



Building Strong Families

IN MUHLENBERG COUNTY

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

14,247

contacts with
individuals and
families in
Muhlenberg County.

SPOTLIGHT: MUHLENBERG COUNTY

Super Star Chef Program



FCS Home Economics program enrollment has gone down in the last 10 years. This means that fewer students have the opportunity to learn basic life skills such as food safety, cooking skills, recipe reading, and meal planning. Super Star Chef is a program that addresses basic cooking skills, food safety techniques, and nutrition. Muhlenberg County's FCS Extension offered the program to fourth-grade through 12th-grade students and encouraged teamwork, decision-making, planning, nutrition education, and food preparation. Participants reported being able to recognize the food groups on MyPlate, the correct way to hold a knife, and understanding food labels and nutritional information. Because of the Super Star Chef program, participants can compare calories and fats in a beverage through its nutrition label.

MUHLENBERG 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.

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



3,030

youth reached
through volunteers.



567

individuals made healthier
eating choices.



125

adults reached
through volunteers.



567

participants reported
making positive
behavior changes.



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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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