



Building Strong Families

IN MASON COUNTY



Heather Cheek
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 2019-2020,
Family and
Consumer Sciences
Extension made
32,570
direct and indirect contacts
with individuals
and families in
Mason County.

SPOTLIGHT: MASON COUNTY

Cook Together, Eat Together



Eating more fruits and vegetables is a critical behavior for health promotion and disease prevention. Despite the importance of eating more produce, it is one of the most difficult eating behaviors to change. It has been reported that cooking more meals at home is related to increased fruit and vegetable consumption. The Mason County Family and Consumer Sciences Extension office offered Cook Together, Eat Together to help. Because of the program, all participants reported eating more healthy foods such as whole fruits and/or brightly colored vegetables, while 80% prepared healthier, homecooked meals. In addition, 50% adopted one or more practices to reduce food shopping costs associated with homecooked meals such as comparing prices, planning meals, and making shopping lists.

MASON 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.

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



4,942

youths participated in local
Extension programming



464

individuals made healthier
eating choices



208

youths gained
a better understanding
of substance abuse



3,250

volunteer hours were reported
by FCS Extension program
volunteers



592

participants reported
making positive
behavior changes



519

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