



Building Strong Families

IN GARRARD COUNTY



Mary Hixson
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
30,812
direct and indirect contacts
with individuals
and families in
Garrard County.

SPOTLIGHT: GARRARD COUNTY

Stitching during a pandemic



The Garrard County Family and Consumer Sciences agent worked toward providing materials and resources to the community during the COVID-19 pandemic. We used multiple outlets during this time including teaching needlework skills via Zoom sessions and Facebook videos. Studies show that needlework is a distracting, de-stressing, and calming activity for youths and adults. We created 79 various needlework kits for youths and made them available at the county Extension office. The kits were for Redwork, Free Embroidery, Latch Hook, and Counted Cross Stitch. While the teaching methods have been different, the program was greatly successful in reaching and teaching students who would not have necessarily come to in-person classes.

GARRARD 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.

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



1,560

volunteer hours were reported
by FCS Extension program
volunteers



200

participants used
access points that offered
healthy foods



275

individuals made healthier
eating choices



278

participants reported
making positive
behavior changes



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Source: Kentucky Cooperative Extension Reporting, FY2020
Download this and other county profiles at hes.uky.edu/StrongFamilies

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