



Building Strong Families

IN PULASKI 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
109,314
direct and indirect contacts
with individuals
and families in
Pulaski County.

SPOTLIGHT: PULASKI COUNTY

COVID-19 provides opportunity for giving



The Pulaski County Cooperative Extension Service empowers communities to respond to challenges they face, and reacting to the COVID-19 pandemic has been no different. One of the first challenges COVID-19 presented was the shortage of masks available to all people in the community. The Pulaski County Extension Service provided materials, threads, and elastic with the CDC's directions for making the masks to interested sewers in the county. Volunteers made more than 3,500 facemasks. We gave them to individuals, companies, and organizations looking for masks. In the Lake Cumberland area of District 5, the Somerset KCTCS campus used 3-D printers to make headbands for face shields that Extension agents assembled. We assembled more than 3,000 face shields.

PULASKI 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.

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



8,768

youths participated in local
Extension programming



2,831

individuals made healthier
eating choices



484

participants used knowledge
and skills to improve food
shopping management



82,806

volunteer hours were reported
by FCS Extension program
volunteers



800

participants used
access points that offered
healthy foods



2,598

participants reported
making positive
behavior changes

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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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