



Building Strong Families

IN METCALFE COUNTY



Lynn Blankenship
County Extension Agent,
Family and Consumer
Sciences Education

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 **1,531,341** direct and indirect contacts with individuals and families in Metcalfe County.

SPOTLIGHT: METCALFE COUNTY

Stories, Songs, and Stretches



In many Kentucky counties, limited resources or the environment may serve as barriers for healthy lifestyle choices related to early childhood development and physical activity. As an innovative strategy to improve early childhood development and increase movement with local residents, the Metcalfe County Family and Consumer Sciences Extension agent partnered with The Metcalfe County Head Start Child Development Center, to implement Stories, Songs, and Stretches. Through this program, participants work on improving early childhood development and increasing physical activity. Because of this program, according to classroom staff reports and observations, 82% of the participants improved gross motor skills. All participants improved social skills as well as attention and enthusiasm for daily classroom group storytimes, after incorporating more movement and participatory elements.

METCALFE 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.

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



1,350

youths participated in local
Extension programming



\$7,884

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



1,555

participants reported
making positive
behavior changes



1,604

volunteer hours were reported
by FCS Extension program
volunteers



1,691

individuals made healthier
eating choices



1,080

participants reported
gaining knowledge

Connect with us!



WEBSITE
FCS.uky.edu



FACEBOOK
[Facebook.com/
UKFCSExt](https://Facebook.com/UKFCSExt)



INSTAGRAM
[Instagram.com/
UKFCSExt](https://Instagram.com/UKFCSExt)



PODCAST
[UKFCSExt
.podbean.com](https://UKFCSExt.podbean.com)



Plate it Up!

Browse and download more than
100 delicious, healthy recipes
from Plate it Up Kentucky Proud.

PlateltUp.ca.uky.edu



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.

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.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service