



# Building Strong Families

## IN BOYLE 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 2018-2019,  
Family and  
Consumer Sciences  
Extension made

**289,688**

contacts with  
individuals and  
families in  
Boyle County.

### SPOTLIGHT: BOYLE COUNTY

## Bread-making Series



Providing opportunities for families to interact with each other and bond over a shared activity is a creative way to build strong families. The bread-making series was a free, hands-on cooking program. The class was designed to teach the basics of baking by making bread. Each class had more than 15 participants of a variety of ages. Some participants represented three generations of the same family: a mother, daughter, and granddaughter team. Participants reported having learned something new about the baking process or how to work together as a team. All participants enjoyed the class and have attended at least one other FCS Extension program after this series.



## KENTUCKY 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. Boyle County's FCS Extension programming in 2018-2019 contributed to the following results in Kentucky.



**265,288**

youth participated  
in local Extension  
programming.



**25,496**

pints of food  
were preserved.



**\$114,057**

increase in sales  
due to Plate it Up  
Kentucky Proud.



**492,813**

volunteer hours were reported  
by FCS Extension  
program volunteers.



**16,478,089**

miles were walked  
by program participants.



**71,525**

participants reported  
making positive  
behavior changes.

### Connect with us!



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**FCS.uky.edu**



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### Plate it Up!

Browse and download more than  
100 delicious, healthy recipes  
from Plate it Up Kentucky Proud.

**PlateltUp.ca.uky.edu**



### Listen. Learn. Live Well.

University of Kentucky Family and  
Consumer Sciences Extension brings  
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, FY2019  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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