Building Strong Families

IN HARDIN COUNTY

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.

Dayna Fentress
County Extension Agent, Family and Consumer Sciences Education

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.
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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**Connect with us!**

- **WEBSITE** FCS.uky.edu
- **FACEBOOK** Facebook.com/UKFCSExt
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- **PODCAST** UKFCSExt.podbean.com

**Plate it Up!**

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

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