



Building Strong Families

2022

IN BRACKEN 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 2020-2021,
Family and Consumer
Sciences Extension made

742

direct and

7,172

indirect contacts with
individuals and families in
Bracken County.

SPOTLIGHT: BRACKEN COUNTY

Family bags provide quality programming at home



The beginning of 2020 began like any other year with Extension, but because of the COVID-19 global pandemic, Kentuckians were forced to quarantine at home, with youths and families spending more time together. From March to July, the Bracken County FCS Extension Office provided weekly grab and go family bags to help educate and fill the time spent at home with quality programming. Each bag included publications and/or some activities. The topics included gardening, science activities, meal planning, Budget 101, food safety, hand-washing, farmers' market, Plate it Up!, character education, physical activity, and healthy snacks. Pickup times were coordinated with school lunch pickup. In the five months of the program, we handed out more than 700 bags.

BRACKEN 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.

Bracken County's FCS Extension programming in 2020-2021 led to the following results.



316

youths
participated in local
Extension programming



800

pounds
of venison
were donated



125

pints
of food
were preserved



150

volunteer hours were
reported by FCS Extension
program volunteers



242

recipe cards
distributed throughout
the community

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you a podcast focusing on nutrition,
health, resource management, and more.
Available on Apple Podcasts, Google
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Source: Kentucky Cooperative Extension Reporting, FY2021
Download this and other county profiles at hes.uky.edu/StrongFamilies

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