



Building Strong Families

IN MASON COUNTY



Heather Cheek
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

17,496

contacts with
individuals and
families in
Mason County.

SPOTLIGHT: MASON COUNTY

What's in My Kitchen?



The home appliance industry is a multibillion dollar industry. With the rise in popularity of new kitchen appliances, Mason County's FCS Extension agent partnered with Bracken County's FCS Extension agent and two Mason County Extension Homemaker Volunteers to develop a new program called What's In My Kitchen? for the residents of Mason County. The purpose of the program was to offer information on new and popular kitchen appliances, current trends, and to help participants make informed decisions about future appliance purchases. Appliances covered were slow cookers, air fryers, dehydrators, bread machines, electronic programmable pressure cookers, and cast iron cookware. Participants said they learned more about the appliances than they could have learned from reading the boxes in the stores.

MASON 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.

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



188

youth gained
a better understanding
of substance abuse.



681

individuals made healthier
eating choices.



683

participants reported
making positive
behavior changes.



916

participants reported
gaining knowledge.



Get FitBlue!

Get physical activity
and meal ideas, track
your movement and eating,
and improve your health!

**Download the app
on the Apple App Store
or Google Play.**



Plate it Up!

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

PlateltUp.ca.uky.edu



Listen. Learn. Live Well.

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**.

Connect with us!



WEBSITE
FCS.uky.edu



FACEBOOK
**Facebook.com/
UKFCSExt**



INSTAGRAM
**Instagram.com/
UKFCSExt**



PODCAST
**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.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service