' practices or activities. Consequences of this change in family behavior are believed to contribute to increased rates of obesity in our community. Bullitt County's FCS Extension office partnered with 4-H and Family Resource Centers of two SNAP-eligible "food desert" communities to provide a two-day course titled Baking 101, using the Super Star Chef Needs a Little Dough program. The objective was to learn cost effectiveness, correct measuring techniques, nutrition, and safety in baking. Twenty-six youth participated in the hands-on program learning about quick breads, yeast breads, and pizza dough. The participants indicated how much they enjoyed the ability to learn, bake, and taste the food.

BULLITT 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.

Bullitt County's FCS Extension programming in 2018-2019 led to the following results.



2,310

youth participated
in local Extension
programming.



3,295

pints of food
were preserved.



2,276

volunteer hours were reported
by FCS Extension
program volunteers.



244

lifestyles were improved
through a focus
on proper nutrition.



510

participants reported
making positive
behavior changes.

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University of Kentucky Family and
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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, FY2019
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.



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