



Building Strong Families

IN FLEMING 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 2019-2020,
Family and
Consumer Sciences
Extension made
191,699
direct and indirect contacts
with individuals
and families in
Fleming County.

SPOTLIGHT: FLEMING COUNTY

Community Passport Adventure Camp



Future leaders of Fleming County took part in a week of discovery through the Community Passport Adventure Camp. Youths in fourth through sixth grades participated in four full days of activities sponsored by the Fleming County Cooperative Extension Service FCS Advisory Council. The Fleming County Chamber of Commerce, Fleming County Tourism, and Discover Flemingsburg assisted in planning and hosting the camp. The camp focused on what makes a county operate smoothly, as well as the personnel who make our county safe and livable. Campers were given a passport, a back sack, and water bottle as they explored different parts of Fleming County. After each stop, their passport was stamped or initialed. They were led on a historic walking tour of the city, and visited the Covered Bridge Museum and local farms.

FLEMING 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.

Fleming County's FCS Extension programming in 2019-2020 led to the following results.



3,142

youths participated in local
Extension programming



850

participants used
access points that offered
healthy foods



2,080

pints of food
were preserved



8,580

volunteer hours were reported
by FCS Extension program
volunteers



987

participants reported
making positive
behavior changes



1,636

participants reported
gaining knowledge

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.

PlateItUp.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, FY2020
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