



# Building Strong Families

## IN LYON COUNTY



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### 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

**5,626**

direct and indirect contacts  
with individuals  
and families in  
Lyon County.

### SPOTLIGHT: LYON COUNTY

## Cooking up successful family mealtimes



According to the CDC, connectedness can reduce the likelihood of negative health outcomes related to alcohol and substance use, sexual risk, violence, and mental health problems in children. They recommend family mealtime as one of the simplest ways to promote connectedness. To provide a fun and educational environment for youths to gain knowledge and learn skills which will lead to success in the kitchen, the Lyon County Family and Consumer Sciences Extension agent, met monthly in the 2019-2020 school year with fourth and fifth grade 4-H students. Using the SuperStar Chef curriculum, participants learned essential cooking skills such as kitchen safety, knife skills, reading a recipe, and measuring skills. During meeting days, students created a dish and taste tested their finished product. Because of the success of this program with 4-H students, we will offer the after-school cooking club again next year.



## LYON 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.

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



**225**

youths participated in local  
Extension programming



**205**

individuals made healthier  
eating choices



**79**

pints of food  
were preserved



**85**

volunteers reported actively  
practicing leadership skills



**200**

families supplemented  
their diets with healthy foods  
they produced or preserved



**100**

participants reported  
gaining knowledge

### Connect with us!



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**FCS.uky.edu**



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

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