



Building Strong Families

IN LAWRENCE 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
90,617
direct and indirect contacts
with individuals
and families in
Lawrence County.

SPOTLIGHT: LAWRENCE COUNTY

Cooking through the Calendar



The Lawrence County Family and Consumer Sciences Extension agent held a Cooking through the Calendar workshop each month throughout 2019. This program addresses the issues of kitchen safety, food preparation skills, and making healthier choices. With 39% of Lawrence County residents in less than good health and a prevalence of hypertension at 67%, according to Kentuckyhealthfacts.org, we developed the program to provide individuals with the skills to prepare healthier food. We held the Cooking through the Calendar class monthly at the Lawrence County Extension office. Each class demonstrated the current month's Nutrition Education Calendar recipe, and participants could sample the recipe. Following the program, all participants said that they would be interested in taking a similar class in the future.

LAWRENCE 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.

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



1,807

youths participated in local
Extension programming



362

participants reported
making positive
behavior changes



\$1,500

in EBT, WIC, or senior benefits
were redeemed
at farmers' markets



4,774

volunteer hours were reported
by FCS Extension program
volunteers



743

miles were walked
by FCS program participants



1,024

participants reported
gaining knowledge

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University of Kentucky Family and
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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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