



Building Strong Families

IN HART 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

3,101

contacts with
individuals and
families in
Hart County.

SPOTLIGHT: HART COUNTY

Home Delivery Meal Kits



It is estimated that 20 percent of adults in the United States have tried at least one meal kit delivery service. With the demand for convenience in our society, meal kits seem to be the answer for grocery shopping, meal planning, and meal preparation. In response to this, Hart County's FCS Extension agent went on WBKO's Farm and Home Show and WPBM's Family Lifestyles to speak about Meal Kits: Are They Worth It? Emphasis was placed on understanding the benefits and drawbacks of incorporating meal kits into lifestyle and financial goals. The two shows equipped 60,000 Kentucky residents with researched-based information that empowered them to make informed decisions in regard to home delivery kits.

HART 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.

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



533

youth participated
in local Extension
programming.



\$7,044

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



886

volunteer hours were reported
by FCS Extension
program volunteers.



351

participants utilized
access points that offered
healthy foods.



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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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