



Building Strong Families

IN HENDERSON 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
1,170,914
direct and indirect contacts
with individuals
and families in
Henderson County.

SPOTLIGHT: HENDERSON COUNTY

Educational kits offered during the pandemic



With a pandemic on our hands, finding ways to reach our clientele has taken some planning and preparing. While working remotely, Henderson County's Family and Consumer Sciences Extension decided to offer 150 packaged program kits weekly. We informed community members about the programs on Facebook and the local radio station. The first program we offered was Fit Blue Kentucky. Individuals received bands, water bottles and information on the walking challenge through the FitBlue app. The following week, we offered Cooking through the Calendar, which included the SNAP calendar with recipes and cooking utensils. Lastly, our office offered a gardening bag which included gloves, seeds, and gardening calendars. We reached or provided more than 8,200 individuals with an educational kit.

HENDERSON 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.

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



351

youths participated in local
Extension programming



266

individuals made healthier
eating choices



263

participants improved
skills that will
strengthen families



2,012

volunteer hours were reported
by FCS Extension program
volunteers



480

participants reported
making positive
behavior changes



865

participants reported
gaining knowledge

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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**

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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