



Building Strong Families

IN HENDERSON 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
5,490
contacts with
individuals and
families in
Henderson County.

SPOTLIGHT: HENDERSON COUNTY

Healthy Cooking Classes



Healthy Cooking participants do hands-on cooking, get to meet and talk to others about cooking, learn about new recipes and taste the recipes along with a lesson on the topic. Using new Plate it Up! recipes and revisiting recipes from the past opens up discussion about farmers' markets and what is in season. When it comes to wintertime, Henderson County's FCS Extension agents talk about easy slow cooker meals along with hearty recipes that are not only healthy but taste good. Other classes were on cooking with honey, spring cooking, summer cooking, using an air fryer, cooking with exotic meats, cast iron cooking, and holiday foods. A total of 325 people participated this year. Participants reported trying recipes with ingredients that they do not generally use at home and liking it.

HENDERSON 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.

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



769

youth participated
in local Extension
programming.



450

individuals made healthier
eating choices.



300

participants learned
ways to reduce expenses.



1,400

volunteer hours were reported
by FCS Extension
program volunteers.



420

participants improved
skills that will
strengthen families.



1,180

participants reported
gaining knowledge.

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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**.

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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