



# Building Strong Families

## IN BUTLER COUNTY



**Tracy Thornton Cowles**  
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 2018-2019, Family and Consumer Sciences Extension made **2,124** contacts with individuals and families in Butler County.

### SPOTLIGHT: BUTLER COUNTY

## Junior Chefs



According to the 2019 Kentucky Annual Economic Report, Kentucky fell to an average of 40.06 percent of students getting adequate physical activity. In our effort to address these issues, the Butler County Nutrition Education Program assistant partnered with local agencies to provide nutrition education to 47 fifth-grade students creating two Junior Chef Cooking Clubs. The goal of the program was for the students to learn and implement healthy nutrition habits while also learning to make food preparation enjoyable. The participants made improvements in drinking fruit-flavored drinks, washing fruits and vegetables prior to consumption, and being more physically active, as well as reducing non-homework screen time. The successes of the clubs are a step in preparing these students for healthy lifestyles and changing Kentucky statistics.

## BUTLER 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.

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



**275**

program participants practiced effective parenting skills.



**304**

individuals made healthier eating choices.



**255**

participants learned ways to reduce expenses.



**3,410**

volunteer hours were reported by FCS Extension program volunteers.



**294**

participants accessed community resources.



**1,026**

participants reported making positive behavior changes.

## Connect with us!



WEBSITE  
[FCS.uky.edu](http://FCS.uky.edu)



FACEBOOK  
[Facebook.com/UKFCSExt](https://Facebook.com/UKFCSExt)



INSTAGRAM  
[Instagram.com/UKFCSExt](https://Instagram.com/UKFCSExt)



PODCAST  
[UKFCSExt.podbean.com](http://UKFCSExt.podbean.com)



## 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](http://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](http://PlateltUp.ca.uky.edu)

Source: Kentucky Cooperative Extension Reporting, FY2019  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](http://hes.uky.edu/StrongFamilies)

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