



Building Strong Families

IN BUTLER 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
69,953
direct and indirect contacts
with individuals
and families in
Butler County.

SPOTLIGHT: BUTLER COUNTY

A lost art



In today's society, basic life skills such as sewing have become a lost art. The Family and Consumer Sciences Extension agent started teaching sewing classes eight years ago after interest from several youths during the summer. "Sewing is a discipline that helps develop self-esteem, confidence, focus, patience, fine motor skills, problem solving, process thinking, and visualization," one participant said. All youth participants stated they learned a new skill. Adult classes started soon afterward covering the use of sewing machines. Classes have continued with individuals creating mug rugs, hot plate trivets, purses, luggage bags, quilts, wall hangings, and more. Participants have enjoyed the classes so much so that one participant started a community sewing group, and as a group, they have made more than 100 quilts in three years.

BUTLER 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.

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



1,262

pints of food
were preserved



983

individuals made healthier
eating choices



\$250

increase in sales
because of Plate it Up!



2,075

volunteer hours were reported
by FCS Extension program
volunteers



1,456

participants reported
making positive
behavior changes



385

participants reported
gaining knowledge

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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

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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