



# Building Strong Families

## IN ROBERTSON 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  
**6,645**  
direct and indirect contacts  
with individuals  
and families in  
Robertson County.

### SPOTLIGHT: ROBERTSON COUNTY

## Sharing and starting traditions



Working with the elderly is always a time of old meeting new, each sharing knowledge and information along the way. The monthly meeting with the Homemakers group at the Robertson County Health Care Facility is no exception. Each meeting includes a lesson and a craft, to help keep minds and hands active. Nutrition information, and preparation and sampling of a food is also included. The October topic was Autumn Family Traditions. Participants were very excited, and some wanted a copy of the recipe, saying that they were going to try making it at home themselves. Several weeks later, I learned that a participant had prepared the apple pie at home and they planned to make another one soon.



## ROBERTSON 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.

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



**585**

youths participated in local  
Extension programming



**235**

individuals made healthier  
eating choices



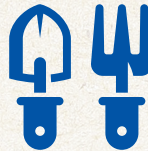
**\$5,000**

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



**57**

participants used  
access points that offered  
healthy foods



**111**

local families  
grew a garden this year



**263**

participants reported  
making positive  
behavior changes

### Connect with us!



WEBSITE  
**FCS.uky.edu**



FACEBOOK  
**Facebook.com/  
UKFCSExt**



INSTAGRAM  
**Instagram.com/  
UKFCSExt**



PODCAST  
**UKFCSExt  
.podbean.com**



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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](https://hes.uky.edu/StrongFamilies)

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