



Building Strong Families

IN GREEN 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

4,647

direct and indirect contacts
with individuals
and families in
Green County.

SPOTLIGHT: GREEN COUNTY

Extension to Go keeps community engaged



In response to COVID-19, we started Extension to Go bags to make sure that community members could still be active and engaged in Extension programming from the comfort of their home. The Green County Family and Consumer Sciences agent offered the Extension to Go bags to any Green County resident wishing to participate. Topics included Life Story, managing stress, physical activity, recipe kits, meal planning, green cleaning, grill safety, nature walks, and sun safety to name a few. Those who participated appreciated the Extension to Go bags. One participant shared that "Extension to Go bags were helpful in keeping (her) spirits up during a trying time." Overall, we distributed more than 350 bags over 17 weeks. Of those participating, 100% shared that they learned from Extension to Go bags and that they would continue to participate any time they were offered.

GREEN 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.

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



697

youths participated in local
Extension programming



1,293

individuals made healthier
eating choices



1,125

pints of food
were preserved



1,580

volunteer hours were reported
by FCS Extension program
volunteers



234

participants made lifestyle
changes to improve their health



2,113

participants reported
making positive
behavior changes

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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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