



Building Strong Families

IN CARROLL 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

5,789

contacts with
individuals and
families in
Carroll County.

SPOTLIGHT: CARROLL COUNTY

Super Star Chef



During the summer of 2018, the Carroll County FCS Extension agent and 4-H agent offered the Super Star Chef Program. Five young adults taught the class, and 16 youth, between second grade and eighth grade, participated in the class. Following the program, participants reported an increase in cooking proficiency. All participants strongly agreed that they learned the correct way to hold a knife for cutting, and about 88 percent of participants agreed that they learned about the amount of fruits and vegetables they should have on their plates, how germs can be transferred to food, how to wash their hands to remove germs, how to read nutrition labels, and how to measure ingredients. All but two of the participants plan to eat more fruits and vegetables after participating in the program.

CARROLL 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.

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



1,100

youth participated
in local Extension
programming.



150

demonstrated safe
handling of food.



110

pints of food
were preserved.



810

volunteer hours were reported
by FCS Extension
program volunteers.



170

participants reported
gaining knowledge.

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you a podcast focusing on nutrition,
health, resource management, and more.
Available on Apple Podcasts, Google
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Source: Kentucky Cooperative Extension Reporting, FY2019
Download this and other county profiles at hes.uky.edu/StrongFamilies

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