



Building Strong Families

IN OWEN 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
26,885
contacts with
individuals and
families in
Owen County.

SPOTLIGHT: OWEN COUNTY

Sewing for your Health and Financial Benefits



With sewing becoming more popular and a means for generating income, Owen County FCS Extension agents coordinated the It's Sew Fine for Home and Family sewing expo, providing hands-on experience learning programs. The sewing expo attracted college-educated women older than 55 and a growing number younger than 35 who belong to one or more organizations. Participants addressed issues related to clothing construction, textiles, or fiber arts. Participants reported sewing for many reasons including social interactions, expression of self, to relieve stress, to create gifts for others, to create an item for the home, as well as to save or earn money.

OWEN 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.

Owen County's FCS Extension programming in 2018-2019 led to the following results.



2,569

youth participated
in local Extension
programming.



613

pints of food
were preserved.



\$2,514

increase in sales
due to Plate it Up
Kentucky Proud.



8,650

volunteer hours were reported
by FCS Extension
program volunteers.



12,180

miles were walked
by program participants.



1,445

participants reported
gaining 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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