



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



# FAMILY AND CONSUMER SCIENCES EXTENSION ANNUAL REPORT 2020







**29,034**

improved lifestyle  
through a focus  
on proper nutrition.



**100,002**

volunteers contributed  
**\$10,556,054** of service to  
communities in Kentucky.



**42,304**

increased  
fruit and vegetable  
consumption.



**7,057**

students learned  
of the consequences  
of substance use.



**18,859**

are more likely to buy  
Kentucky fruits and vegetables  
due to Plate it Up! recipe cards.



**71,525**

made a  
behavior change  
due to programming.



**\$64,739**

in EBT, WIC, or senior  
benefits were redeemed  
at farmers' markets.



**3,095**

people reported  
having accessed  
community resources.



**170,966**

program participants  
demonstrated skills that  
improve family nutrition.



**10,445**

volunteers reported  
training others  
to volunteer.



**30,034**

are more likely to buy  
Kentucky fruits and vegetables  
due to Plate it Up! samples.



**2,948**

people engaged  
in or organized  
new coalitions.



**329**

coalitions involved  
FCS Extension.



**25,496**

pints of food  
were preserved.



**18,983**

improved knowledge  
in food preparation.

# Building Strong Families

## IN KENTUCKY

### **FAMILY AND CONSUMER SCIENCES (FCS)**

**EXTENSION** at the University of Kentucky represents a group of educators sharing the university's research knowledge with individuals, families, and communities to improve quality of life. We concentrate on the community as our classroom as we deliver programs focusing on nutrition, health, resource management, family development, and civic engagement.

2019 includes many high points! This report highlights our success in terms of clientele served, extramural funding received, and scope of programming. Our staff has continued to grow; we were pleased to welcome new specialists in the areas of food safety and preservation, clothing and textiles, and substance use prevention and recovery. Additionally, we welcomed four new County Extension agents for FCS in 2019.

As we continue to build strong families across the Commonwealth, we remain committed to connecting with our clientele wherever they may be. In June, our Nutrition Education Program launched a new mobile-friendly website, [PlanEatMove.com](http://PlanEatMove.com), to provide a central hub for nutrition education, tips, and resources. This digital platform encourages positive behavior change with an integrated focus featuring low-cost, healthy recipes; a farmers' market locator; activities to do with kids in the kitchen; and physical activity tips.

We are excited about the growth of the Talking FACS podcast, a weekly podcast designed to reach busy, on-the-go people with information related to families, food, finance, and fitness. The podcast, which averages 20,000 listens per month, has opened the door to new partnerships with the University of Kentucky Career Services Center and the University of Kentucky Markey Cancer Center. The Markey Cancer Center now has a monthly spin-off podcast series called Cancer Conversations on Talking FACS.

FCS Extension continues to be very successful in securing extramural funding. Total grant awards for 2019 exceeded

\$14 million. Extramural funds allow us the opportunity to serve specific needs within our communities. Through partnership with the Community and Economic Development Initiative of Kentucky (CEDIK), we are pleased to announce we have received nearly \$1.5 million to develop educational programming specifically targeting substance use prevention and recovery. Examples of programming that will be delivered in 2020 include community education opportunities such as *Addiction 101*, a life skills prevention program targeting middle school students, and a financial curriculum called *Recovering Your Finances* for individuals in substance use recovery.

As we continue our focus on health and nutrition, we rolled out the *FitBlue KY* program. FitBlue, a physical activity tracker app, encourages Kentuckians to get moving. Since the app launched in February, more than 1,500 Kentuckians have participated in one of the 70 FitBlue step challenges in their communities. These four-week challenges are coordinated by UK Family and Consumer Sciences Extension agents across the state. In addition, we recently released new how-to exercise videos with intentional mindfulness to include individuals of all ability levels. The videos demonstrate three options or adaptations per exercise which offer safe ways for people with disabilities or injuries to incorporate movement into their daily routines. The videos, produced in partnership with the University of Kentucky Human Development Institute, feature real Kentuckians with a variety of ability levels and ages. FitBlue app users can learn specifically about modifications to prevent falls, ideas for exercising in a wheelchair, and physical activity options for beginners.

We are proud of our accomplishments in 2019 and look forward to continuing to serve the Commonwealth in 2020.

**Jennifer Hunter**

Assistant Director

Family and Consumer Sciences

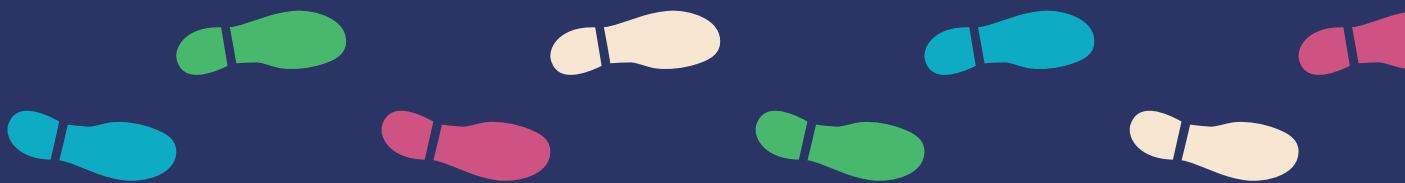
University of Kentucky

# Cook Together, Eat Together

**SHARED FAMILY MEALS** are more likely to be nutritious, and kids who eat regularly with their families are less likely to snack on unhealthy foods and more likely to eat fruits, vegetables, and whole grains. What's more, family meals increase quality family time, which is associated with less depression and greater perceived family support among family members. Understanding the physical and emotional benefits of family mealtime, UK Family and Consumer Sciences Extension, in collaboration with the UK Nutrition Education Program, developed the *Cook Together, Eat Together* curriculum to teach basic cooking skills and improve the healthfulness of home-prepared meals. Focusing on home-prepared meals within programming as a means to reduce disease burden is a novel and

increasingly popular approach to translate nutrition education into population level behavior change.

