



# Building Strong Families

## IN WARREN COUNTY



**Kristi Shive**  
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  
**436,118**  
direct and indirect contacts  
with individuals  
and families in  
Warren County.

### SPOTLIGHT: WARREN COUNTY

## Refugees learn to navigate their new hometown



Warren County is home to one of three refugee resettlement agencies in the state of Kentucky. More than 500 refugees resettle in Warren County each year. More than half of refugees are children under 18. Many refugees relocate with little knowledge of where to purchase food items or how to prepare them, usage of kitchen equipment, and proper food safety. In collaboration with the Warren County Fiscal Court and SOKY Marketplace, the Warren County Family and Consumer Sciences Extension agent were included in a specialty crop grant to teach the community about local fruits, vegetables, and healthy choices. Additionally, they provided practical demonstrations on how to prepare healthy recipes using these crops. For many, it was their first time ever eating these fruits and vegetables. All participating refugees showed improvements in food resource management by cooking dinner at home, comparing food prices, and meal planning.



## WARREN 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.

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



**110**

volunteers reported actively practicing leadership skills



**216**

individuals made healthier eating choices



**170**

volunteer hours were reported by FCS Extension program volunteers



**230**

participants reported making positive behavior changes



**1,111**

participants reported gaining knowledge

### Connect with us!



WEBSITE  
**FCS.uky.edu**



FACEBOOK  
**Facebook.com/UKFCSExt**



INSTAGRAM  
**Instagram.com/UKFCSExt**



PODCAST  
**UKFCSExt.podbean.com**



### Plate it Up!

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

**PlateItUp.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