



Building Strong Families

IN FLOYD 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

6,698

contacts with
individuals and
families in
Floyd County.

SPOTLIGHT: FLOYD COUNTY

Cook Together, Eat Together



In 2017, Feeding America reported that 7,150 individuals in Floyd County were food insecure. In partnership with the Floyd County Health Department, Floyd County's FCS Extension agent offered the Cook Together, Eat Together program. This was a three-week series consisting of basic nutrition information, budgeting, growing your own food, and basic cooking skills and safety. Each week, there would be a lesson and recipe from the Cook Together, Eat Together cookbook. All participants reported that they gained proper food safety and cooking skills, learned basic budgeting and nutrition information, and were confident in accommodating recipes to what they had available. This program also sparked interest in future Family and Consumer Sciences programming.

FLOYD 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.

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



3,068

youth participated
in local Extension
programming.



1,103

individuals made healthier
eating choices.



\$500

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



962

participants reported
making positive
behavior changes.



699

lifestyles were improved
through a focus
on proper nutrition.



1,148

participants reported
gaining knowledge.

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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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