



Building Strong Families

IN ROCKCASTLE 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 **2,876** contacts with individuals and families in Rockcastle County.

SPOTLIGHT: ROCKCASTLE COUNTY

Hands-on Sewing Activity at Middle School



Sewing is an activity that requires critical thinking, problem-solving, and following directions. The Rockcastle County FCS Extension agent offered a basic sewing program at Rockcastle County Middle School. Participants made small makeup or shave bags and personalized pillow covers from fabrics and materials that were donated by Extension Homemakers for the project. Students also learned to sew on a button and repair rips in clothing. Participants reported that these skills would be useful to them as adults, that they felt accomplished, loved having something they made, and that the activity was fun but challenging.

ROCKCASTLE 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.

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



1,395

youth participated in local Extension programming.



347

individuals made healthier eating choices.



848

pints of food were preserved.



1,896

volunteer hours were reported by FCS Extension program volunteers.



151

participants accessed community resources.



1,063

participants reported gaining knowledge.

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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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