*Cook Together, Eat Together* is a series of eight Extension-facilitated community sessions called *Cooking Socials*. These *Cooking Socials* teach and inspire families to prepare and share healthy, low-cost family meals together. Each participating family receives a *Cook Together, Eat Together* cookbook. Each recipe has five icons: Kid Friendly, Less Mess, Family Time Around the Table, Love Those Leftovers and Nice Price. These features were identified as important to the families who participated in the program and offer solutions to the most common challenges of preparing family meals. The primary message of the program is that cooking together and eating together with children is enjoyable and enhances family health and closeness, as well as increasing children's ability to feed themselves.



## 16,478,089

miles were walked  
by program participants.  
That is equivalent to walking  
across Kentucky **43,363** times.



**COOK WILD KENTUCKY** is a partnership project with Kentucky Department of Fish and Wildlife Resources, Kentucky Department of Agriculture, Hunters for the Hungry, and Feeding Kentucky. The program was developed to help Kentuckians access and use nutritious local game. The UK Nutrition Education Program team developed, tested, and printed recipe cards for 17 healthy recipes that include wild game. Types of wild game currently highlighted on the recipe cards include venison, duck, dove, rabbit, fish, and frog. NEP is creating additional recipes which will include elk, turtle, squirrel, beaver, and raccoon. These recipes are available at all county Cooperative Extension offices and food pantries throughout Kentucky, as well as at [PlanEatMove.com](http://PlanEatMove.com). In the coming program year, County Extension agents will be trained to present the Kentucky Fish and Wildlife fishing and hunting programs, including processing and preserving game. This will make the fishing and hunting programs much more widely available to the limited-resource audience.



## Venison Stew



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



USDA  
Supplemental  
Nutrition  
Assistance  
Program

Putting Healthy Food  
Within Reach



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### Venison Stew

- ½ teaspoon black pepper
- 1 teaspoon salt
- ½ teaspoon garlic powder
- 2 tablespoons flour
- 1 pound venison, cubed
- 1 tablespoon oil
- 3 cups water
- 1 onion, chopped
- 4 potatoes, cubed
- 3 carrots, sliced
- 3 stalks celery, chopped
- 2 bay leaves
- 1 tablespoon dried parsley

Combine pepper, salt, garlic powder, and flour in a plastic bag or large bowl. Add cubed venison and shake bag or toss to coat meat. Brown meat in hot oil, in a large, heavy

saucepan. Stir in water. Add remaining ingredients and cook on high until it begins to boil. Reduce heat and simmer for approximately 1 hour. To thicken, in a small mixing bowl, stir ½ cup warm water into 2 tablespoons of flour. Add mixture into stew. Stir until thickened and bubbly. Cook an additional 30 minutes or until vegetables and meat are tender.

**Alternative to stove-top cooking:** use slow cooker set on low for 8 hours.

**Yield:** 6 servings

Adapted from Venison Recipe Collection,  
Compiled by Becky Nash, Extension  
Agent for Family and Consumer Sciences

### Nutrition Facts

6 servings per container

**Serving size** 2 cup (440g)

**Amount per serving**

**Calories** 270

% Daily Value\*

<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 490mg	<b>21%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 22g	
Vitamin D 0mcg	0%
Calcium 65mg	6%
Iron 4mg	20%
Potassium 1,096mg	25%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.



# Connect with us online!



WEBSITE  
**FCS.uky.edu**



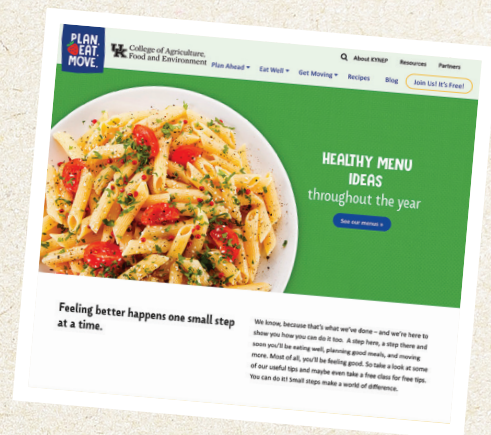
FACEBOOK  
**Facebook.com/UKFCSExt**



INSTAGRAM  
**Instagram.com/UKFCSExt**



PODCAST  
**UKFCSExt.podbean.com**



## PlanEatMove.com

Learn more about meal planning, eating healthy on a budget, cooking basics, easy and cost-friendly recipes, food safety, and eating healthy for the whole family.



## Building Strong Families county profiles

These county-specific reports highlight how UK FCS Extension is making a difference throughout Kentucky. Download county profiles at: **hes.uky.edu/StrongFamilies**



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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.

**Building strong families. Building Kentucky. It starts with us.**