



# Building Strong Families

## IN CALLOWAY COUNTY



**Kelly Mackey**  
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 2019-2020,  
Family and  
Consumer Sciences  
Extension made  
**11,773**  
direct and indirect contacts  
with individuals  
and families in  
Calloway County.

### SPOTLIGHT: CALLOWAY COUNTY

## Stories, Songs, and Stretches



"School-readiness" is a broad term that refers to multiple precursor cognitive, physical, and social-emotional skills that indicate young children are prepared to learn and thrive in the school environment. The Calloway County Family and Consumer Sciences agent partnered with Calloway County Public Library and a Head Start classroom to offer the Stories, Songs, and Stretches program. This yoga-inspired program is designed to promote early literacy, physical literacy, and social-emotional learning among children 3 to 6 years old. Each session targets multiple precursors the children need to be kindergarten-ready. After the program, caregivers reported that their child repeated program activities at home such as singing, reading, yoga poses, and mindful breathing.



## CALLOWAY 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.

Calloway County's FCS Extension programming in 2019-2020 led to the following results.



**1,651**

youths participated in local  
Extension programming



**95**

individuals made healthier  
eating choices



**175**

pints of food  
were preserved



**356**

volunteer hours were reported  
by FCS Extension program  
volunteers



**165**

participants reported  
making positive  
behavior changes



**269**

adult volunteers

### Connect with us!



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**FCS.uky.edu**



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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, FY2020  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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