



Building Strong Families

IN GRANT 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 2019-2020,
Family and
Consumer Sciences
Extension made
18,983
direct and indirect contacts
with individuals
and families in
Grant County.

SPOTLIGHT: GRANT COUNTY

Teaching youths life skills through cooking



Grant County has an obesity rate of 35.6% and a physical activity rate of 30.2%. The Grant County Family and Consumer Sciences Extension office, in collaboration with Williamstown Independent and Grant County Public schools, offered Recipe for Life. The Recipe for Life program teaches participants basic cooking skills, nutrition education, kitchen safety, etiquette, and the importance of physical activity. Students learn some of the basics, including kitchen safety and handwashing. They practiced food safety, demonstrated correct use of equipment, and worked cooperatively in small groups. More than 81% of the participants reported knowing proper kitchen safety techniques, proper food safety and handling techniques, and plan to help prepare food with their families at home.

GRANT 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.

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



2,817

youths participated in local
Extension programming



631

individuals made healthier
eating choices



138

participants used knowledge
and skills to improve food
shopping management



224

adult volunteers



511

participants reported
making positive
behavior changes



124

volunteers reported actively
practicing leadership skills

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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, FY2020
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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