



# Building Strong Families

## IN ELLIOTT COUNTY

### 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

**1,059**

contacts with  
individuals and  
families in  
Elliott County.

### SPOTLIGHT: ELLIOTT COUNTY

## Cooking Through the Calendar



With more than 41 percent of the county obese, an important focus for Elliott County's FCS Extension is programs involving nutrition and physical health education. The Cooking Through the Calendar program uses the 2019 University of Kentucky Food and Nutrition Calendar. Participants viewed a live demonstration of the recipe being prepared and were able to sample the recipe at the end of the program. The program also reviewed the monthly tips in the calendar about being more active. Participants were able to ask questions and discuss healthy living throughout the program. On average each month, the program had 12 to 15 participants. One participant said, "I love the recipes included with the calendar. They are cost-effective, easy to prepare, and taste delicious!"



## ELLIOTT 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.

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



**1,238**

individuals made healthier eating choices.



**\$1,500**

in EBT, WIC, or senior benefits were redeemed at farmers' markets.



**250**

reported coalitions.



**750**

participants utilized access points that offered healthy foods.



**338**

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, 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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