



Building Strong Families

IN ROCKCASTLE COUNTY



Hazel Jackson
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
22,477
direct and indirect contacts
with individuals
and families in
Rockcastle County.

SPOTLIGHT: ROCKCASTLE COUNTY

Cook Together, Eat Together



During the spring and fall of 2019, the Rockcastle County Family and Consumer Sciences Extension agent offered the Cook Together, Eat Together program. The FCS agent led the food preparation sessions and taught youths the basic skills in the program. Each session had six dinner socials. Youth participants earned their cookbooks by attending at least three of the six program sessions offered. After the program, 75% of the youths reported eating more healthy meals, and 90% reported that they had tried a new food. One parent reported that her child had always refused to try eggs; during the session on breakfast, the child tried and liked frittatas.

ROCKCASTLE 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.

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



1,178

youths participated in local
Extension programming



321

individuals made healthier
eating choices



243

volunteer hours were reported
by FCS Extension program
volunteers



485

adult volunteers



438

participants reported
making positive
behavior changes

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