Building Strong Families

IN GREEN COUNTY

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 4,647 direct and indirect contacts with individuals and families in Green County.

SPOTLIGHT: GREEN COUNTY

Extension to Go keeps community engaged

In response to COVID-19, we started Extension to Go bags to make sure that community members could still be active and engaged in Extension programming from the comfort of their home. The Green County Family and Consumer Sciences agent offered the Extension to Go bags to any Green County resident wishing to participate. Topics included Life Story, managing stress, physical activity, recipe kits, meal planning, green cleaning, grill safety, nature walks, and sun safety to name a few. Those who participated appreciated the Extension to Go bags. One participant shared that "Extension to Go bags were helpful in keeping (her) spirits up during a trying time." Overall, we distributed more than 350 bags over 17 weeks. Of those participating, 100% shared that they learned from Extension to Go bags and that they would continue to participate any time they were offered.
GREEN 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. Green County’s FCS Extension programming in 2019-2020 led to the following results.

- **697** youths participated in local Extension programming
- **1,293** individuals made healthier eating choices
- **1,125** pints of food were preserved
- **1,580** volunteer hours were reported by FCS Extension program volunteers
- **234** participants made lifestyle changes to improve their health
- **2,113** participants reported making positive behavior changes

Connect with us!

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  FCS.uky.edu
- **FACEBOOK**
  Facebook.com/UKFCSExt
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- **PODCAST**
  UKFCSExt.podbean.com

**Plate it Up!**

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

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