



# Building Strong Families

## IN NELSON COUNTY



**Luke Fries**  
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 **5,049** contacts with individuals and families in Nelson County.

### SPOTLIGHT: NELSON COUNTY

## Food Processing Series



Nelson County’s FCS Extension clients, youth and adult, seem to possess a strong passion for continuing traditions and learning new things. Thirty years ago, hogs were one of the largest species of livestock on our county farms. Out of necessity, those animals were often harvested and utilized in several ways to provide food for the family. Because of this tradition and the current movement into local food systems, Nelson County’s FCS Extension agent teamed with several individuals with sausage-making and family-farm-living experience to provide a food processing and meat handling class focused on processing, seasoning, and stuffing sausage. Participants indicated that the training experience would be useful in their lives. The agent has explored interest in other food processing classes including cheese making, ham curing, and others. This program is currently being developed and marketed.

## 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. Nelson 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!



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**FCS.uky.edu**



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

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