



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 2018-2019,
Family and
Consumer Sciences
Extension made
7,659
contacts with
individuals and
families in
Hardin County.

SPOTLIGHT: HARDIN COUNTY

Laugh and Learn



In Hardin County, right at 50 percent of our children enter kindergarten unprepared. The first five years of development are crucial for a child's readiness and lifelong success. To combat the issue, Hardin County's FCS Extension agent hosted a monthly Laugh and Learn playdate for children 5 years old and younger and their caregivers. The point of Laugh and Learn is not only for the child to participate in developmentally appropriate activities, but also for the parents to learn how to play with their children at home to encourage learning and readiness. Parents or caregivers have reported seeing an increase in dramatic play from their child when at home, often related to the Laugh and Learn theme from that month. They also reported an increase in speech, language, and social skills since attending Laugh and Learn.

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 2018-2019 led to the following results.



3,537

youth participated
in local Extension
programming.



250

lifestyles were improved
through a focus
on proper nutrition.



\$350

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



39,000

volunteer hours were reported
by FCS Extension
program volunteers.



585

participants utilized
access points that offered
healthy foods.



290

participants gained
financial management
knowledge.

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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

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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