



Building Strong Families

IN TRIGG 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

6,029

contacts with
individuals and
families in
Trigg County.

SPOTLIGHT: TRIGG COUNTY

Senior Nutrition Activities



The Trigg County Senior Center is an Allied Community Services Agency that serves older adults by providing low-cost lunches, social activities, and educational programming. This year the Trigg County FCS Extension agent, the Trigg County Homemaker Food, Nutrition, and Health chairperson, and other Homemaker volunteers worked together to plan and implement a Nutrition Fair for the center. The purpose of the Nutrition Fair was to provide seniors with nutrition information and healthy, easy-to-make, and affordable recipes that they can prepare at home with no cooking involved. Participants reported that the information provided was easy to understand and would help them with improving their eating habits and overall health, and that they would use the recipes at home.

TRIGG 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.

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



1,550

youth participated
in local Extension
programming.



413

individuals made healthier
eating choices.



100

volunteers reported
actively practicing
leadership skills.



941

participants reported
making positive
behavior changes.



206

participants reported
improved knowledge
in food preparation.

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University of Kentucky Family and
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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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