Building Strong Families IN WARREN COUNTY

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.

Kristi Shive
County Extension Agent, Family and Consumer Sciences Education

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.
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

Plate it Up!
Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud. PlateltUp.ca.uky.edu

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.