



# Building Strong Families

## IN CAMPBELL COUNTY



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County Extension Agents,  
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  
**2,574,356**  
direct and indirect contacts  
with individuals  
and families in  
Campbell County.

### SPOTLIGHT: CAMPBELL COUNTY

## Families learning life skills together



The Campbell County agents for Family and Consumer Sciences Extension partnered with key collaborators to teach the Flowerbuds and Mommy & Me programs. Agents teamed with the Campbell County Horticulture assistant, the Master Gardener Program volunteer, the local fire department, and chefs. Both programs provided educational family time to about 30 families of preschoolers and 6 to 8 year olds. Flowerbuds met monthly focusing on storytime, garden tours, and hands-on activities. Mommy & Me was 8 months long each year focusing on gardening, cooking and baking, meal preparation, nutrition, financial management, and quality time together. All of the Flowerbud caregivers said the program helped their children with kindergarten-readiness. An 8 month M&M Program evaluation revealed that 71% of 14 families now have a garden at home growing vegetables, fruits, or herbs.



## CAMPBELL 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.

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



**1,941**

youths participated in local  
Extension programming



**447**

individuals made healthier  
eating choices



**388**

adult volunteers



**805**

volunteer hours were reported  
by FCS Extension program  
volunteers



**938**

participants reported  
making positive  
behavior changes



**608**

participants reported  
gaining knowledge

### Connect with us!



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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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