



Building Strong Families

IN LAUREL 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
197,773
direct and indirect contacts
with individuals
and families in
Laurel County.

SPOTLIGHT: LAUREL COUNTY

Farmers' Market Nutrition Program helps seniors



Studies conducted by Feeding America indicate that 15.9% of Laurel County residents are classified as food insecure, with 11.7% of the population older than 65 and living below the poverty rate. To address the needs of older citizens in the community, the London-Laurel County Farmers' Market applied for and received funding to offer the Kentucky Farmers' Market Nutrition Program. The Laurel County Family and Consumer Sciences Extension agreed to assist with administering the program locally. We made voucher sign-ups and distributed them on Saturday mornings throughout the month of July at the farmers' market. The demand for the program was so great that the vouchers were only available on two Saturdays. Kentucky's agriculture commissioner hopes to increase our funds for the program next year.

LAUREL 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.

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



3,980

miles were walked
by FCS program participants



3,410

individuals made healthier
eating choices



1,287

participants reported
their intent to cook more



35,180

volunteer hours were reported
by FCS Extension program
volunteers



\$2,546

in EBT, WIC, or senior benefits
were redeemed
at farmers' markets



7,260

participants reported
making positive
behavior changes

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University of Kentucky Family and
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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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