



Building Strong Families

IN BUTLER 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

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.

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you a podcast focusing on nutrition,
health, resource management, and more.
Available on Apple Podcasts, Google
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Source: Kentucky Cooperative Extension Reporting, FY2019
Download this and other county profiles at hes.uky.edu/StrongFamilies

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