



Building Strong Families

IN MCCREARY 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
10,755
direct and indirect contacts
with individuals
and families in
McCreary County.

SPOTLIGHT: MCCREARY COUNTY

Grab-n-Go Program Bags



During the COVID-19 pandemic, McCreary County Extension has used Grab-n-Go Program Bags and correlating social media videos for community members. The Grab-n-Go bags are free for youths, adults, and families to help during the crisis. Our bag initiative highlights programs and lessons from 4-H, Agriculture, and Family and Consumer Sciences including at-home gardening, STEM, healthy moving, making healthy choices relating to snacks and recipes, proper hand-washing, agriculture, and more. Inside the bags, community members find instructions and materials to complete the lesson or project. Along with the lesson, we included informative publications that relate to the lesson and supplemental items. We distributed more than 100 grab-n-go bags in one month.

MCCREARY 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.

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



415

youths participated in local
Extension programming



172

individuals made healthier
eating choices



52

lifestyles were improved
through a focus
on proper nutrition



136

participants reported
making positive
behavior changes



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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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