



# Building Strong Families

## IN BARREN 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 2018-2019,  
Family and  
Consumer Sciences  
Extension made  
**3,177**  
contacts with  
individuals and  
families in  
Barren County.

### SPOTLIGHT: BARREN COUNTY

## Smart Shopping Tips



With an estimated 9,397 Barren County residents living in poverty and many others living as working poor, a substantial number of families make too little to plan a basic budget. Promoting healthy financial behaviors is a priority for Barren County. Through the Smart Shopping Tips program, Barren County's FCS Extension provides education on grocery shopping budgeting, meal planning, and food storage and freezing techniques. A total of 29 individuals have participated in the program, and each said that the information was practical and that they now understand some basic tips on how to save money on groceries and meal planning. One participant shared that she came to discover strategies to effectively use her \$200 monthly SNAP benefits. Students expressed interest in participating in additional programs in the future.



## BARREN 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.

Barren County's FCS Extension programming in 2018-2019 led to the following results.



**1,019**

third-graders through fifth-graders reported eating fruits and vegetables.



**887**

individuals made healthier eating choices.



**\$300**

increase in sales due to Plate it Up Kentucky Proud.



**686**

participants reported the intent to make positive behavior changes.



**262**

participants reported making lifestyle changes to improve their health.



**218**

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.

**PlateltUp.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, FY2019  
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.



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