



Building Strong Families

IN MEADE COUNTY



Jennifer Bridge
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

18,199

contacts with
individuals and
families in
Meade County.

SPOTLIGHT: MEADE COUNTY

Growing and Eating Food



Ongoing educational efforts continued in the Meade County preschool program. Producing food was introduced to the preschool program. The Agriculture and Natural Resources agent and Meade County's FCS Extension agent worked with the children to plant lettuce seeds and introduced the process of how foods grow. The children used tweezers to plant lettuce seeds in grow trays. The trays were watered with instructions on how to maintain for development. Each class now has a gardener and plans are to harvest the lettuce in December before winter break. During the final program, three vegetables were made into a salad so the children could experience all the vegetables they learned to grow and how they could be used together. Overall the children liked the salad and learned from the experiences.

KENTUCKY 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. Meade County's FCS Extension programming in 2018-2019 contributed to the following results in Kentucky.



265,288

youth participated
in local Extension
programming.



25,496

pints of food
were preserved.



\$114,057

increase in sales
due to Plate it Up
Kentucky Proud.



492,813

volunteer hours were reported
by FCS Extension
program volunteers.



16,478,089

miles were walked
by program participants.



71,525

participants reported
making positive
behavior changes.

Connect with us!



WEBSITE
FCS.uky.edu



FACEBOOK
**Facebook.com/
UKFCSExt**



INSTAGRAM
**Instagram.com/
UKFCSExt**



PODCAST
**UKFCSExt
.podbean.com**



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**.

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