



# Building Strong Families

## IN PERRY COUNTY



**Glenna Sue Wooten**  
County Extension Agent,  
Family and Consumer  
Sciences Education

### 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  
**12,662**  
contacts with  
individuals and  
families in  
Perry County.

### SPOTLIGHT: PERRY COUNTY

## Calendar Cooking



The Perry County FCS Extension agent started a hands-on workshop for grandparents raising grandchildren to encourage them to prepare different recipes for their families. The Autumn Sweet Potato Chili was an unusual recipe, and participants were willing to prepare it, but were quick to say that they did not like sweet potatoes or that their husbands or grandkids would not eat sweet potatoes. After preparing the recipe, they all agreed that it was delicious, and they would prepare it for their families. One grandmother later reported that her family loved the recipe and that she would never have prepared it if she had not attended this workshop where she made it and tasted the recipe.



## PERRY 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.

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



**223**

parents improved  
skills that will  
strengthen families.



**562**

lifestyles were improved  
through a focus  
on proper nutrition.



**204**

participants used  
strategies that reduced  
financial expenses.



**513**

participants reported  
making positive  
behavior changes.



**1,000**

miles were walked  
by program participants.



**620**

participants reported  
improved knowledge  
in food preparation.

### Connect with us!



WEBSITE  
**FCS.uky.edu**



FACEBOOK  
**Facebook.com/  
UKFCSExt**



INSTAGRAM  
**Instagram.com/  
UKFCSExt**



PODCAST  
**UKFCSExt  
.podbean.com**



### Plate it Up!

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

**PlateItUp.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)

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.



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service