



# Building Strong Families

## IN GRAVES 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

**55,661**

direct and indirect contacts  
with individuals  
and families in  
Graves County.

### SPOTLIGHT: GRAVES COUNTY

## Basics in the Kitchen



The Graves County Cooperative Extension Service partnered with the Mayfield Middle and Mayfield High schools' 21st Century Programs to teach Basics in the Kitchen from the fall to spring of the school year. Culinary classes occurred weekly at the high school and every other week at the middle school. The classes emphasized measuring correctly, using a knife, food safety, "MyPlate," microwave cooking skills, and other hands-on cooking skills using low cost ingredients that could easily be duplicated at home with little supervision. At the end of the program, 93% of participants reported intending to prepare more homecooked foods to share with their families.



## GRAVES 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.

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



**689**

youths reached  
through volunteers



**192**

individuals made healthier  
eating choices



**362**

adults reached  
through volunteers



**10,587**

volunteer hours were reported  
by FCS Extension program  
volunteers



**185**

youths gained  
a better understanding  
of substance abuse



**482**

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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