



Building Strong Families

IN PERRY 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
10,253
direct and indirect contacts
with individuals
and families in
Perry County.

SPOTLIGHT: PERRY COUNTY

Quilting teaches recovery group new skills



A local, newly opened Recovery Center contacted the Perry County Family and Consumer Sciences agent about teaching their clients to sew quilts. The agent, along with the Perry County Master Clothing Volunteer, and a county clothing volunteer started meeting with the group to teach them to sew quilt blocks together by hand. They had to learn the initial skills of threading a needle, tying knots, sewing a straight 1/4-inch seam, and ending a seam. Sadly, COVID-19 came about which discontinued the face-to-face meetings, but sewing has continued through phone, email, and virtual meetings. Packages have been dropped off and picked up at their door. It is evident, from the first week until the present, the growth in the participants' stitching.

PERRY 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.

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



317

individuals made healthier eating choices



\$4,000

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



290

volunteer hours were reported by FCS Extension program volunteers



314

participants addressed community problems



1,034

participants improved skills that will strengthen families



1,364

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**

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