



# Building Strong Families

## IN LEE COUNTY



**Laken Campbell**  
County Extension Agent,  
Family and Consumer  
Sciences Education

### 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  
**7,014**  
contacts with  
individuals and  
families in  
Lee County.

### SPOTLIGHT: LEE COUNTY

## Tackling Your Laundry



Every 45 minutes, a poison control center in the U.S. receives a call about a child who has been exposed to laundry detergent chemicals. The Lee and Owsley county FCS Extension agents travelled to eight counties to present Tackling Your Laundry. During the program, KEHA leaders discussed ways to create a safe laundry room to protect your families, matched laundry products with the right jobs, identified ways to remove common stains, and differentiated between traditional and high-efficiency washing machines. Participants indicated that they had made changes to their laundry area such as storing laundry products in a safe location, that they now wash their laundry on appropriate cycles and at the correct temperature to extend the wear of garments, and that they understand garment labels better and read them prior to laundering.



## LEE 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.

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



**3,554**

youth participated  
in local Extension  
programming.



**41**

individuals made healthier  
eating choices.



**71**

pints of food  
were preserved.



**94**

volunteer hours were reported  
by FCS Extension  
program volunteers.



**74**

participants reported  
gaining knowledge.

## Connect with us!



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**FCS.uky.edu**



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

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