



Building Strong Families

IN BARREN 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 2019-2020,
Family and
Consumer Sciences
Extension made
1,052,615
direct and indirect contacts
with individuals
and families in
Barren County.

SPOTLIGHT: BARREN COUNTY

Promoting mindfulness to preschoolers



In an effort to promote mindfulness in Barren County students, the county agent for Family and Consumer Sciences organized yoga-inspired story hours at local schools. We invited more than 250 students from Glasgow Preschool Academy and Highland Elementary School. These intentional and embodied playtime programs encourage joy as well as social-emotional, physical, and early literacy through dance, song, meditation, play, and movement. The story hour theme was "I am worthy and enough." Student and teacher participants said they were happy with the program. We moved the mindfulness education efforts online and presented via Zoom in the wake of the coronavirus pandemic. More than 14 children and their families experienced mindfulness practices during these distance learning opportunities.

BARREN 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.

Barren County's FCS Extension programming in 2019-2020 led to the following results.



344

youths participated in local
Extension programming



367

participants reported
gaining knowledge



550

participants used
access points that offered
healthy foods



10,000

participants implemented
practices to improve
their homes and communities



191

volunteers reported actively
practicing leadership skills



300

individuals engaged in community
strategies to increase
active and healthy lifestyles

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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, FY2020
Download this and other county profiles at hes.uky.edu/StrongFamilies

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