



Building Strong Families

IN HARDIN 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
45,879
direct and indirect contacts
with individuals
and families in
Hardin County.

SPOTLIGHT: HARDIN COUNTY

Pandemic programming reaches new audiences



When Extension offices across the state had to close their doors to foot traffic, Hardin County quickly found a few ways to continue reaching our audiences. In an effort to make our programs as accessible as possible, Hardin County Extension offered two options during the school year, the Snail Mail Club and Brown Bags To-Go. The Snail Mail Club was for any child aged 2 to 18, and they received a packet in the mail each Monday. Brown Bags To-Go was much more hands-on. We prepared bags twice a week. We informed our community through our social media outlets and through text messages. Topics included Extension education and ranged from bird feeders and science experiments to DIY musical instruments and more. All promoted healthy homes, family relationships, and spending time together.

HARDIN 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.

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



2,962

youths participated in local
Extension programming



1,091

participants used
access points that offered
healthy foods



1,629

individuals made healthier
eating choices



35,861

volunteer hours were reported
by FCS Extension program
volunteers



1,372

participants reported
making positive
behavior changes



2,035

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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