

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

# Building Strong Families

## IN GALLATIN COUNTY



**Sherri Broderick** 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

**3,818** direct and indirect contacts with individuals and families in Gallatin County.

## GrandLove support group



According to Children, Inc., Kentucky has more than 100,000 children younger than 18 living with their grandparents or other relatives. Kentucky continually ranks as one of the highest states of children living with grandparents or loved ones. The number of grandparents in Gallatin County raising grandchildren is also a significant number. In 2019, GrandLove, a grandparent-raising-grandchildren support group, was formed in Gallatin County. The GrandLove mission is to identify families who are raising children other than their own and offer support by providing resources developed through partnerships with concerned community members. The group meets monthly during the lunch hour and provides grandparents or loved ones the opportunity to connect to others in similar situations, learn about local resources, and collect parenting tips.

### **GALLATIN 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. Gallatin County's FCS Extension programming in 2019-2020 led to the following results.



160youths participated in local Extension programming



volunteer hours were reported by FCS Extension program volunteers



participants reported making positive behavior changes



pints of food were preserved



participants reported gaining knowledge

## Connect with us!



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WEBSITE FCS.uky.edu

FACEBOOK Facebook.com/ **UKFCSExt** 



Instagram.com/

PODCAST **UKFCSExt** .podbean.com



## **Plate it Up!**

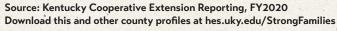
Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

#### 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.



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