



Building Strong Families

IN HICKMAN 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
29,835
direct and indirect contacts
with individuals
and families in
Hickman County.

SPOTLIGHT: HICKMAN COUNTY

Extension Day Camp in a Box improves family quality time



On March 16, 2020, the University of Kentucky Cooperative Extension Service began a quick transition to remote working conditions because of the COVID-19 pandemic. The Hickman County office quickly looked for ways to continue programming and reaching youths and families in our community. We created two day-camp boxes: one called Extension Explorers and the other titled Extension Day Camp in a Box. The Extension Explorers box was geared toward youths in preschool through second grade, while the Extension Day Camp in a Box was for third grade and older. Camp activities covered each Extension program and was designed for optimal family involvement and engagement. The parents or caregivers of the program participants reported that they learned about flower and vegetable gardening and are now making healthier lifestyle choices. They also reported that they are engaging in more quality time together.

HICKMAN 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.

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



1,382

youths participated in local
Extension programming



863

individuals made healthier
eating choices



\$7,000

increase in sales
because of Plate it Up!



1,040

volunteer hours were reported
by FCS Extension program
volunteers



968

participants reported
making positive
behavior changes



960

participants reported
gaining knowledge

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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

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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